

Cub Pack Program Guide

Everything one pack needs to run the Cub Scout program

Role guides, den leader guides, and meeting plans for all 36 required adventures

2026–2027 program year

SCOUTING AMERICA RESOURCES

Adventure requirements	scouting.org/programs/cub-scouts/adventures
Elective adventures	scouting.org/program-updates/cub-scout-elective-adventures
Advancement (Scoutbook Plus)	advancements.scouting.org
Training records (my.Scouting)	my.scouting.org
Guide to Safe Scouting	scouting.org/health-and-safety/gss

YOUR COUNCIL AND DISTRICT

Council _____	Website _____
District executive _____	Phone _____
Unit commissioner _____	Phone _____
Roundtable location _____	Night _____

For best results, print only the section you need — see Contents for page ranges — and print double-sided.

A guide to best practices, not policy. Meant to be adapted to your pack and your council.

Where anything here differs from current Scouting America policy, your council's guidance, or the Scout's handbook, those govern.

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Contents

Part One — Running the Pack	5
Cubmaster	7
Committee Chair	31
Summer Camp	49
Part Two — Den Leader Guides	57
Lion Den Leader	59
Tiger Den Leader	67
Wolf Den Leader	75
Bear Den Leader	83
Webelos Den Leader	91
Arrow of Light Den Leader	99
Part Three — Adventure Meeting Plans	107
Lion Adventures	109
Bobcat	110
Mountain Lion	117
Fun on the Run	124
King of the Jungle	131
Lion's Roar	138
Lion's Pride	145
Tiger Adventures	151
Bobcat	152
Tigers in the Wild	160
Tiger Bites	168
Team Tiger	175
Tiger's Roar	182
Tiger Circles	190
Wolf Adventures	197
Bobcat	198
Paws on the Path	206

Running with the Pack	214
Council Fire	221
Safety in Numbers	230
Footsteps	238
Bear Adventures	245
Bobcat	246
Bear Habitat	254
Bear Strong	266
Paws for Action	274
Standing Tall	283
Fellowship	291
Webelos Adventures	299
Bobcat	300
Webelos Walkabout	306
Stronger, Faster, Higher	312
My Community	318
My Safety	324
My Family	330
Arrow of Light Adventures	337
Bobcat	338
Outdoor Adventurer	344
Personal Fitness	353
Citizenship	359
First Aid	365
Duty to God	373

Part One — Running the Pack



The Cubmaster

Cub Pack Program Guide | Run the room, protect the leaders, keep it fun

A guide to best practices, not policy. Meant to be adapted to your pack and your council. Where anything here differs from current Scouting America policy, your council's guidance, or the Scout's handbook, those govern.

Contents

1. What the Cubmaster actually does	3
Yours	3
Not yours	3
2. Your first 30 days	3
3. The pack's rhythm	4
4. The program year at a glance	4
5. Running the pack meeting	5
Things that make a pack meeting good	5
The Cubmaster's Minute	6
6. Eight pack meetings, planned	6
September — Character and Leadership	6
October — Outdoors	7
November — Citizenship	8
December — Family and Reverence	8
January — Pinewood Derby	9
February — Personal Safety • Blue and Gold	10
March — Personal Fitness	11
April — Pack choice • pick one	12
7. Ceremony scripts	12
Opening flag ceremony	12
Bobcat ceremony	13
Rank advancement	13
Birthday recognition	13
Closing: the Living Circle	13
Arrow of Light and crossover	14
8. Cheers, applause, and the quiet sign	14
9. Gathering activities	15
10. Ten Cubmaster's Minutes	16
11. The events that carry the year	17
Back to the Pack — late August	17
Back to the Pack — run of show	17
Pinewood Derby — January	18

Rules that prevent arguments.....	18
Blue and Gold banquet — February.....	19
Pack campout — fall and/or spring.....	19
The campfire pattern.....	20
Day camp and resident camp — June and July.....	20
Service projects — at least twice a year.....	21
12. Working with your den leaders.....	21
Once a month, ask each of them.....	21
What you owe them.....	21
13. Safety non-negotiables.....	21
14. When things go wrong.....	22
15. Your pack, on one page.....	22

IF YOU READ NOTHING ELSE

You run the pack meeting. That is the job. Everything else is somebody else's.

The pack meets four times a month: two den meetings, one pack meeting, one parent and leader meeting. Your name is on the third one.

Your goal at every pack meeting is simple — every Cub Scout is called by name, something gets celebrated, and everybody leaves louder than they came in.

If you are spending your evenings on money, forms, or the renewals, something has gone wrong. Hand it to the committee chair.

1. What the Cubmaster actually does

The Cubmaster is the face of the program to the kids and the families. You are the master of ceremonies, the keeper of the energy, and the person who makes a seven-year-old feel like joining this thing was the best decision of their life.

Yours

- Plan and run the monthly pack meeting.
- Lead the opening and closing ceremonies, and present awards in front of everyone.
- Support the den leaders — check in monthly, make sure they have what they need, and shield them from administrative noise.
- Set the tone: uniform worn correctly, Scout Oath and Law used out loud, adults treated like teammates.
- Represent the pack at roundtable and district events, and bring the good ideas home.
- Work with the committee chair as a partner. Program is yours; business is theirs.

Not yours

- Money, dues, budgets, and reimbursements — the treasurer.
- Renewals, applications, and rosters — the committee chair and secretary.
- Fundraising logistics — the fundraising chair.
- Day camp and outing paperwork — the outdoor or activities chair.
- Advancement record entry — the advancement chair.

If those jobs are unfilled, the answer is to recruit somebody, not to absorb them. A Cubmaster doing five jobs quits in March. **Say so out loud at the next committee meeting.**

2. Your first 30 days

In order. Do not skip the first three.

- ☐ Complete Safeguarding Youth Training (SYT) at [my.Scouting.org](https://my.scouting.org). Required before you register, and it expires every 12 months.
- ☐ Register as an adult leader with the pack and submit your application to the chartered organization.
- ☐ Complete Cubmaster Position-Specific Training in the online Learn Center. It is about an hour and it is worth it.
- ☐ Get access to the pack's advancement system (Scoutbook or your council's equivalent) and to the pack calendar.
- ☐ Sit down with the committee chair for one hour. Agree on who owns what, and how you will handle disagreements.

- ☐ Call every den leader. Ask two questions: what do you need, and what is getting in your way?
- ☐ Read the Guide to Safe Scouting sections on Cub Scouting — or at minimum, the age-appropriate activity chart.
- ☐ Attend one district roundtable. You will steal at least one usable idea.
- ☐ Walk the meeting space. Know where the flags, the sound, the light switches, and the bathrooms are.

3. The pack's rhythm

This pack runs on a four-week cycle. Once families learn it, attendance takes care of itself.

Week	What happens	Who runs it	Your job
Week 1	Den meeting	Den leaders	Nothing. Stay out of it.
Week 2	Den meeting	Den leaders	Confirm next week's pack meeting plan with the den leaders.
Week 3	Pack meeting	Cubmaster	You run the room. Section 5 is the format; section 6 has the plan for that month.
Week 4	Parent and leader meeting	Committee chair	Give a 5-minute program report. Then listen.

THE ONE RULE THAT KEEPS PACKS ALIVE

Every family should leave every meeting knowing the date, time, place, and one-sentence purpose of the next two things on the calendar. Say it out loud at the closing. Put it in the email. Put it on the whiteboard.

4. The program year at a glance

Dates below follow the pack calendar. Adjust for your own school district, but keep the shape.

When	Pack meeting / event	Theme	What the Cubmaster is doing
Aug 31	Back to the Pack	Sign Up for Scouting	Welcome new families. Have den leaders standing with signs. Give every new family a calendar.
Sep 28	Pack meeting	Character and Leadership	First pack meeting of the year. Keep it short and loud. Bobcat is in progress in every den.
Oct 26	Pack meeting	Outdoors	Push the fall campout or hike. Recognize first Bobcats.
Nov 30	Pack meeting	Citizenship	Flag ceremony done properly. Service project announcement.
Dec 21	Pack meeting	Family and Reverence	Family-heavy meeting. Invite grandparents. Keep it to 45 minutes.
Jan 18	Pack meeting	Pinewood Derby	The biggest night of the year. Full playbook in section 11.

When	Pack meeting / event	Theme	What the Cubmaster is doing
Feb 15	Pack meeting	Personal Safety	Blue and Gold banquet with the Arrow of Light crossover the same night. Plan it in December. Lion through Webelos badges of rank come in April.
Mar 22	Pack meeting	Personal Fitness	Every den finishes its last required adventure on March 8 — recognize it. Start summer camp promotion.
Apr 19	Pack meeting	Elective / pack choice	Badges of rank presented — the elective meetings finish April 12. Check a week ahead who is short an adventure.
May 3	Summer event	—	Hand off the year. Celebrate every rank earned.
May 17	Annual planning meeting	—	Build next year's calendar with the committee. Non-negotiable.
June–July	Day camp / resident camp	—	Get bodies to camp. Camp attendance is the single best predictor of who comes back.
Aug 16	Parent meeting	—	Leaders in place, calendar printed, ready for recruiting night.

5. Running the pack meeting

A pack meeting is a variety show, not a business meeting. Sixty minutes, hard stop. If it runs long, families stop coming, and no amount of good content fixes that.

Time	Segment	What it looks like
–20 min	Gathering activity	A simple activity on the tables as families arrive. Kids never sit and wait. Assign this to a den on rotation.
0:00	Opening ceremony	Flag ceremony run by a den, Pledge, Scout Oath and Law. Different den each month — put it on the calendar in August.
0:05	Welcome and introductions	Cubmaster. Name every new family out loud. Thirty seconds of announcements, no more.
0:08	Den demonstrations	Two or three dens show what they did this month. Two minutes each. This is the heart of the meeting.
0:20	Main activity or theme event	The month's theme, run as a game, skit, competition, or guest. Everyone participates.
0:40	Advancement and recognition	Awards presented by name, Scout and parent together in front of the pack. Applaud every one.
0:52	Announcements that matter	The next two dates only. Written on a board behind you.
0:55	Cubmaster's minute and closing	Sixty seconds of something true. Then a closing ceremony and out the door.

Things that make a pack meeting good

- Start on time even if half the pack is missing. They will learn.

- Kids run as much of it as possible. Adults on stage should be rare.
- Every Cub Scout hears their own name at least once.
- No adult speaks for more than three minutes. Not you, not the treasurer, not the popcorn chair.
- Announcements go in email; the meeting is for celebration.
- End with energy, not logistics.

The Cubmaster's Minute

Sixty seconds at the end where you say one true thing. It is the part kids remember. Keep a running list on your phone; you need eight or nine a year. A good one names something you actually saw that night — a Scout who helped clean up, a den that stuck with a hard activity — and connects it to one point of the Scout Law.

6. Eight pack meetings, planned

One plan per month, matched to the theme on your pack calendar. Everything below has been run by real packs and needs nothing you cannot buy at a grocery store. Adapt freely — but do not show up without a plan.

September — Character and Leadership

First pack meeting of the year. Every den is working Bobcat right now, so the whole room is learning the same words. Use that. Keep it to 50 minutes — you are teaching families what a pack meeting is.

Segment	What you do	What you need
Gathering (as they arrive)	Scout Law Match. Twelve index cards with the points of the Scout Law, twelve with a plain-language meaning (“Tells the truth”). Kids match them on the floor. New siblings can play too.	24 index cards, marker
Opening	Oldest den presents colors. Pledge of Allegiance, then the whole room says the Scout Oath and Scout Law together — hold up a poster so parents can read along.	Flags, Oath/Law poster
Welcome	Name every new family out loud and have them stand. Point out the den leaders by name and grade. Ninety seconds.	Roster of new families
Den demos	Two dens show one thing from Bobcat — the Scout sign, the handshake, or the salute. Two minutes each.	None
Main activity	THE OATH RELAY. Write the Scout Oath on card stock and cut it into phrases, one set per den. Sets are scrambled at one end of the room, dens at the other. On “go,” one Scout at a time runs down, grabs a phrase, brings it back. Den assembles the Oath in order. Then everybody says it together.	Card stock, marker, scissors, one set per den
Second activity (if time)	HUMAN KNOT, by den. Everyone grabs two different hands across the circle, then untangles without letting go. Talk for thirty seconds afterward about what made it work.	Nothing
Recognition	Any Bobcats already earned. Parent pins the badge on upside down; it gets turned right side up	Badges, safety pins

Segment	What you do	What you need
	when the Scout does a good turn at home.	
Announcements	The next two dates only. Written on a whiteboard behind you.	Whiteboard
Closing	Cubmaster's Minute, then the Living Circle. See the ceremony scripts.	None

NEW-FAMILY NIGHT

Roughly a third of the room has never been to a pack meeting. Say what is about to happen before it happens ("we are going to open with a flag ceremony — please stand and remove hats"). Nobody feels stupid, and they come back.

October — Outdoors

The month to sell camping. If your pack does a fall campout, this meeting is the pitch, and sign-ups happen at a table by the door before anybody leaves.

Segment	What you do	What you need
Gathering	PACK THE PACK. Dump 25 items on a table — some belong in the Cub Scout Six Essentials, some do not (a video game, a glass jar, a full-size pillow). Kids pack a daypack with what they would actually take.	Daypack, camping items, junk items
Opening	Outdoor-themed flag ceremony. Add the Outdoor Code read by a Webelos or Arrow of Light Scout.	Flags, Outdoor Code card
Den demos	A den that hiked this month shows photos and tells one thing that surprised them.	Photos on a laptop or printed
Main activity	CAMP STATIONS. Four stations, dens rotate every eight minutes, an adult runs each one: 1. Tent race — pitch a two-person tent, timed. 2. Square knot — teach it, everyone ties one, keep the rope. 3. Leave No Trace sort — cards showing behaviors, sort into "leave it better" and "not okay." 4. Trail signs and what to do if you are lost — STOP: Stay put, Think, Observe, Plan. Practice the hug-a-tree rule.	Tent, 30 short ropes, LNT cards, whistle for each Scout
Recognition	Bobcats and any adventure loops earned.	Awards
The pitch	Two minutes on the fall campout: date, place, cost, what to bring, who to ask. Sign-up table by the exit with a pen and a clipboard. Do not let families leave without walking past it.	Clipboard, sign-up sheet, flyer
Closing	Campfire-style. Sing one song, then the Living Circle.	None

CAMPING SELLS ITSELF IF YOU MAKE SIGNING UP EASY

Families do not skip campouts because they hate camping. They skip because they do not own gear and are embarrassed to say so. Announce out loud that the pack has loaner tents and sleeping bags, and that somebody will help them set up. Attendance jumps.

November — Citizenship

Veterans Day is this month. This is the meeting where you invite somebody from the community and where the pack starts a service project.

Segment	What you do	What you need
Gathering	FLAG FOLDING TABLE. An older Scout or a veteran teaches the triangle fold. Kids line up in pairs and try it.	One or two flags
Opening	Full ceremonial flag ceremony, done slowly and correctly. Practice with the den beforehand — this is the month to do it right.	Flags
Guest	A veteran, a police officer, a firefighter, or a city council member. Give them exactly five minutes and tell them the audience is five to eleven years old. Prepare three questions in advance so the silence does not happen.	Confirmed guest, three question cards
Main activity	SERVICE PROJECT KICKOFF. Announce a food drive or a card drive for a veterans home. Kids decorate collection boxes by den right there, and each den takes one home. Collect at the December meeting.	Cardboard boxes, markers, construction paper, glue
Second activity	FLAG ETIQUETTE RELAY. True/false statements about flag handling posted on two walls (“the flag may touch the ground” — false). Call one out, Scouts run to the wall they believe.	Printed signs, list of statements
Recognition	Awards. Recognize any Scout who did a good turn at home this month, by name.	Awards
Closing	Ask everyone to name one person who serves the community. Go around fast. Then the Living Circle.	None

BOOKING THE GUEST

Ask in September, confirm in October, call the day before. Send them one sentence about the audience and what you want them to talk about. A guest who is not briefed will talk for twenty minutes about budgets.

December — Family and Reverence

Short, warm, family-heavy. Invite grandparents. Forty-five minutes maximum — everyone has somewhere else to be in December.

Segment	What you do	What you need
Gathering	TRADITION WALL. Butcher paper on the wall. Each Scout draws or writes one family tradition. Read a few aloud later.	Butcher paper, markers, tape
Opening	Simple flag ceremony, then a moment of silence or a non-denominational reflection. Keep it inclusive — packs contain many faiths and some families of none.	Flags
Main activity	SERVICE DELIVERY. Collect the boxes from November. Count the cans out loud as a pack — kids love the number. If you are delivering, take a photo to show in January.	Collection boxes, a scale or a counter
Second activity	CARDS FOR SERVICE MEMBERS or a senior center. Every Scout makes one card at the table. Ten minutes, no fuss.	Blank cards, markers, stickers
Recognition	Awards, plus recognize the adults. Name every den leader and hand them something small. December is when volunteers wonder if anybody noticed.	Awards, small gifts for leaders
Closing	A song everyone knows. Then the Living Circle with the lights down.	None

RECOGNIZE THE ADULTS IN DECEMBER

Volunteer resignations cluster in January. A December thank-you in front of the whole pack, by name, is the cheapest retention tool you have.

January — Pinewood Derby

The biggest night of the year and the one most likely to go wrong. Full playbook in section 12 — this is the meeting-night run sheet only.

Segment	What you do	What you need
Before	Track set up and test-run at least 90 minutes early. Weigh-in and impound open one hour before. Once a car is impounded, nobody touches it but the pit crew.	Track, scale, impound table, pit box
Gathering	Coloring sheets and a craft table for siblings, away from the track. Bored siblings cause most of the chaos at a derby.	Coloring sheets, crayons
Opening	Short. Pledge, Scout Oath, and the rules read aloud in sixty seconds so nobody can claim they did not know.	Flags, printed rules
Racing	Every car races in every lane if your software allows it. Announce every Scout by name as their car runs. Keep the standings on a screen or a big board.	Timer, laptop, projector or board

Segment	What you do	What you need
Between heats	Design judging by the Scouts themselves — everyone gets three stickers to vote with. Keeps the room busy during the slow parts.	Stickers, ballot table
Recognition	Speed awards AND design awards — most creative, best paint, funniest, most patriotic, best use of a theme. Aim for more than half the Scouts going home with something.	Trophies, ribbons, certificates
Closing	Thank the derby chair and the pit crew by name in front of everyone.	None

THE TWO THINGS THAT RUIN A DERBY

A family that never got a kit, and a rule applied unevenly. Both are preventable: hand kits out in early December with the rules stapled to them, hold a build workshop for families without tools, and put one person in charge of the scale whose word is final.

February — Personal Safety • Blue and Gold

Scouting's birthday month. The Blue and Gold banquet is the February pack meeting, and the Arrow of Light den crosses over to a troop the same night — one event, not two. Program under 45 minutes even if dinner runs long. Badges of rank for Lion through Webelos come in April — the elective den meetings do not finish until April 12 — so build this night around the crossover and the year behind you, not around badges nobody has earned yet.

Segment	What you do	What you need
Gathering	SAFE OR NOT SAFE. Cards showing situations — a stranger offering a ride, a friend's parent picking you up when your family did not say so, being home alone and answering the door. Kids sort them and talk about why.	Printed situation cards
Opening	Flag ceremony, then the birthday of Scouting — one sentence on the founding and how many Scouts have come through since.	Flags
Dinner	Committee runs it. You stay out of the kitchen and work the room, greeting families.	Committee's problem, not yours
Main activity	SAFETY STATIONS between courses, or after dinner: 1. Call 911 — practice on an unplugged phone, say your name and address out loud. 2. Buddy system tag — you are only safe when holding a buddy. 3. Shout, Run, Tell — practice the shout. Loudly. In a room full of parents. 4. Home safety scavenger hunt list to take home.	Old phone, printed lists, open space
Recognition	The big one. Rank badges presented with the parent, one at a time, with a sentence about what the rank took. This is the emotional center of the	All rank badges, parent pins

Segment	What you do	What you need
	year.	
Closing	Cake, the Scout Law said together, and the Living Circle.	Cake

BLUE AND GOLD IS A BANQUET, NOT A PACK MEETING WITH FOOD

Program under 45 minutes. Adults speak for three minutes maximum, including you. If the Arrow of Light presentation and the crossover take twenty minutes, that is the right use of the time — it is what the families came for.

March — Personal Fitness

Get them moving. This is the easiest meeting of the year to run and the one that needs the most floor space. It is also the first meeting after every den finishes its sixth and last required adventure on March 8 — say that out loud, and tell each family which two electives their Scout still needs before April.

Segment	What you do	What you need
Gathering	STRETCH STATION. An older Scout leads whoever has arrived through five stretches on a mat. Repeats every few minutes as more arrive.	Mats or open floor
Opening	Flag ceremony, then a pack-wide 60-second exercise — jumping jacks, then everyone sits down winded and laughing.	Flags
Main activity	PACK OLYMPICS. Six stations, dens rotate every six minutes, a parent runs each and records: 1. Standing long jump (tape measure on the floor) 2. Hula hoop, longest spin 3. Balance beam — a 2x4 flat on the floor, walk it heel to toe 4. Sit-ups in 30 seconds 5. Obstacle course — cones, a crawl under chairs, a jump 6. Bean bag toss for accuracy Everyone gets a card and records their own numbers. No overall winner.	Tape measure, hula hoops, 2x4, mats, cones, bean bags, score cards
Finish	TUG OF WAR. Dens against dens, then all the kids against all the adults. The adults lose. Always.	Heavy rope, open space
Snack	A healthy snack table — fruit, water. Talk for thirty seconds about what fuel does.	Fruit, water
Recognition	Awards. Any Scout who set and hit a fitness goal this month gets named.	Awards
Closing	Living Circle. Announce summer camp — dates, cost, deposit deadline.	Camp flyer

THIS IS YOUR SUMMER CAMP MEETING

Camp attendance is the strongest predictor of who comes back next year. Announce it in March with a deposit deadline, have a table at the door, and tell families about camperships out loud so nobody has to ask.

April — Pack choice • pick one

A free month for the program and the night the badges of rank are presented — the two elective den meetings finish April 12. Pick one of these and run it well rather than trying to do several, and budget twenty minutes for advancement.

Segment	What you do	What you need
Raingutter Regatta	Two ten-foot vinyl rain gutters on sawhorses, lined and filled with water. Scouts build small sailboats from kits and propel them by blowing through a straw — no hands. Cheap, loud, and hilarious.	Two gutters, sawhorses, plastic liner, boat kits, straws, towels
Space Derby	Rubber-band-powered rockets on a wire. Build night two weeks before, race night at the pack meeting. More build effort than the regatta.	Space derby kits, wire, hooks
Bike rodeo	Helmet fit check, a safety course with cones, hand signals, and a slow race (last to cross without a foot down wins). Invite a police officer.	Cones, chalk, helmets, an officer
STEM night	Four stations: baking-soda rockets, straw bridges holding weight, circuit blocks, and a paper airplane distance contest. Recruit a parent engineer to run one.	Varies by station
Nature night	A nature hike at a park with a scavenger hunt list, plus a naturalist from the park district. Move the meeting outdoors.	Hunt lists, park reservation
Talent show	Every den performs one skit or song. Give them the assignment a month out. Cheap, and families film it.	Sound system, a stage area

WHATEVER YOU PICK, PLAN IT IN FEBRUARY

A pack choice night decided in early April becomes a movie night. Choose at the February leaders' meeting, assign a chair, and put it in the newsletter.

7. Ceremony scripts

Say these out loud once before you use them. They are written to be read from a card in your hand — nobody expects you to memorize anything.

Opening flag ceremony

Runs about three minutes. A different den each month; put the rotation on the calendar in August so no den is surprised.

[Color guard forms at the back of the room with the U.S. flag and the pack flag.]

Cubmaster: *Will the color guard please advance the colors.*

[Color guard walks forward slowly and posts the flags in their stands.]

Color guard leader: *Please rise. Scouts, salute. Audience, place your right hand over your heart. Please join us in the Pledge of Allegiance.*

[Everyone says the Pledge. Then:]

Color guard leader: *Two. [everyone drops the salute] Please join us in the Scout Oath and the Scout Law.*

[Everyone says the Oath and Law. Color guard returns to their seats. Cubmaster takes over.]

Bobcat ceremony

Two minutes per Scout. Bobcat is the first badge every Cub Scout earns, at every rank.

Cubmaster: *Tonight we recognize Scouts who have earned the Bobcat badge. Bobcat means you have learned the Scout Oath, the Scout Law, the Cub Scout sign, salute, handshake, and motto. It means you know what a Scout is. Will [name] and their family please come forward.*

[Scout and parent come to the front. Hand the badge to the parent.]

Cubmaster: *[Name], the Scout Oath begins “On my honor, I will do my best.” That is all we ask of you. [Parent], will you pin the Bobcat badge on upside down?*

[Parent pins the badge upside down on the uniform pocket.]

Cubmaster: *It stays upside down until you do a good turn for someone at home. When you do, your family will turn it right side up. Congratulations, Bobcat. Pack — a Bobcat cheer!*

Rank advancement

The centerpiece of the April pack meeting, once the elective meetings are done and the badges are in hand. Arrow of Light is the exception — it is presented at Blue and Gold, immediately before crossover. Present any other rank the night it is earned rather than holding it. Name the rank and say what it took.

Cubmaster: *Earning a badge of rank takes six required adventures and at least two more the Scout chose. It takes a year of showing up. Will the [Wolf] den and their families please come forward.*

[Line the Scouts up with a parent behind each one. Hand each badge to the parent.]

Cubmaster: *[Name] — you hiked, you learned to be safe in a group, you served your community, and you did your best. Your family will now present your [Wolf] badge.*

[Parents present the badges together. Applause. Then a den cheer for the whole den.]

Birthday recognition

Cubmaster: *We have birthdays this month. When I call your name, come stand with me. [Names.] Pack, on three, the biggest “Happy Birthday” this room has ever heard. One, two, three —*

Closing: the Living Circle

The standard Cub Scout closing. Works every month and takes ninety seconds.

Cubmaster: *Will everyone please form a circle. Left hand out in front of you, palm down. Right arm over your left, palm down, and take the hands of the Scouts on either side of you.*

[Everyone crosses arms and joins hands, forming a woven circle.]

Cubmaster: *This circle has no beginning and no end, like the friendship of this pack. Let us say the Scout Law together.*

[Everyone says the Scout Law. Then the Cubmaster gently squeezes the hand of the Scout on their left, and the squeeze passes around the circle.]

Cubmaster: *Pass the friendship squeeze. When it comes back to me, we are done. Goodnight, Pack [number]. See you [date].*

Arrow of Light and crossover

The most important ceremony of the year. Rehearse it. Invite the troop and have the Scoutmaster present. Budget fifteen to twenty minutes.

[Lights low. Arrow of Light Scouts line up at one end. A physical bridge, or two lines of rope on the floor, separates the Cub Scout side from the troop side. Troop Scouts stand on the far side in uniform.]

Cubmaster: *The Arrow of Light is the highest rank in Cub Scouting. It is the only Cub Scout badge that may still be worn on the uniform of a Scout in a troop. These Scouts have earned it.*

[Present the Arrow of Light badge to each Scout with a parent, one at a time. Say one specific thing about each Scout — not a generic line. Then:]

Cubmaster: *[Name], you came to this pack as a [Lion / Tiger]. You have learned to hike, to serve, to lead, and to do your best. Tonight your Cub Scouting is complete. Will you cross?*

[The Scout crosses the bridge. The den leader shakes their hand on the Cub side; the Scoutmaster meets them on the troop side and replaces the Cub Scout neckerchief with the troop neckerchief.]

Scoutmaster: *Welcome to Troop [number].*

[Repeat for each Scout. When all have crossed:]

Cubmaster: *Pack, these Scouts are no longer ours. They are Scouts now. Let us send them off the way they deserve.*

[Full pack cheer. Photos. Do not skip the photos — this is the picture the family keeps.]

THREE THINGS THAT MAKE A CROSSOVER WORK

Rehearse it once, with the Scouts, the week before. Ten minutes.

Say something specific about each Scout. “Marcus never once let a younger Scout carry a pack heavier than his own” beats “Marcus did a great job.”

The troop must actually be there. A crossover with no troop on the far side of the bridge is a goodbye, not a handoff.

8. Cheers, applause, and the quiet sign

Every award, every announcement, every good thing gets a cheer. Learn six of these cold. Say the name of the cheer, demonstrate it once, then call it.

Cheer	How to do it
Great job	Everyone claps twice, points at the person, and shouts “Great job!”
Rocket	Crouch down, countdown from five, jump up with arms overhead going “whooooosh.”
Round of applause	Clap while moving your hands in a big circle in front of you.
Seal of approval	Clap with straight arms like a seal and bark three times.
Alligator	Arms straight out, one above the other, clap them together like jaws — three snaps.
Bobcat	Make claws with both hands, three swipes, and a “rrrow” each time.
Wolf	One long howl, everyone together. Best cheer in Cub Scouting.
Bear	Arms up, growl, and stomp three times.

Cheer	How to do it
Fireworks	Whistle rising with your hands going up, then “boom” and fingers spreading.
Cowboy	Slap your thigh, swing a lasso overhead, and shout “yee-haw!”
Two-dollar	Two claps, then everyone shouts “two dollars!” Nobody knows why. It works.
Silent cheer	Everyone waves both hands overhead saying nothing. Use it when the room is already too loud.

THE QUIET SIGN IS THE ONLY CROWD CONTROL YOU NEED

Raise your right hand with the Scout sign — two fingers up. Every Scout who sees it raises theirs and stops talking. Adults learn it by watching.

Never shout for quiet. Never count down. Raise the sign, wait, and say nothing. It takes about eight seconds the first few times and about three by October. If you shout over the room even once, the sign stops working.

9. Gathering activities

Something must be happening the moment the first family walks in. A gathering activity is the single cheapest fix for a chaotic pack meeting. Assign one den per month to run it.

Activity	What you need	How it works
Scout Law match	24 index cards	Match each point of the Scout Law to a plain-language meaning.
Pack the pack	Daypack, real and silly items	Kids choose what belongs in the Six Essentials.
Human bingo	Printed grids, pencils	“Find someone who has slept in a tent.” Signatures fill the grid. Great for new families.
Knot table	30 short ropes	An older Scout teaches one knot. Everyone keeps their rope.
Guess the jar	Jar of beans, slips of paper	Estimate the count. Winner announced at recognition time.
Photo wall	Printed photos, tape, butcher paper	Photos from the last month’s den meetings. Parents love it and it fills five minutes.
Card making	Blank cards, markers	For service members, a senior center, or a sick Scout.
Word scramble	Printed sheets	Scrambled Scouting words. Easy version for the little ones.
Beanbag toss	Beanbags, a bucket	Endlessly replayable. Costs nothing.
Draw the theme	Butcher paper, crayons	One giant mural on the theme of the month. Hang it up next time.
Sock line	Clothespins, string, mismatched socks	Match and hang the pairs. Absurd, and five-year-olds adore it.
Buddy tag	Open floor	Tag, but you must hold a buddy’s hand. Burns energy

Activity	What you need	How it works
		before you need them seated.

10. Ten Cubmaster's Minutes

Sixty seconds at the end of the meeting where you say one true thing. It is the part the Scouts remember. Ten written out below — use them, or use them as a shape for your own. The best ones name something you actually saw that night.

September

Tonight some of you said the Scout Oath for the first time. It starts with three words — “on my honor.” That means when you say you will do something, people can stop worrying about whether it gets done. That is a big thing to be trusted with. You are eight. Start now.

October

Out on the trail, the person at the front sets the pace, but the person at the back decides how fast the group actually goes. A Scout looks back. If somebody is struggling, you slow down. That is what “help other people at all times” looks like when there is nobody watching.

November

We had a guest tonight who spends their working life taking care of people they have never met. Nobody made them do that. Somewhere along the way they decided that is who they were going to be. You get to decide that too, and you get to start deciding it now.

December

We counted the cans tonight and it was a big number. But the number is not the point. Somebody is going to eat a meal this month because a seven-year-old carried a can of green beans into this room. You will never meet them. Do it anyway. That is what a good turn is.

January

Some of you won tonight and some of you did not, and I want to tell you something about that. In about a week, nobody will remember who was fastest. What people will remember is who helped somebody carry their car up, and who shook a hand after losing. That is the part you control.

February

This is the month Scouting has its birthday, and tonight you watched Scouts you have known for years walk across a bridge and not come back. That is what this is for. Nobody crosses that bridge in a night. They got there on the Tuesday they did not feel like coming, and came. Every one of you is on that same walk.

March

Everybody in this room found something tonight they were not very good at. That is not a problem — that is the whole point. A Scout is Brave, and being brave mostly means being willing to be bad at something in front of other people while you learn it.

April

Tonight we handed out badges for a whole year of work, and not one of you earned it in a night — you earned it on the Tuesday you did not feel like coming, and came. Now look around at the people standing next to you. In September, some of you did not know each other. A Scout is Friendly, and friendly is not a feeling — it is a thing you do. You did both this year.

Any month — kindness

I want to name something I saw tonight. [Name] noticed somebody was left out and went and got them. Nobody asked. Nobody was watching. That is the Scout Law happening in real life, and it is worth more than anything I could say up here.

Any month — the year ahead

The Scout Oath does not say “I will be the best.” It says “I will do my best.” Those are completely different promises. One of them you can keep every single day, no matter who else is in the room. That is the one we ask you for.

11. The events that carry the year

Seven events carry the year. For each one: what it is, when to start, your job on the night, and the mistakes that actually happen.

Back to the Pack — late August

The fall recruiting night. Everything about the year's size is decided here.

When	What happens
May	Set the date at the annual planning meeting. Clear it with the school and the chartered organization.
July	Flyers to the schools, yard signs out, social media posts scheduled. Confirm the space.
2 weeks out	Every den leader confirmed and told exactly where to stand. Print calendars, applications, and a one-page “what Cub Scouting costs and what it includes.”
Night before	Everything in boxes in your car. Signs made. Applications counted.
90 min before	Room set: a welcome table at the door, one table per grade with a sign a parent can read from across the room, an activity area in the middle.
The event	See the run of show below.
Within 48 hours	Every application submitted. Every new family gets a personal call from their den leader — not a group email.

Back to the Pack — run of show

Time	What	Detail
0:00	Doors open, activity running	Kids go straight to an activity — a beanbag toss, a craft, anything. Parents are not asked to sit yet. This is the single most important design choice of the night: a child having fun is the pitch.
0:20	Welcome	You, five minutes maximum. What Cub Scouting is, what a year looks like, what it costs, and how much time it takes of a parent. Be honest about all four.
0:25	Den leaders introduced	Each stands, says their name, their grade, and their meeting night. Twenty seconds each.
0:28	Break to grade tables	Parents walk to the table for their child's grade. Do not point — have a volunteer walk each family over.
0:30	Applications and questions	Den leaders collect applications at the table, with a laptop or phone for the online form. A family that takes the form home is a coin flip.
0:50	Close	Everybody leaves with a printed calendar and the name and phone number of their den leader.

THE THREE FIXES THAT RAISE RECRUITING NUMBERS MOST

Complete applications on site, with somebody standing there to help. Take-home forms disappear. Walk families to their den leader instead of pointing. A physical handoff turns a stranger into a person.

Say the cost and the time commitment out loud, unprompted. Families who feel a hidden ask coming do not sign up.

Pinewood Derby — January

The biggest night of the year. Assign a derby chair in October — this is a full job and it is not yours.

When	What happens
October	Recruit the derby chair. Confirm the track — borrowed from the district, another pack, or your own. Book it in writing.
November	Order kits, one per Scout plus five spares. Write the rules — or adopt your district's — and get the committee to approve them.
Early December	Hand out kits at the pack meeting with the rules stapled to the kit. Announce the build workshop date at the same time.
Early January	BUILD WORKSHOP. A Saturday morning with saws, sanders, a scale, and three adults who know what they are doing. This is what keeps families without tools in the race.
Week of	Confirm the pit crew, the timer or judges, the awards, and who brings the scale. Test the track and the software.
Race day	Track set up 90 minutes early and test-run. Weigh-in and impound open one hour before the meeting.

Rules that prevent arguments

- Maximum weight 5.0 ounces, measured on the pack's scale, and the pack's scale is the only scale that counts. Say this in writing on the rules sheet.
- The car must use the wheels, axles, and block from the official kit.
- Maximum length 7 inches, width 2¾ inches, and it must clear the center guide rail.
- No loose material — no liquids, no moving weights.
- Once a car is impounded after weigh-in, only the pit crew touches it.
- Every car runs in every lane if your timing system supports it. Tracks are not identical and everybody knows it.
- A car that fails inspection gets one chance to fix it at the pit table before racing.

AWARDS: AIM FOR MORE THAN HALF THE SCOUTS GOING HOME WITH SOMETHING

Speed: 1st, 2nd, 3rd overall, plus fastest per den.

Design, voted by the Scouts themselves: most creative, best paint job, funniest, most patriotic, most like a real car, best use of the theme.

Every single Scout who raced gets a participation ribbon or certificate handed to them by name. Nobody walks out empty-handed at seven years old.

Consider an open class for siblings and adults, raced after the Scouts. It keeps parents from over-helping on the Scout cars.

Blue and Gold banquet — February

Scouting's birthday, the February pack meeting, and the Arrow of Light crossover, all on the same night. The committee owns the logistics; you own the program. Badges of rank for Lion through Webelos are presented in April, after the elective meetings, so build this night around the crossover, the year in photos, and adult recognition.

Time	Program element	Detail
0:00	Doors and gathering	Photo board of the year, a slideshow on a loop, and a craft table for the little ones. Families sit by den.
0:20	Opening	Full ceremonial flag ceremony by the Arrow of Light or Webelos den. Grace or a reflection if your chartered organization expects one.
0:28	Welcome and the birthday	You, two minutes. Scouting's founding, and how many Scouts have come through this pack. Get the pack number from the committee chair.
0:32	Dinner	You are not in the kitchen. You are at the tables, talking to families, especially the new ones.
1:05	Den skits or the year in photos	Two or three dens perform. Assign this in January so they have time.
1:20	Arrow of Light and crossover	The heart of the night. Present the Arrow of Light to each Scout with a parent, one specific sentence each, then cross them to the troop. Take the time — this is what the families came for. If your pack has no Arrow of Light den this year, give these minutes to the year in photos and to naming what every den finished.
1:45	Adult recognition	Every den leader and committee member named and thanked. Give something small. Applause.
1:50	Cake and closing	Cake, the Scout Law together, Living Circle. Out the door.

- Total program under 45 minutes, not counting dinner. Adults speak three minutes maximum, you included.
- Head count matters — collect RSVPs and a per-plate cost, or the committee eats the loss.
- Invite the chartered organization, the unit commissioner, and the district executive. Seat them, name them, and thank them.
- Photographer assigned in advance. Every crossing Scout gets a picture with their family, and every den gets a group photo.

Pack campout — fall and/or spring

The event families remember for years. The activities chair owns permits, site, and food; you own the program after dark.

Time	What	Detail
Fri 5–7 pm	Arrival and setup	Dens camp together. Assign an experienced family to each new family for tent setup. Nobody struggles alone in the dark.
7:30 pm	Dinner	Simplest possible. Hot dogs or a chili the committee made ahead. Cooking is not the program on night one.
8:30 pm	Campfire	Your event. Run of show: opening cheer, three skits by dens, two songs, one story, closing. See the campfire pattern below.
10:00 pm	Lights out	Announce it, mean it, and walk the loop once.

Time	What	Detail
Sat 7:30 am	Breakfast	Assigned to a den or the committee.
9:00 am	Activity blocks	Rotate dens through: a hike with a scavenger hunt, BB and archery if your council range and certified instructors are available, fishing, nature crafts, a service project on the site.
12:00 pm	Lunch and pack up	Site inspection by the ranger before anyone leaves. Leave it better than you found it — say that out loud to the Scouts.

The campfire pattern

Campfires work on an energy curve: start loud, end quiet. Run it in this order and it works every time.

1. Opening cheer or a loud song to get everyone shouting.
2. The two funniest skits. Dens prepare these at their meetings two weeks before — assign it.
3. A big participation song everyone can do badly.
4. One more skit, then a quieter song.
5. A story — a legend about the place you are camping works best.
6. Cubmaster's Minute, quiet, with the fire low.
7. Closing: Scout Law together, then everyone walks back in silence. The silence is the part they remember.

BEFORE ANY PACK OVERNIGHT

Two registered adults with current Safeguarding Youth Training, minimum, and enough adults that no den is ever alone. If any girls are on the campout, one of them must be a registered female adult leader 21 or older.

Every Scout sleeps in a tent with their own parent or guardian, or in a tent with other youth — never with an unrelated adult.

Annual health forms collected in advance, plus a first aid kit and one adult with current first aid training.

Check the Guide to Safe Scouting for what Cub Scouts may and may not do. Shooting sports and any water activity have specific requirements — ask your council, do not assume.

Weather plan written down, and a phone number families can reach on the night.

Day camp and resident camp — June and July

The strongest predictor of who comes back in the fall. Treat summer camp promotion as a retention project, not a summer activity.

- Get the dates from your council in January and put them on the pack calendar immediately.
- Promote at the March pack meeting with a deposit deadline, and again in April.
- Recruit a camp coordinator to handle registration as a pack rather than family by family. Packs that register together attend together.
- Say out loud, in front of everyone, that camperships and financial assistance exist and who to ask. Families will not ask if they have to raise their hand.
- Day camp needs adult leaders from your pack on site. Recruit them in April, not the week before.
- Follow up in August with photos at Back to the Pack. Camp photos recruit better than any flyer.

Service projects — at least twice a year

- Pick things a six-year-old can physically do: food drives, park cleanups, cards for veterans or a senior center, collecting supplies for an animal shelter, planting at the chartered organization.
- Tie it to the month's theme — Citizenship in November, Family and Reverence in December.
- Kick off at one pack meeting, collect at the next. The gap creates the story.
- Count the result out loud in front of the Scouts. "Four hundred and twelve cans" lands; "a lot of food" does not.
- Report service hours to your council — the committee chair needs the number for the pack's year-end report.

12. Working with your den leaders

Den leaders are the program. A pack with strong den leaders and a mediocre Cubmaster does fine. The reverse does not.

Once a month, ask each of them

1. What went well this month?
2. What do you need that you do not have?
3. Which family is drifting, and does someone need to call them?
4. Are you covered for next month, or do you need a substitute?

What you owe them

- A calendar they can plan against, published in August and not moved.
- A budget for supplies and a fast reimbursement, arranged through the treasurer.
- Trained assistant den leaders so nobody is a single point of failure.
- Public credit at pack meetings, by name.
- Protection from committee business. Den leaders should not be on cleanup crews, phone trees, and fundraising committees.

13. Safety non-negotiables

These are not suggestions and they are not local preferences. If one of them is violated, the activity stops.

- Two registered adult leaders, 21 or older, at every Scouting activity — including den meetings, outings, and rides. A registered female adult leader 21 or older must be present for any activity involving female youth, and a pack or den serving girls must have one registered.
- No one-on-one contact between an adult and a youth member. Not in person, not by phone, not by text, not by direct message.
- All registered adults have current Safeguarding Youth Training. SYT expires 12 months from the day it is completed — not two years.
- Parents may observe any activity at any time.
- Activities stay inside the age-appropriate guidelines in the Guide to Safe Scouting. Cub Scouts do not do everything older Scouts do.
- Report any suspected abuse to local authorities and to the Scout executive. Immediately. There is no internal review step first.

SAFEGUARDING YOUTH TRAINING REPLACED YPT

Safeguarding Youth Training (SYT) is the training formerly called Youth Protection Training. It went live in May 2025 and fully replaced YPT as of May 31, 2026.

What changed that matters to you: SYT expires 12 months from the date it is completed, not two years. That means every adult in your pack lapses once a year, and somebody has to be watching.

The full course runs about 90 minutes at my.Scouting.org and requires 80% to pass. Within seven days after expiration a leader can take a short refresher and retest instead. Miss that window or fail the refresher, and it is the full course again.

CHECK YOUR COUNCIL

Councils add their own requirements — Hazardous Weather Training, swim classification for water activities, activity consent forms, and local tour or outing notification. Ask your unit commissioner or district executive once, in September, and write the answers on the back page of this guide.

14. When things go wrong

The problem	What is usually actually happening	What to do
Attendance is dropping	Families do not know what is coming, or meetings run long	Publish the next two months. Cut the pack meeting to 60 minutes and hold to it.
A den has no leader	Nobody was asked directly	Ask one specific parent, in person, for one specific job, with an end date. Never send a group email asking for volunteers.
The pack meeting is chaos	No gathering activity, adults talking too long	Add a gathering activity. Cap every adult at three minutes. Give the dens jobs.
A den leader is burning out	They are doing three jobs	Recruit an assistant this month. Take the non-den jobs off them.
Advancement is behind	Nobody is tracking it	Advancement chair reviews every den's progress in January and again in March, and reports at the leaders' meeting.
You and the committee chair disagree	Unclear boundary	Program calls are yours. Business calls are theirs. Settle it privately, present one answer to the pack.
Arrow of Light Scouts are not crossing over	They have never met the troop	Joint activities starting in the fall, not a February introduction.
A parent is a problem	Often unclear expectations or an unaddressed grievance	Talk to them alone but not one-on-one with a youth present. Bring the committee chair. Document it.

15. Your pack, on one page

Fill this out in September and keep it with the guide.

Role	Name	Phone / email
Committee chair		
Chartered organization rep		
Treasurer		
Advancement chair		
Lion den leader		
Tiger den leader		
Wolf den leader		
Bear den leader		
Webelos den leader		
Arrow of Light den leader		
Unit commissioner		
District executive		
Scouts BSA troop contact		

Pack number: _____ Chartered organization: _____

Meeting place and night: _____

Council: _____ District: _____



The Committee Chair

Cub Pack Program Guide | Build the team, handle the business, protect the leaders' time

A guide to best practices, not policy. Meant to be adapted to your pack and your council. Where anything here differs from current Scouting America policy, your council's guidance, or the Scout's handbook, those govern.

Contents

1. What the committee chair actually does.....	3
Yours.....	3
Not yours.....	3
2. Your first 30 days.....	3
3. Your team, and what each person owns.....	4
4. The annual business calendar.....	5
5. The monthly parent and leader meeting.....	5
Rules that keep it to an hour.....	6
6. Event playbooks.....	6
Back to the Pack — fall recruiting night.....	6
Jobs to fill.....	7
Budget.....	7
Pinewood Derby — January.....	8
Jobs to fill.....	7
Budget.....	7
Blue and Gold banquet — February.....	9
Jobs to fill.....	7
Budget.....	7
Pack campout — fall and spring.....	10
Compliance checklist — do not delegate this one.....	11
Day camp and resident camp — June and July.....	11
The fundraiser — September to November.....	12
The annual program planning conference — May.....	12
Who comes.....	13
What to bring.....	13
Agenda — three hours.....	13
7. Money.....	14
The basics.....	14
A simple pack budget.....	14
8. Registration, records, and compliance.....	14
9. Unit renewal and member renewal.....	15
Unit renewal.....	15
Member renewal.....	16

10. When things go wrong.....17

11. Your pack, on one page.....18

IF YOU READ NOTHING ELSE

Your job is to make sure the Cubmaster and the den leaders never have to think about money, forms, or logistics.

You do that by recruiting a team — not by doing it yourself. A committee chair who is also the treasurer, the advancement chair, and the popcorn kernel is a pack with one point of failure.

Three deadlines actually matter: unit renewal (section 9), the annual program planning meeting in May (section 6), and having leaders in place before August recruiting night. Miss those and the year gets hard.

You run the monthly parent and leader meeting. Sixty minutes. Agenda sent in advance.

1. What the committee chair actually does

The pack committee is the business office of the pack. You chair it. The Cubmaster delivers the program to the kids; you make sure the program has money, people, paperwork, and a place to meet.

Yours

- Recruit and keep the adult team filled — committee positions and den leaders.
- Run the monthly parent and leader meeting.
- Own the annual calendar: charter renewal, budget, program planning, and the recruiting plan.
- Make sure every registered adult has current Safeguarding Youth Training and that the roster is accurate.
- Maintain the relationship with the chartered organization and with your unit commissioner and district executive.
- Approve spending against the budget and make sure den leaders are reimbursed quickly.
- Back the Cubmaster in public. Disagree in private.

Not yours

- Running the pack meeting — that is the Cubmaster.
- Running den meetings or teaching adventures — that is the den leaders.
- Approving individual advancement — den leaders approve, the advancement chair records.
- Being the treasurer, secretary, and advancement chair simultaneously. If you are, your real job this month is recruiting.

2. Your first 30 days

- ☐ Complete Safeguarding Youth Training (SYT) at [my.Scouting.org](https://my.scouting.org). Required before registering, and it expires every 12 months.
- ☐ Register as a committee chair and be approved by the chartered organization.
- ☐ Complete the online position-specific training for pack committee.
- ☐ Get the pack's bank account signature cards updated, and confirm two signatures are required.
- ☐ Pull the current unit roster and check every adult's Safeguarding Youth Training expiration date. SYT expires annually, so somebody on your roster is always about to lapse. Fix what is expired now, not in November.
- ☐ Meet the Cubmaster. Agree in writing on who owns what.
- ☐ Meet the chartered organization representative and the head of the chartered organization.

- ☐ Find your pack's charter expiration date in the Unit Renewal portal at [my.Scouting.org](https://my.scouting.org) and put it on the calendar with a 75-day warning. Renewal is keyed to your unit's own date now, not a council-wide deadline.
- ☐ Confirm every den has a leader and at least one registered assistant.

3. Your team, and what each person owns

A pack committee needs a minimum of three registered members — chair, secretary, and treasurer. That is the floor, not the goal. Every position below that goes unfilled lands on somebody who did not volunteer for it.

Position	Owens	Recruit by
Committee chair	The committee, the calendar, the adult team	Before the program year
Treasurer	Budget, bank account, dues, reimbursements, annual financial report	August
Secretary	Minutes, rosters, communication, meeting notices	August
Advancement chair	Recording advancement, ordering awards, tracking who is behind	September
Membership / recruiting chair	Fall recruiting night, applications, new family onboarding	May, for the August event
Outdoor / activities chair	Campouts, day camp, hikes, permits and consent forms	September
Fundraising chair	Popcorn or the pack's fundraiser, money-earning application	August
Pinewood Derby chair	Kits, rules, track, workshop, race day	October
Blue and Gold chair	Banquet logistics, food, venue, invitations	December
Training chair	Tracking who is trained, pushing people through it	September
Chartered organization rep	The link to the chartered organization; approves adult applications	Appointed by the organization

HOW TO ACTUALLY RECRUIT A VOLUNTEER

Group emails asking for volunteers produce nothing. This works instead:

1. Pick one person. 2. Ask them in person or by phone, not by email. 3. Name the specific job. 4. Say how many hours and for how long. 5. Say why you thought of them. 6. Tell them who will train them and who did it last year.

Example: "Dana, would you run the Pinewood Derby this year? It is about ten hours total, mostly in December and January. You are organized and the kids like you. Marcus ran it last year and said he will walk you through it and hand over the track."

4. The annual business calendar

Month	What is due or happening
May	Annual program planning conference — build next year's calendar. Set the budget. Confirm leaders for every den, including the incoming Lion den.
June–July	Day camp and resident camp. Push attendance. Order next year's handbooks and awards. Confirm meeting space for the fall.
August	Leaders in place and trained. Calendar printed. Recruiting night ready. Dues and budget communicated to families.
September	Applications from recruiting night submitted within two weeks. New leaders registered and SYT-current. Fundraiser kickoff.
October	Fundraiser runs. Pinewood Derby chair recruited. Check that every den has an assistant den leader.
November	Fundraiser closes and settles. Blue and Gold planning starts.
December	Verify Safeguarding Youth Training for every adult on the roster, and note the expiration dates that fall during the coming year. Blue and Gold planning continues.
January	Pinewood Derby. Mid-year budget check.
February	Blue and Gold banquet and Arrow of Light crossover — confirm the troop's Scoutmaster will be there. Push every den to finish and record its last required adventure.
March	Last required adventure finishes in every den on March 8 — chase the records. Summer camp registration and deposits. Begin recruiting next year's leaders — do not wait until August.
April	Badges of rank presented at the pack meeting — order the awards in the first week, before the elective meetings finish. Year-end program review: advancement, retention, service hours, outings and camp attendance. Confirm who is returning and who is not.
May	Annual planning again. The cycle restarts.

RENEWAL IS THE ONE THAT ENDS PACKS — AND IT IS NO LONGER A FIXED MONTH

A pack that misses its unit renewal loses its charter, its insurance coverage, and in the worst case its Scouts' registration continuity.

The date is your own now. The window opens 60 days before your charter expires and the submission should be in at least 15 days before that. Find your expiration month, write it on this calendar, and work section 9 backward from it.

Member renewals are separate and run on each family's own anniversary, so they are not something this calendar can hold for you either.

5. The monthly parent and leader meeting

Fourth week of the cycle. Sixty minutes, agenda sent three days ahead, minutes out within 48 hours. Open to any parent — a pack committee meeting is not a closed session.

Time	Item	Who
0:00	Welcome, approve last month's minutes	Chair

Time	Item	Who
0:05	Program report — how the last pack meeting went, what is next	Cubmaster
0:15	Den reports — one minute each, attendance and needs	Den leaders
0:25	Advancement report — who earned what, who is behind	Advancement chair
0:32	Treasurer's report — balance, income, outstanding reimbursements	Treasurer
0:40	Upcoming events and who is running them	Activity leads
0:50	Decisions needed tonight	Chair
0:57	Action items — who, what, by when. Read them back out loud.	Chair
1:00	Close	Chair

Rules that keep it to an hour

- No agenda item without a name attached to it.
- Anything that is information rather than a decision goes in the minutes, not the meeting.
- Discussions that only involve two people get taken offline.
- Every meeting ends with action items read back: who, what, by when.

6. Event playbooks

Every pack event fails the same way: somebody assumed somebody else had it. These playbooks exist so nobody has to guess who, what, or when. Each one gives you a countdown, the jobs to fill, a budget shape, and a day-of run sheet.

THE RULE BEHIND ALL OF THEM

Every event has one named chair who is not you and not the Cubmaster. Your job is to recruit that person, hand them the playbook, check in twice, and make sure they get thanked in public.

An event with no chair is an event you are chairing, whether you meant to or not.

Back to the Pack — fall recruiting night

The single highest-leverage evening of your year. Everything about the pack's size, budget, and leader load for the next twelve months is set here.

When	What has to happen	Who
May	Set the date at the annual planning meeting. Check the school calendar and the chartered organization calendar. Avoid the first week of school and any night the district has an event.	Committee chair
June	Recruit the membership chair. Confirm the location in writing. Order or design flyers and yard signs.	Committee chair
July	Contact every elementary school about flyer distribution or a table at open house — schools need lead time and often a district approval. Ask your district executive what your council provides.	Membership chair
4 weeks out	Yard signs out. Social media posts scheduled. Confirm every den leader is registered, trained, and will be there.	Membership chair

When	What has to happen	Who
2 weeks out	Print: calendars, applications, a one-page cost-and-commitment sheet, den signs, name tags. Confirm the activity and who runs it.	Secretary
1 week out	Walk the room. Decide table placement. Confirm somebody brings a table, chairs, and a way to take payment.	Membership chair
Night before	Everything boxed and in a car. Count applications. Charge the tablet or laptop for online registration.	Membership chair
90 min before	Room set. Welcome table at the door with a sign-in sheet. One table per grade with a sign readable from across the room.	Everyone
Within 48 hours	Every application submitted to the council. Every new family called by their den leader — a call, not an email.	Committee chair

Jobs to fill

Job	What it involves	Hours
Membership chair	Owns the whole event. Recruits the rest of this list.	15–20
Greeter (2)	Door, sign-in sheet, name tags, and physically walking each family to their grade table.	3
Activity lead	Runs the kids' activity from the moment doors open so no child is ever bored.	4
Registrar	Laptop or tablet, helps families complete applications on the spot, collects fees.	4
Den leaders	One per grade, at their table, with a sign. Non-negotiable — a grade with no adult standing there loses those families.	3 each
Setup / teardown (3)	Tables, chairs, signs, and everything back in boxes at the end.	3 each

Budget

Line item	Notes	Budget
Flyers and yard signs	Ask your council first — many provide these free.	\$0–150
New Scout welcome packet	Handbook, neckerchief, slide. Budget per expected new Scout.	Per Scout
Activity supplies	Craft or game materials.	\$25–50
Refreshments	Optional. Popsicles or cookies. Keep it simple.	\$25–50
Space rental	Usually free from the chartered organization.	\$0

WHAT ACTUALLY MOVES THE NUMBERS

Applications completed on site with a person helping. A form taken home is a coin flip.

A physical handoff — walk the family to the den leader instead of pointing at the table.

Saying the cost and the time commitment out loud before anybody asks. Families who sense a hidden ask do not sign up.

A second, smaller recruiting night in January. Packs that only recruit once a year shrink.

Pinewood Derby — January

The most logistically complex night of the year and the one families most look forward to. It needs its own chair, recruited in October.

When	What has to happen	Who
October	Recruit the derby chair. Confirm the track in writing — your own, the district's, or a borrowed one. Confirm the timing system and who knows how to run the software.	Committee chair
November	Order kits — one per Scout plus five spares. Approve the rules at the committee meeting and print them. Order awards.	Derby chair
Early December	Distribute kits at the pack meeting with the rules stapled to each one. Announce the build workshop date at the same moment.	Derby chair
Early January	Build workshop. A Saturday morning, a garage or a church hall, saws and sanders and three adults who know how to use them. Budget three hours.	Derby chair
1 week out	Confirm pit crew, scale, awards, food, and the person running the software. Test the track and timer end to end.	Derby chair
Race day –3 hrs	Track set up, leveled, and test-run with a spare car. Do not skip this. A track that fails at 6:30 pm ends the evening.	Setup crew
Race day –1 hr	Weigh-in and impound open. Pit table staffed. Rules posted on the wall.	Pit crew
After	Track returned or stored. Thank the chair and pit crew by name in the next newsletter.	Committee chair

Jobs to fill

Job	What it involves	Hours
Derby chair	Owens everything below. The single most valuable volunteer job in the pack.	15–25
Build workshop lead	Tools, safety, and helping families with no garage. Needs two helpers.	6
Weigh-in / inspection (2)	The scale is the law. One person's word is final, and everybody knows who that is in advance.	3
Pit crew (2)	Places cars on the track, handles wheels that come off, returns cars between heats.	4
Timer / software	Runs the race software and the display. Practice before race day.	4

Job	What it involves	Hours
Announcer	Usually the Cubmaster. Calls every Scout by name as their car runs.	3
Awards	Buys, sorts, and hands them out in order. Prepares the design-award ballots.	4
Sibling wrangler	A craft table away from the track. Prevents most of the chaos.	3

Budget

Line item	Notes	Budget
Car kits	One per Scout plus spares. Order early — they sell out in December.	Per Scout
Awards and ribbons	Trophies for speed, certificates or ribbons for design, participation for everyone.	\$75–200
Track rental or maintenance	Often free from the district. Budget for replacement parts if it is yours.	\$0–100
Workshop supplies	Sandpaper, graphite, extra axles and wheels, paint.	\$40–75
Refreshments	Concessions can be a small fundraiser instead of a cost.	Varies

THE TWO FAILURE MODES, AND HOW TO PREVENT BOTH

A family never got a kit, or had no tools. Prevention: kits handed out in person in early December, a build workshop in early January announced at the same time, and a quiet offer of help to anyone who asks.

A rule applied unevenly. Prevention: written rules distributed with the kit, one named person on the scale whose ruling is final, and the same inspection for every car including the chair's own child's.

Blue and Gold banquet — February

Scouting's birthday party and the traditional home for rank advancement. The committee owns everything except the program.

When	What has to happen	Who
December	Recruit the Blue and Gold chair. Book the venue — a church hall, a school cafeteria, or the chartered organization. Popular rooms go early in February.	Committee chair
Early January	Decide the food model: catered, potluck, or pack-cooked. Set the per-plate cost and whether the pack subsidizes it. Send save-the-date.	B&G chair
Mid January	Invitations out with an RSVP deadline two weeks before. Invite the chartered organization head, the unit commissioner, and the district executive by name.	Secretary
3 weeks out	Advancement chair confirms every rank badge is ordered and in hand. This is the deadline that matters most — a Scout without a badge on the night is the thing families remember.	Advancement chair

When	What has to happen	Who
2 weeks out	RSVP count locked. Order food. Assign den skits. Confirm the photographer.	B&G chair
1 week out	Table count, decorations, sound system, and who has a key to the building. Print the program.	B&G chair
Day of	Setup crew three hours early. Kitchen crew per the food plan. Program starts on time regardless of dinner.	Everyone
After	Photos shared with families within a week. Thank-you notes to the venue and any donors.	Secretary

Jobs to fill

Job	What it involves	Hours
Blue and Gold chair	Venue, food, invitations, decorations, run sheet.	15–20
Kitchen lead (+2)	Food service, serving line, cleanup. Scales with the food model.	6 each
Decorations	Blue and gold. A den can own this as a service project.	4
Setup / teardown (4)	Tables, chairs, sound, and putting the room back exactly as found.	3 each
Photographer	Every Scout with their badge and their family. This is the deliverable families keep.	3
Advancement chair	Every badge in hand, sorted by den, in order, on a table behind the Cubmaster.	5

Budget

Line item	Notes	Budget
Food	Catered runs \$8–15 per plate. Potluck runs near zero and works fine.	Per plate
Venue	Usually free from the chartered organization. Confirm insurance requirements.	\$0–200
Rank badges and awards	The largest advancement expense of the year. Order in January.	Per Scout
Decorations and program printing	Keep it modest.	\$50–100
Leader recognition gifts	Small and sincere beats expensive.	\$10 each

Pack campout — fall and spring

Higher compliance burden than any other event. The activities chair owns it, but you are responsible for making sure the paperwork is real.

When	What has to happen	Who
8 weeks out	Reserve the site. Council camps and state parks book months ahead — reserve at the annual planning meeting in May if you can.	Activities chair

When	What has to happen	Who
6 weeks out	Announce it with dates, cost, and what to bring. Say out loud that loaner gear exists.	Activities chair
4 weeks out	Collect registrations and money. Confirm adult coverage — enough registered, SYT-current adults that no den is ever alone.	Activities chair
3 weeks out	Health forms collected. Check your council's requirement — many need Part A/B for any overnight. Confirm any council notification or tour paperwork your council requires.	Committee chair
2 weeks out	Menu and food buying assigned. Program assigned to the Cubmaster. Dens assigned campfire skits.	Activities chair
1 week out	Final headcount to the campsite. Weather plan written and shared. Gear list emailed again.	Activities chair
Day of	Check-in table at the site. Every family signed in with an emergency contact. First aid kit and a designated first-aid adult identified to everyone.	Activities chair
Departure	Site inspection with the ranger before anyone leaves. Nothing left behind.	Activities chair

Compliance checklist — do not delegate this one

- ☐ At least two registered adults, 21 or older, with current Safeguarding Youth Training, present at all times — and a registered female adult leader 21 or older any time female youth are present.
- ☐ Enough adults that no den or group of Scouts is ever alone with a single adult.
- ☐ Youth sleep in tents with their own parent or guardian, or with other youth. Never with an unrelated adult.
- ☐ Separate accommodations for adults and youth, and for male and female adults, per current policy.
- ☐ Health forms on file per your council's requirement for the length and type of the outing.
- ☐ One adult with current first aid and CPR training, and a stocked first aid kit at the site.
- ☐ Activities checked against the age-appropriate guidelines in the Guide to Safe Scouting.
- ☐ Shooting sports only at a council-approved range with certified instructors. Never improvised.
- ☐ Any water activity meets your council's requirements — ask, do not assume.
- ☐ A weather plan, and a phone number families at home can reach.

LOANER GEAR IS THE DIFFERENCE BETWEEN 12 FAMILIES AND 30

Most families who skip a campout skip it because they do not own a tent and will not say so. Build a small pack gear closet — two or three tents, a few sleeping bags, a couple of lanterns — funded from the fundraiser. Announce it every time. Attendance changes immediately.

Day camp and resident camp — June and July

The strongest single predictor of whether a Scout comes back in the fall. Treat registration as a committee project, not a family-by-family decision.

When	What has to happen	Who
January	Get camp dates and prices from the council. Put them on the pack	Committee chair

When	What has to happen	Who
	calendar immediately, before families book vacations.	
February	Recruit a camp coordinator. Find out the early-bird deadline — the savings are usually real.	Committee chair
March	Promote at the pack meeting with a deposit deadline. Say out loud that camperships and financial assistance exist and name who to ask.	Camp coordinator
April	Register as a pack. Recruit the adult leaders day camp requires from your unit — this is usually a fixed ratio and packs get caught short.	Camp coordinator
May	Confirm health forms, medications, transportation, and who is driving whom.	Camp coordinator
June–July	Camp. Take photographs constantly.	Everyone
August	Use the camp photos at Back to the Pack. They recruit better than any flyer.	Membership chair

The fundraiser — September to November

When	What has to happen	Who
August	Decide what you are selling and set the pack goal from the budget, not from ambition. Recruit the fundraising chair.	Committee chair
September	Kickoff at the pack meeting. Explain the goal in terms of what it buys — “this pays for every badge and the Blue and Gold” lands better than a dollar figure.	Fundraising chair
September	If this is not your council's product sale, submit a Unit Money-Earning Application to the council and get it approved BEFORE you start.	Committee chair
Oct–Nov	Show-and-sell shifts scheduled. Track by Scout. Send weekly reminders.	Fundraising chair
November	Sale closes. Orders reconciled, product distributed, money counted by two people and deposited.	Treasurer
December	Prizes distributed and top sellers recognized at the pack meeting.	Fundraising chair

- Any pack fundraiser other than the council product sale needs an approved Unit Money-Earning Application in advance. This is not optional and units get told no after the fact.
- Units do not solicit direct donations. Ask your district executive for the correct route.
- Two people count money. Always. It protects the person counting more than it protects the pack.
- Never require a family to sell. Offer a buy-out dues option quietly instead.

The annual program planning conference — May

Three hours in May that determine whether next year runs itself or gets improvised twelve times. This is your meeting. Do not skip it and do not shorten it.

Who comes

- Committee chair, Cubmaster, every den leader including whoever will lead the incoming Lion and Tiger dens, treasurer, advancement chair, activities chair, and the chartered organization representative.
- Invite your unit commissioner. They have seen twenty packs do this and will save you an hour.

What to bring

- This year's calendar, marked up with what worked and what did not.
- The school district calendar for next year, plus the council and district calendars.
- Attendance numbers by month, and the advancement report.
- This year's actual income and expenses.
- The council's camp dates and the district's roundtable, derby, and training dates.

Agenda — three hours

Time	What	Output
0:00	Review the year honestly. Attendance by event, what families said, what exhausted the leaders.	A short list of what to keep, cut, and change.
0:30	Block out the fixed dates first: school holidays, council camps, district events, the chartered organization's calendar.	A skeleton calendar with the immovable dates on it.
0:50	Place the pack meetings and the four-week cycle around them.	Every pack meeting date set.
1:15	Assign a theme to each pack meeting and a den to each opening ceremony and gathering activity.	A filled grid — no blanks.
1:40	Place the big events: recruiting night, derby, Blue and Gold with the crossover, campouts, summer camp.	Dates set, and a named chair beside each one.
2:05	Leadership: who is returning, who is not, which dens have no leader. Name the people you will ask and who will ask them.	A recruiting list with names beside jobs.
2:25	Budget: build next year's from this year's actuals. Set dues and the fundraising goal.	A draft budget to approve at the next committee meeting.
2:45	Training: who needs position-specific training, who needs SYT renewal and when.	A training list with dates.
2:55	Read back every assignment out loud — who, what, by when.	Minutes out within 48 hours.

THE OUTPUT IS ONE PAGE, AND IT GOES HOME IN AUGUST

A family that receives a full-year calendar at recruiting night plans around Scouting. A family that gets a month at a time fits Scouting around everything else. That single sheet of paper is the highest-return thing this meeting produces.

7. Money

The basics

- The pack account belongs to the chartered organization, not to any individual. Two signatures on every check.
- The treasurer reports a balance every month, in writing.
- Reimburse den leaders within two weeks. Slow reimbursement is a leading cause of den leaders quitting.
- Keep receipts. File an annual financial report to the committee and the chartered organization.

A simple pack budget

Money in	Money out
National and council registration fees (collected, passed through)	National and council registration fees
Pack dues	Handbooks and neckerchiefs for new Scouts
Fundraiser net proceeds	Advancement — badges, pins, belt loops
Scout accounts from fundraising, if your pack uses them	Den supplies (budget a per-Scout amount per den)
	Pack events — Pinewood Derby kits, Blue and Gold, campouts
	Insurance and chartered organization fee
	Reserve — aim to start each year with a cushion

- Any pack fundraiser other than the council's product sale requires an approved Unit Money-Earning Application, submitted to the council in advance.
- Units do not solicit donations directly. Ask your district executive about the correct route.
- No Scout should be unable to participate because of money. Have a quiet way for families to ask, and know your council's scholarship and financial assistance options.

8. Registration, records, and compliance

- ☐ Every adult who works with Scouts is registered and has current Safeguarding Youth Training.
- ☐ Youth applications are submitted within two weeks of being collected, not held until renewal.
- ☐ The roster in your advancement system matches the roster on file with the council.
- ☐ Two-deep leadership is possible at every den — at least two registered adults per den in practice, and a registered female adult leader 21 or older registered with any den that has girls in it.
- ☐ Advancement is recorded within a month of being earned, not in a catch-up the week before the badges are presented.
- ☐ Activity consent forms and health forms are collected for outings per your council's requirements.
- ☐ Annual health forms are on file for camp attendance.
- ☐ The chartered organization has current contact information for the pack leadership.

SAFEGUARDING YOUTH TRAINING REPLACED YPT — AND IT EXPIRES ANNUALLY

Safeguarding Youth Training (SYT) is the training formerly called Youth Protection Training. It went live in May 2025 and fully replaced YPT as of May 31, 2026. The full course runs about 90 minutes at [my.Scouting.org](https://my.scouting.org) and requires 80% to pass.

The part that changes your job: SYT is valid for 12 months, not two years. Under YPT you audited the roster once every couple of years, mostly when the charter came up. Under SYT, expirations are rolling and constant.

Within seven days after expiration a leader can take a short refresher and retest instead of the full course. Miss that window, or fail the refresher test, and it is the full 90 minutes again — so a reminder sent two weeks early saves your leaders real time.

Build the habit: pull the training report on the first of every month, and email anyone expiring in the next 45 days. It is ten minutes a month and it is the difference between a clean renewal and a scramble.

ASK YOUR COUNCIL THESE QUESTIONS IN SEPTEMBER

Requirements vary by council and change over time. Get the answers once and write them down:

What month does our charter expire, and what is the renewal process this year? • Does our council require any safety training beyond Safeguarding Youth Training? • Which leaders need Hazardous Weather Training? • What forms are required for a pack outing, and does an overnight need anything extra? • What is required for any water activity? • Who is our unit commissioner?

9. Unit renewal and member renewal

Unit renewal and member renewal are two separate processes. Unit renewal renews the pack's charter; member renewal renews each Scout and each registered adult on their own registration anniversary. Each has its own date, and neither one carries the other — a pack can be chartered and in good standing while families have quietly lapsed. Miss the unit renewal and the pack loses its charter, its insurance coverage, and its standing.

WHAT CHANGED

The single winter recharter, where the pack renewed and paid for everyone at once, is gone. Unit renewal and member renewal now run on separate clocks.

Councils are moving every unit onto one common annual renewal month, on their own timelines — ask yours when that lands for you. Until then your unit's renewal period and fee depend on the month your charter expires, and your families renew on their own registration anniversaries.

Unit renewal fees change through the transition. Get the current amount from the council registrar rather than from any copy of this guide — including this one.

Unit renewal

The renewal window opens 60 days before your unit's expiration date, and the council asks for the submission at least 15 days before that date. The expiration date is not the due date. Find your date in the Unit Renewal portal at [my.Scouting.org](https://my.scouting.org) and work this table backward from it.

When	Step	Detail
75 days out	1. Find your date	Your charter expiration date is in the Unit Renewal portal at my.Scouting.org . It is your unit's own date, not a council-wide deadline, and it moves once during the transition to a common renewal month.
70 days out	2. Pull the roster	Print the current unit roster — every youth and every adult, with registration and Safeguarding Youth Training status. The council sends a roster with the renewal notice; check it against yours before you start.
70 days out	3. Audit Safeguarding Youth Training	Expired SYT is the most common cause of unit renewal delay. An adult who has lapsed has to complete the training before the renewal will go through, so find them now rather than at submission.
65 days out	4. Make leadership changes now	Add, remove and reassign leaders before you open the renewal. Changes made while it is open create validation errors and delays.
60 days out	5. The window opens	Start the renewal online at my.Scouting.org . Online is the council's preferred method; the step-by-step is in the Unit Renewal Guide for Unit Key 3 Members, on the council website under Resources.
45 days out	6. Confirm positions	Every den needs a registered den leader. The committee needs a chair, a secretary and a treasurer at minimum. Fill the gaps before you submit, not after.
30 days out	7. Pay the unit fee	The unit renewal fee is prorated while the council moves units onto a common renewal month, so it depends on when your charter expires. Get the current amount from the council registrar before you publish it to families. It is separate from what each family pays to renew their own membership.
15 days out	8. Submit	Submit at least fifteen days before the expiration date. A unit that cannot complete the process online can print the Unit Renewal Paper from the Unit Renewal portal and take it to the council office with the applicable charter fee.
After	9. Verify	Print the new roster and check it against what you submitted. Errors are easier to fix in the first week than in the sixth.

Units expiring in August and September 2026 renew for a normal twelve months; every unit after that renews through to February 2028 and lands on the common month.

Member renewal

Every Scout and every registered adult renews on their own registration date, not on the pack's, and each can renew from 60 days before their own expiration. Nothing the pack does at unit renewal renews a family's membership.

Renewing now keeps the current twelve-month cycle at \$124 for a youth and \$104 for an adult. Anyone renewing in March 2027 or later starts moving onto the same prorated schedule, which ends in February 2028.

- Four ways to renew: the member's own [my.Scouting.org](https://my.scouting.org) account, a parent or guardian account, through the pack, or paperwork and payment at the Council Service Center.
- Anyone registered in more than one position should renew their own membership, so every position renews with them.

- Families using the military discount must renew online themselves.
- Families using Registration Assistance or a Medicaid discount submit paperwork and payment at the Council Service Center.
- A parent stuck at a login, or who cannot see their Scout, calls the council registration office. Put that number in your phone before you need it.

WHAT GOES WRONG NOW

Expired Safeguarding Youth Training. The council names it the most common cause of unit renewal delay. Pull the training report on the first of every month — section 8 — and this one stops happening.

Leadership changes made mid-renewal. They produce validation errors that take days to clear. Make every change before you open the renewal.

Treating the expiration date as the due date. It is the last day the charter is valid, not the day to file.

Assuming the unit renewal renewed your families. It does not, and nobody gets a warning — check the roster for lapsed registrations a month after your renewal goes through.

Where the detail lives: your council publishes its own renewal guides — usually a Unit Renewal Guide for Unit Key 3 Members, an Individual Registration Renewal guide, a Parent Renewal of Youth guide, and one on paying for member renewals as a unit. Find them under the Resources tab on your council's website, and write down your council registrar's name, email and phone the first time you need them. You will need them again.

10. When things go wrong

The problem	What to do
No den leader for an incoming grade	Ask two specific parents from that grade, in person, before the first meeting. Offer to pair them so it is two people sharing one job.
A leader quit mid-year	Cover the next two meetings yourself or with the Cubmaster, and recruit within 30 days. Do not let a den go dark — dark dens do not come back.
Money is tight	Cut event spending before cutting den supplies. Den supplies are the program.
Unit renewal is late	Call your district executive today, before the expiration date passes. After it passes the pack is not chartered, and the fix is slower and involves the council registrar.
An adult has expired Safeguarding Youth Training	They stop working with Scouts until it is renewed. Within seven days of expiring they can take the short refresher and retest; past that it is the full 90-minute course again. No exceptions and no grace period.
Families are not paying dues	Publish the amount and the deadline in August, offer a payment plan quietly, and never discuss a family's balance in front of anyone.
Conflict between leaders	Meet with both, separately then together. If it involves the chartered organization or safety, involve the chartered organization representative.
The pack has grown past the meeting space	Split dens before you split the pack. Two Wolf dens is normal and healthy.

11. Your pack, on one page

Role	Name	Phone / email
Cubmaster		
Chartered organization rep		
Treasurer		
Secretary		
Advancement chair		
Membership chair		
Outdoor / activities chair		
Fundraising chair		
Unit commissioner		
District executive		

Pack number: _____ Chartered organization: _____

Charter expires: _____ Bank / account contact: _____

Council: _____ District: _____



Summer Camp

Cub Pack Program Guide | Where next year's electives can get earned

A guide to best practices, not policy. Meant to be adapted to your pack and your council. This is the section built to be rewritten: replace the general guidance here with your own camp's. Where anything here differs from current Scouting America policy, your council's guidance, or the Scout's handbook, those govern.

IF YOU READ NOTHING ELSE

Council Cub camps generally run a separate camp for each rank, and a Scout attends the camp for the rank they are moving into. This summer's Wolf goes to Bear Camp. Most camps run each session several times over.

In one session a Scout may earn both elective adventures the next badge needs — and at Tiger, Wolf and Bear camp, most of the next required Outdoors adventure as well.

BB gun, archery and slingshot can only be earned at a council or district program with certified range staff. Camp is the only place your Scouts get them. A den meeting cannot substitute.

A den that goes to camp can start September with its electives already done and nothing but Bobcat between the Scouts and their first badge of rank. Several sessions of the same camp usually means a conflict with one week is not a no.

1. Which camp your den attends

Most councils run each camp several times over, the bulk of it in June and early July. Find the row for the den you have right now — the camp belongs to the rank they are moving into, which is why what they earn there counts toward next year's badge.

Your den now	Camp they attend	What Scouts may earn — fill in from your camp's list
Lion (K)	Tiger Camp	Usually the required Tiger Outdoors adventure, in whole or in part, plus several electives and the range sports. Ours: _____
Tiger (1st)	Wolf Camp	Usually the required Wolf Outdoors adventure, in whole or in part, plus several electives and the range sports. Ours: _____
Wolf (2nd)	Bear Camp	Usually most of the required Bear Outdoors adventure, plus several electives and the range sports. Ours: _____
Bear (3rd)	Webelos Camp	Usually electives only — the required Webelos adventures stay den work — plus shooting pins. Ours: _____
Webelos (4th)	Arrow of Light Camp	Usually electives only, plus range, climbing and C.O.P.E.-style awards where camp offers them. Ours: _____

Your den now	Camp they attend	What Scouts may earn — fill in from your camp's list
Arrow of Light (5th)	A troop's summer camp	Not a Cub camp. These Scouts should spend the week at summer camp with the Scouts BSA troop they are crossing into — it is the strongest predictor that a crossed-over Scout is still registered a year later.

What a camp covers differs from council to council, so the right-hand column is deliberately general. Your camp publishes an advancement list naming the exact adventures and requirement numbers its sessions cover — get that list, write the specifics into the blanks, and hand the page to families. Nothing here is a promise until your camp's list says it is.

2. What camp is worth to a den leader

- You plan nothing. Camp staff runs the program, the range and the pool. You supervise and you go home tired instead of prepared.
- Both electives for the next rank may come home finished. That is up to two den meetings handed back to you in a year that only has fourteen.
- At Tiger, Wolf and Bear camp, most of the next required Outdoors adventure may come home finished too — the hike, the Six Essentials, the buddy system, the outdoor code.
- Range sports cannot be run anywhere else, at any price, by any volunteer. If your Scouts do not go to camp, they do not shoot.
- Summer is when packs lose families. A den that camps together comes back together in September; a den that scatters in May does not. Camp also counts toward Summertime Fun — the elective every rank from Tiger up earns for three Cub Scout activities between May and August. Camp is one of the three; two more across the summer finishes it.

3. What to say, and when

Camp turnout is decided in the fall. Registration opens in January and February, which means January is when you collect the yes — not when you ask for it. The families who go are the ones who put a week on the calendar back in October, when there was still a summer left to plan.

When	Who you are talking to	What you say
September, at the first parent meeting	Every family in the den	"This den goes to camp. It is a week in June or early July, it is where your Scout can earn both electives for next year, and it is the only week all year they can shoot a BB gun or a bow." Ask for nothing yet. Families plan summers early, and the ones who first hear this in May have already booked something else.
October, at the parent and leader meeting	Every family in the den	Pick the week together. Put two or three candidate weeks in front of the parents and let them tell you which one clears. A den that picks its week together goes together.
November	Every family in the den	Name the number. What it costs, what is included, and — plainly — that campership help exists and is confidential. Say it before anyone has to decide, so cost is a problem you solve rather than a reason a family quietly goes quiet.
December	Every family in the den	"Registration opens next month and we go as a den. I need a yes or a no by ____." Put the date in writing and set it earlier than the camp's own deadline.

When	Who you are talking to	What you say
January and February — registration opens	Everyone not yet signed up	The month of the ask, not the month of the pitch. Registration does not open on one date for every camp, and the older ranks often open weeks before the younger ones. Know your camp's date, be at a keyboard for it, and register the den together so everyone lands in the same session. Chase the non-answers by name and by phone; a group email is where a maybe goes to die.
March	The two or three still deciding	Campership money and payment plans, arranged before a family has to raise cost themselves. Ask by name and in private: "What would have to be true for your Scout to come?" Get the health forms out to families now, so April is collecting them rather than starting them.
April — the early-bird deadline	Everyone who is going	Camps normally set an early-bird deadline in spring, and the fee jumps after it. Paying in the window is the cheapest thing you will do all year. Forms in, adults confirmed, carpool set.
May	Everyone who is going	Logistics only — packing list, drop-off, what to expect. Selling is over; sections 5 and 6 are the whole job from here.

4. Your camp dates — fill these in and hand this page to families

Camp week or session (June or July): _____ Location: _____

Registration opens: _____ Early-bird deadline: _____

Our den commits by: _____ Cost per Scout: _____ Per adult: _____

Cost-help deadline: _____ Who to ask: _____

Medical forms due: _____ Den leader going: _____

5. Before camp — preparing your families and Scouts

A good week at camp is mostly decided before anybody gets in a car. The families who enjoy it are the ones who knew what to expect three months out, and the Scouts who enjoy it are the ones who packed their own bag.

Which camps need a parent in the tent — ask this first

This is the question that decides whether a family can come at all, so it is an October question, not a May one. At most council camps Tiger, Wolf and Bear camp are parent-and-Scout programs: the Scout attends with a parent or guardian, and a Scout tents ONLY with their own parent or court-appointed legal guardian — nobody else may share a tent with a youth, even someone living in the same house. Webelos and Arrow of Light camp are usually different: they take full-time and part-time adults, so the den can be covered by two adults rather than one per Scout. Tiger camp is often a day camp; the older ranks are usually resident. Your camp publishes which of its sessions are which — check before you answer a family.

The paperwork, and when to chase it

What	Who does it	When
Registration and deposit	Family	By the date you gave them in December. Camps normally take a per-camper deposit at reservation and it is usually non-refundable, so the December date matters.
Annual Health and Medical Record — a Cub camp week normally asks for Parts A and B; check whether yours also wants a current tetanus date	Family	March. No physician exam and no Part C for a Cub camp week. Bring the signed original to check-in and keep your own copy.
Swim test	Camp, on arrival	Most camps swim-test every camper on arrival and issue a wristband by ability group. Pack the swimsuit and towel on top, not at the bottom.
Medications in their original pharmacy-labeled containers	Family hands them to you or to camp	Two weeks out. Camps normally give you a choice: the unit dispenses from a locked box with a written log, or you check them into the health lodge. Decide which, and tell families which.
Special needs, allergies, dietary needs	Family tells you, you file camp's form	Camps normally have their own special needs request form with a spring deadline. File it early — camp needs lead time to actually do something about it.
Safeguarding Youth Training current for every adult coming, and a registered female adult leader 21 or older in the party if any girls are attending	Each adult, you verify	April. It must be current through the LAST day of your session, including for parents and guardians who are not registered leaders.

Your camp publishes its own forms, deadlines and medication policy, and those govern. The specifics above are typical rather than universal; confirm your own camp's current leader guide before you tell a family what they need — a day session and a resident session do not ask for the same things.

What parents will ask, in the order they ask it

- What does it cost, and what is included?
- What does a day actually look like — drop-off, rotations, lunch, pick-up?
- Does an adult have to stay? See above — at Tiger, Wolf and Bear camp the answer is yes, and that is a work-schedule question a family needs months to solve.
- What will my Scout do, and what may they earn?
- What happens if it rains? It does not cancel. Say so once, now, to everybody.
- How do I reach you during the week, and how do I reach camp?

Answer all six in one written note in April. Every question you leave unanswered comes back as a phone call in May, usually at nine at night.

Preparing the Scout, not just the parent

- **Pack with the Scout, not for them.** A Scout can only find what they put in the bag themselves. Do it together, in one pass, the week before — and have them carry the bag from the car to the door so they know what it weighs.

- **Label everything**, including the water bottle, the towel and both shoes.
- **Rehearse the boring skills**: putting on their own sunscreen, refilling their own bottle, finding their buddy, and telling an adult when something is wrong.
- **Talk about homesickness before it happens**, and never promise “I’ll come get you if you don’t like it.”
- **Set the expectation**: they will be hot, tired and filthy, and that is the point rather than a sign it went badly.
- **Say which uniform, and when**. Field uniform for opening and closing, den or camp t-shirt for the day. No Scout should be the only one in the wrong shirt.
- **Agree one trading post amount across the den**. A Scout holding forty dollars standing next to a Scout holding none is a problem you created by not naming a number.

The two answers that lose families

- **“It costs too much.”** You solved this in November and March or you did not solve it. Camperships, pack funds and payment plans are all real — and none of them work as a reply to a no already given.
- **“We’re busy that week.”** Most camps run each Cub session several times over. One week conflicting is not all of them conflicting. Offer a second session before you accept a no.

6. What you bring and provide

Two lists. The first is what the camp expects your unit to turn up with and will not hand you at the gate. The second is the den bag nobody tells you to pack, and the two items in it that matter most weigh almost nothing.

What camp tells the unit to bring — these are not optional

- ☐ **A cart or wagon** — Cars are not allowed at the campsites. Everything you brought gets walked in, and a den without a wagon carries it by hand.
- ☐ **A first aid kit, stocked** — Camp names the contents: bandages, sterile pads, tape, elastic bandages, scissors, gloves, tweezers, safety pins, sunburn lotion, pain reliever.
- ☐ **A lockable box for medications, and a second for valuables** — Required if the unit dispenses rather than checking medications into the camp health lodge, and you keep a written log of every dose.
- ☐ **Water containers, and a cup per Scout** — Individual or disposable — camp asks for this by name.
- ☐ **US flag and pack flag, plus your den flag** — The first two are on most camps’ resident-session campsite lists. The den flag is how a seven-year-old finds you in a field of two hundred people.
- ☐ **Trash bags, rope, a lantern** — Campsite kit at the resident camps.
- ☐ **A tarp or dining fly, at Webelos and Arrow of Light camp** — It is on that camp’s own campsite list. Some camps ban tarps, awnings and rain flies outright at the younger ranks, because camp supplies the camping equipment. Read your camp’s own list.
- ☐ **Something for the campsite bulletin board**

The den bag — what nobody tells you to bring

- ☐ **Printed den roster** — Scouts, parent cell numbers, emergency contacts. Cell service at camp is unreliable and a phone in a locker is not a roster.
- ☐ **Your own copies of every health form** — Camp keeps the originals. Yours is the copy you can put in a health officer’s hand in thirty seconds.
- ☐ **Sunscreen, and NON-AEROSOL insect repellent** — Aerosol strips the waterproofing off camp tents, which is why the camp bans it. Someone always forgets both, and it is never the same someone twice.
- ☐ **Snacks, nut-free by default**
- ☐ **Two or three spare rain ponchos** — Rain does not cancel camp.

- ❑ **A spare t-shirt, spare socks, and a plastic bag for wet clothes**
- ❑ **Camp map, session schedule, and your rank's completion list** — Camp hands out the session schedule when you arrive, so that one you collect at check-in rather than pack. The completion list is what you mark up as the week happens, not what you try to reconstruct in September.
- ❑ **A clipboard, a pen, and every Scout's handbook** — Camp staff will not sign the books. You do.
- ❑ **Wipes, hand sanitizer, paper towels, zip bags**
- ❑ **A little cash** — For the trading post problem you did not see coming.

Camp supplies the tents, cots, platforms, picnic table, latrine and water at the resident camps, and all program materials at the ranges and activity areas. **Hammocks are banned at most camps, and many camps also ban personal tents, awnings, tarps and rain flies at the younger ranks.** Put that in writing to families; it is the one thing a well-meaning parent throws in the car anyway.

What you provide that does not fit in a bag

- **Two adults, one of them 21 or over, with training that is current through the LAST day of your session.** Parents and guardians who are not registered leaders still need it. Arrange this in April, not the night before. No one-on-one contact with a Scout who is not your own — ever, and that includes rides.
- **A second adult who knows the whole plan.** The day you get pulled away is the day this matters.
- **A carpool plan in writing,** naming who drives whom, with a parent's written permission for any Scout not riding with their own family.
- **A group text thread for the week,** started before camp rather than during it.
- **Arrival at the time camp gives you, and not before.** Camps publish a gate time and hold to it. Turning up early buys you a queue, not a head start.
- **Somebody at the leaders' meeting.** Most camps hold a leaders' meeting on day one — sometimes every adult, sometimes the top leader only. Find out which, and be there.
- **A buddy count at every transition.** Every single one. At the younger ranks a Scout's buddy is usually their own parent or the whole den, and the rule applies everywhere on the reservation.
- **The advancement record afterward.** Camp staff will not sign a Scout's handbook — that is the leader's job, and it is the half of camp only you can do. See section 7.

What to tell families to leave at home

Sheath and fixed-blade knives, saws and axes. Personal firearms and archery equipment. Aerosols of any kind. Hammocks, at most camps — and often personal tents, awnings, tarps and rain flies at the younger ranks. Bikes. Fireworks, which get confiscated and destroyed. Liquid and jellied fuels. Car batteries. Pets, service animals excepted with documentation. Anything valuable or irreplaceable.

Pocketknives are the exception families will ask about. A BSA-approved pocketknife — folding, with a blade no longer than about two inches — is allowed, carried by a Scout who has earned their Whittling Chip. Camp supplies the materials for the Whittling and Knife Safety sessions, so no Scout has to bring one to earn the adventure. Your camp's own list outranks this one — read it before you tell families what to pack.

7. After camp — record it the same week

Camp hands out a completion list naming the requirements the Scouts covered. Get it before you leave the parking lot. Camp staff will not sign a Scout's handbook — camp leader guides say so outright, and it is true of every rank: staff deliver the instruction, you approve and record it. Go through the list with each family at the first meeting back and mark only what that Scout actually did, because the list is what was offered rather than a roster of what everyone finished. Enter the advancement within a week and tell the advancement chair what to order.

THE FAILURE TO AVOID

The most common way a pack wastes summer camp is not poor attendance. It is a den that goes, has a wonderful week, and never records any of it.

Nine adventures came home in a folder that went in a drawer, and in February a Scout does not get a badge that was earned in June. Ten minutes with the completion list prevents all of it.

Part Two — Den Leader Guides



The Lion Den Leader

Cub Pack Program Guide | Kindergarten • 5–6 years old

A guide to best practices, not policy. Meant to be adapted to your pack and your council. Where anything here differs from current Scouting America policy, your council's guidance, or the Scout's handbook, those govern.

Contents

1. Who you are working with.....	2
2. The six required adventures.....	2
3. Your year at a glance.....	3
4. How a den meeting runs.....	5
5. Getting started.....	6
6. Your den supply kit.....	6
7. Making it easier on yourself.....	6
8. Working with families.....	7
9. When things go wrong.....	7
10. Your den, on one page.....	8

IF YOU READ NOTHING ELSE

Your den is Kindergarten, 5–6 years old. Meetings run about 45 minutes.

Six required adventures earn the rank, plus two electives of your den's choosing. They are already scheduled on the pack calendar — you do not have to design the year.

The adventure plans are written out meeting by meeting. Read next week's plan on the weekend, gather the supplies, and show up. That is the job.

Two registered adults at every meeting, and a registered female adult 21 or over any time girls are present. Every time, no exceptions.

1. Who you are working with

Lions are five. They have been in school for a matter of weeks. They cannot read, they cannot sit still for more than about eight minutes, and they are delighted by absolutely everything. Your den will succeed on energy and repetition, not on content.

THE LION DEN RUNS ON SHARED LEADERSHIP

Every Lion has an adult partner who attends every meeting. That is a program requirement, and it is also your greatest asset — you have as many adults in the room as children.

Use it. Rotate the meeting leadership: each adult partner takes one meeting during the year, using the printed adventure plan. You coordinate; you do not perform.

Say this at the first meeting, in August, before anyone has settled into being an audience. It is much harder to introduce in November.

2. The six required adventures

Every rank in Cub Scouting has six required adventures covering the same six themes. That is why the whole pack can work the same theme in the same month, and why the pack meeting ties the dens together. For Lion, they are:

Adventure	Theme	What it covers
Bobcat	Character and Leadership	The Scout Oath, Scout Law, sign, salute, handshake, and motto. Every Scout at every rank starts here.
Mountain Lion	Outdoors	Exploring outdoors, the Cub Scout Six Essentials, telling natural from manmade.
King of the Jungle	Citizenship	Family, household, a chore, a conversation with an elder, and a service project.
Lion's Pride	Family and Reverence	Family faith traditions and showing love for the people at home.
Lion's Roar	Personal Safety	Emergencies, "Shout, Run, Tell," and crossing the street safely.
Fun on the Run	Personal Fitness	Food groups, handwashing, twenty minutes of moving, and good sleep.

- Six required adventures plus at least two electives earn the badge of rank.

- The two electives are your den's pick, not the pack's. The full elective list for every rank is at scouting.org/program-updates/cub-scout-elective-adventures. Archery, BB gun and slingshot are special electives — they can only be earned at a council or district program with certified range staff.
- Bobcat comes first. Every Scout at every rank earns it, and it is the same core: Oath, Law, sign, salute, handshake, motto.
- A Scout earns the rank for their current grade. They do not need the previous rank to earn the next one.
- You approve the requirements as the den leader. There is no test and no minimum standard of skill — the Scout does their best and participates.
- Always check the current requirements in the Scout's handbook. Requirements are revised from time to time and the handbook is the authority.

3. Your year at a glance

Straight from the pack calendar. Print this page and put it on the refrigerator.

Date	What	Focus
Aug 31, 2026	Back to the Pack	Recruiting night. Stand with a sign and collect names.
Sep 7, 2026	Labor Day	No Meeting
Sep 14, 2026	Den meeting	Bobcat — meeting 1 of 2
Sep 21, 2026	Den meeting	Bobcat — meeting 2 of 2
Sep 28, 2026	Pack meeting	Theme: Character and Leadership. Say the word “camp” to parents tonight. Each camp runs several sessions and they book up.
Oct 5, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: put two or three candidate weeks in front of the parents and pick one together.
Oct 12, 2026	Den meeting	Mountain Lion — meeting 1 of 2
Oct 19, 2026	Den meeting	Mountain Lion — meeting 2 of 2
Oct 26, 2026	Pack meeting	Theme: Outdoors
Nov 2, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: name the cost, and say out loud that campership help exists.
Nov 9, 2026	Den meeting	King of the Jungle — meeting 1 of 2
Nov 16, 2026	Den meeting	King of the Jungle — meeting 2 of 2
Nov 23, 2026	Thanksgiving Week	No Meeting
Nov 30, 2026	Pack meeting	Theme: Citizenship
Dec 7, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: give families the date they must answer by — ahead of camp's own deadline.
Dec 14, 2026	Den meeting	Lion's Pride — meeting 1 of 2
Dec 21, 2026	Pack meeting	Theme: Family and Reverence

Date	What	Focus
Dec 28, 2026	Winter Break	No Meeting
Jan 4, 2027	Winter Break	No Meeting
Jan 11, 2027	Den meeting	Lion's Pride — meeting 2 of 2
Jan 18, 2027	Pack meeting	Theme: Pinewood Derby
Jan 25, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp registration is open. Collect the yes and hold the den's week together.
Feb 1, 2027	Den meeting	Lion's Roar — meeting 1 of 2
Feb 8, 2027	Den meeting	Lion's Roar — meeting 2 of 2
Feb 15, 2027	Pack meeting	Theme: Personal Safety. Blue and Gold banquet, with the Arrow of Light crossover the same night. Your den is recognized tonight; badges of rank come in April.
Feb 22, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp: last call to register with the den. Chase the maybes by phone, not by email.
Mar 1, 2027	Den meeting	Fun on the Run — meeting 1 of 2
Mar 8, 2027	Den meeting	Fun on the Run — meeting 2 of 2
Mar 15, 2027	Spring Break	No Meeting
Mar 22, 2027	Pack meeting	Theme: Personal Fitness. Your den's last required adventure is done — tell families which two electives are left.
Mar 29, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp: campership help, and get the health forms out to families.
Apr 5, 2027	Den meeting	Elective — your den's choice
Apr 12, 2027	Den meeting	Elective — your den's choice
Apr 19, 2027	Pack meeting	Theme: Elective. Rank advancement — your den's badges of rank are presented tonight.
Apr 26, 2027	Parent and leader meeting	Bring your den report and supply needs.
May 3, 2027	Summer event	End-of-year pack celebration.
Jun 7, 2027	Summer camp season	Tiger Camp at your council's Cub camp — Scouts may earn Tigers in the Wild and up to seven Tiger electives. Sign up as a den.
Jul 5, 2027	Summer camp season	Most council Cub camp sessions fall in June and early July. Pick the session your families can actually make and go as a den.
Aug 16, 2027	Parent and leader meeting	Bring your den report and supply needs.
Aug 30, 2027	Back to the Pack	Next year's recruiting night. Your den moves up a rank.

Every required adventure gets two den meetings — one to teach it, one to finish it and record it. Lion's Pride is the one that straddles the winter break: start it December 14 and finish it January 11. The two April dates are electives, and two electives are required for the badge of rank. Pick them with the Scouts from the official list at scouting.org/program-updates/cub-scout-elective-adventures, and choose things you can actually run in your meeting space. Your den's sixth and last required adventure finishes March 8 and the two electives finish April 12, so the badge of rank is presented at the April 19 pack meeting, not at Blue and Gold in February. Have everything recorded by April 14 so the advancement chair can order it.

SUMMER CAMP IS WHERE NEXT YEAR'S ELECTIVES CAN GET EARNED

Your Lions go to Tiger Camp, because a Scout attends the camp for the rank they are moving into. Most camps run each session several times over, the bulk of it in June and early July, so a conflict with one week is not a conflict with all of them. Camp staff runs the program; you do not plan any of it.

Scouts may earn Tigers in the Wild requirements 1–3 — the whole required Outdoors adventure for next year — plus Fish On, Good Knights, Let's Camp Tiger, Summertime Fun Tiger, Tiger Tag, Tiger-iffic! and Tigers in the Water. Two of those are the two electives the Tiger badge needs.

Camp publishes a list of possible achievements, not a guarantee. What each Scout earns depends on the sessions they attend and what they finish — you approve it and you record it.

Archery, BB gun and slingshot are also run at camp, and camp is the only place a Cub Scout can earn them — a den or pack meeting cannot.

Registration opens in January and February, which makes October and November the months that matter: pick the week with your families, then name the cost. By January you are collecting answers you already know. Dens that register together go together.

4. How a den meeting runs

Every adventure plan you are given follows this shape. Once your den knows the shape, the meetings run themselves and you only have to prepare the middle part.

Part	Minutes	What happens
Before the meeting	15 before	Read the plan. Lay out supplies on the tables. Write the closing reminder on a board where parents will see it.
Gathering activity	As they arrive	Something on the table the moment the first Scout walks in. Nobody ever sits and waits. This single habit prevents most discipline problems.
Opening	5	Pledge of Allegiance, Scout Oath, Scout Law. Roll call and announcements. A Scout leads it, not you.
Adventure	20–25	The requirements for the month, done as activities. This is the meeting.
Homework	2	What gets done at home before next time. Say it, and send it in writing the same night.
Next meeting and reminders	2	Date, time, place, and what to bring. Say it out loud while the parents are in the room.
Closing thought	2	One short thought tying the night to a point of the Scout Law. End on the Scout sign, not on shouting.
After the meeting	10	Record attendance and advancement while it is fresh. Plan next

Part	Minutes	What happens
		week with your assistant.

RECORD ADVANCEMENT THE SAME NIGHT

The most common failure in Cub Scouting is not a bad meeting. It is a good meeting that never got recorded, and a Scout who does not get their badge in February because nobody wrote it down in October.

Ten minutes after every meeting, in the parking lot, on your phone. Then the advancement chair can order awards in time.

5. Getting started

- ☐ Complete Safeguarding Youth Training (SYT) at my.Scouting.org. Required before you register, and it expires every 12 months — put a reminder on your calendar now.
- ☐ Register as a den leader and be approved by the chartered organization.
- ☐ Complete Den Leader Position-Specific Training in the online Learn Center.
- ☐ Recruit a registered assistant den leader. Do this before the first meeting, not after you get sick in January.
- ☐ Get access to the pack's advancement system and confirm your den roster is right.
- ☐ Get the pack calendar and the adventure plans for the year from your Cubmaster.
- ☐ Collect contact information for every family, and set up one group text or email list.
- ☐ Confirm your meeting space, night, and time, and confirm it is on the pack calendar.
- ☐ Ask the committee how supplies are paid for and how you get reimbursed.

6. Your den supply kit

Keep this in one box and bring it every time. Individual adventures need their own supplies — those are listed in each adventure plan.

Always in the box	Get from the pack
U.S. flag and den flag	Scout handbooks for every Scout
Attendance and advancement sheet	Adventure plans for the year
First aid kit	Pack calendar, printed
Pencils, markers, scissors, tape, glue	Den supply budget or a way to get reimbursed
Construction paper and plain paper	Access to advancement records
Name tags for the first month	Awards ordered by the advancement chair
A ball or a beanbag for the two spare minutes	Family contact list
Emergency contact list for the den	Consent forms for outings

7. Making it easier on yourself

- Eight minutes is your attention span budget. Change activity before they change it for you.

- Never ask a Lion to write. Draw, point, act it out, or say it out loud.
- Give directions one step at a time. A three-step instruction becomes a three-way scatter.
- Repeat the Scout Oath and Law every single meeting. By December they will have it.
- Physical movement between every activity — a cheer, a stretch, a lap around the room.
- Winning is that they had fun and want to come back. Nothing else about kindergarten Scouting matters. When a Lion spends August asking whether Scouts has started yet, and you catch yourself looking forward to it too, the year worked.

THE THREE HABITS THAT SEPARATE A DEN THAT LASTS FROM ONE THAT DOES NOT

1. Read next week's plan on the weekend, not in the car. Fifteen minutes on Sunday saves you an hour of improvising.
2. Send one message a week to families: what we did, what is next, what to bring. Same day, same channel, every week.
3. Never do the job alone. An assistant den leader and two committed parents is the difference between finishing the year and quitting in February.

8. Working with families

- Adult partners attend every meeting at this rank. Give each of them a job every time — running the gathering activity, handing out supplies, taking the photo — or they will drift to the back and talk.
- Two registered adults, 21 or over, at every activity, and a registered female adult 21 or over any time girls are present. No one-on-one contact with a youth, in person or by message. Parents may observe any meeting at any time.
- Send the same weekly message on the same day. Families that know what is coming show up.
- Some requirements are meant to be done at home with a family. Assign them clearly and follow up once — do not assume silence means done.
- When a Scout stops coming, call the family. Not a text. Most of them come back if somebody notices they were gone.
- Be honest about cost and about camp early in the year, and quietly point families toward the pack's help if they need it.

9. When things go wrong

The problem	What to do
The meeting is chaos	You skipped the gathering activity, or an activity ran too long. Something on the table when they walk in, and change activities before they lose interest.
One Scout will not participate	Give them a job instead of a correction. Passing out supplies, holding the flag, being the timekeeper. Participation almost always follows responsibility.
A Scout is disruptive every week	Talk to the parent privately, early, and about the specific behavior rather than the child. Ask what works at home. Most of the time they will tell you.
Attendance is falling	Check two things: are meetings running long, and do families know the date of the next two? Fix those before anything else.
You are behind on adventures	Do not panic and do not double up. Combine a requirement into a pack event or an outing, and tell the advancement chair where you are.
You cannot make a	Your assistant den leader runs it from the same printed plan. If you do not

The problem	What to do
meeting	have one, that is this week's job.
You are burning out	Say so out loud at the leaders' meeting before you quit. Almost always the fix is one more adult, and nobody knew you needed one.
Home requirements are not getting done	Do them in the meeting instead. A requirement done at the den meeting counts the same as one done at home.

10. Your den, on one page

	Name	Phone / email
Den leader (you)		
Assistant den leader		
Parent helper		
Parent helper		
Cubmaster		
Committee chair		
Advancement chair		

Den meeting night and time: _____ Location: _____

Pack number: _____ Council / district: _____

Scouts in my den:

Scout	Family contact	Bobcat	Rank earned



The Tiger Den Leader

Cub Pack Program Guide | 1st grade • 6–7 years old

A guide to best practices, not policy. Meant to be adapted to your pack and your council. Where anything here differs from current Scouting America policy, your council's guidance, or the Scout's handbook, those govern.

Contents

1. Who you are working with.....	2
2. The six required adventures.....	2
3. Your year at a glance.....	3
4. How a den meeting runs.....	5
5. Getting started.....	6
6. Your den supply kit.....	6
7. Making it easier on yourself.....	7
8. Working with families.....	7
9. When things go wrong.....	7
10. Your den, on one page.....	8

IF YOU READ NOTHING ELSE

Your den is 1st grade, 6–7 years old. Meetings run about 45–60 minutes.

Six required adventures earn the rank, plus two electives of your den's choosing. They are already scheduled on the pack calendar — you do not have to design the year.

The adventure plans are written out meeting by meeting. Read next week's plan on the weekend, gather the supplies, and show up. That is the job.

Two registered adults at every meeting, and a registered female adult 21 or over any time girls are present. Every time, no exceptions.

1. Who you are working with

Tigers are learning to read, learning to lose, and learning that rules apply to them too. They are enormously enthusiastic and have almost no impulse control. They will tell you everything about their weekend whether or not you asked.

THE ADULT PARTNER IS REQUIRED, AND THAT IS THE POINT

Every Tiger attends with an adult partner. This is not a suggestion or a courtesy — it is how the Tiger program is built.

Assign each adult partner one meeting to lead during the year, using the printed adventure plan you hand them two weeks ahead. Six adults, six meetings, and you have run a year without burning out.

The adult partner who leads a Tiger meeting in October is frequently the Wolf den leader in September.

2. The six required adventures

Every rank in Cub Scouting has six required adventures covering the same six themes. That is why the whole pack can work the same theme in the same month, and why the pack meeting ties the dens together. For Tiger, they are:

Adventure	Theme	What it covers
Bobcat	Character and Leadership	The Scout Oath, Scout Law, sign, salute, handshake, and motto.
Tigers in the Wild	Outdoors	A hike, the outdoor code, and what to bring outside.
Team Tiger	Citizenship	Being part of a family and a community, and doing a good turn.
Tiger Circles	Family and Reverence	Duty to God as the Scout's family defines it.
Tigers Roar	Personal Safety	Personal safety rules and knowing what to do when something is wrong.
Tiger Bites	Personal Fitness	Food, healthy choices, and getting the body moving.

- Six required adventures plus at least two electives earn the badge of rank.

- The two electives are your den's pick, not the pack's. The full elective list for every rank is at scouting.org/program-updates/cub-scout-elective-adventures. Archery, BB gun and slingshot are special electives — they can only be earned at a council or district program with certified range staff.
- Bobcat comes first. Every Scout at every rank earns it, and it is the same core: Oath, Law, sign, salute, handshake, motto.
- A Scout earns the rank for their current grade. They do not need the previous rank to earn the next one.
- You approve the requirements as the den leader. There is no test and no minimum standard of skill — the Scout does their best and participates.
- Always check the current requirements in the Scout's handbook. Requirements are revised from time to time and the handbook is the authority.

3. Your year at a glance

Straight from the pack calendar. Print this page and put it on the refrigerator.

Date	What	Focus
Aug 31, 2026	Back to the Pack	Recruiting night. Stand with a sign and collect names.
Sep 7, 2026	Labor Day	No Meeting
Sep 14, 2026	Den meeting	Bobcat — meeting 1 of 2
Sep 21, 2026	Den meeting	Bobcat — meeting 2 of 2
Sep 28, 2026	Pack meeting	Theme: Character and Leadership. Say the word “camp” to parents tonight. Each camp runs several sessions and they book up.
Oct 5, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: put two or three candidate weeks in front of the parents and pick one together.
Oct 12, 2026	Den meeting	Tigers in the Wild — meeting 1 of 2
Oct 19, 2026	Den meeting	Tigers in the Wild — meeting 2 of 2
Oct 26, 2026	Pack meeting	Theme: Outdoors
Nov 2, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: name the cost, and say out loud that campership help exists.
Nov 9, 2026	Den meeting	Team Tiger — meeting 1 of 2
Nov 16, 2026	Den meeting	Team Tiger — meeting 2 of 2
Nov 23, 2026	Thanksgiving Week	No Meeting
Nov 30, 2026	Pack meeting	Theme: Citizenship
Dec 7, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: give families the date they must answer by — ahead of camp's own deadline.
Dec 14, 2026	Den meeting	Tiger Circles — meeting 1 of 2
Dec 21, 2026	Pack meeting	Theme: Family and Reverence

Date	What	Focus
Dec 28, 2026	Winter Break	No Meeting
Jan 4, 2027	Winter Break	No Meeting
Jan 11, 2027	Den meeting	Tiger Circles — meeting 2 of 2
Jan 18, 2027	Pack meeting	Theme: Pinewood Derby
Jan 25, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp registration is open. Collect the yes and hold the den's week together.
Feb 1, 2027	Den meeting	Tigers Roar — meeting 1 of 2
Feb 8, 2027	Den meeting	Tigers Roar — meeting 2 of 2
Feb 15, 2027	Pack meeting	Theme: Personal Safety. Blue and Gold banquet, with the Arrow of Light crossover the same night. Your den is recognized tonight; badges of rank come in April.
Feb 22, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp: last call to register with the den. Chase the maybes by phone, not by email.
Mar 1, 2027	Den meeting	Tiger Bites — meeting 1 of 2
Mar 8, 2027	Den meeting	Tiger Bites — meeting 2 of 2
Mar 15, 2027	Spring Break	No Meeting
Mar 22, 2027	Pack meeting	Theme: Personal Fitness. Your den's last required adventure is done — tell families which two electives are left.
Mar 29, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp: campership help, and get the health forms out to families.
Apr 5, 2027	Den meeting	Elective — your den's choice
Apr 12, 2027	Den meeting	Elective — your den's choice
Apr 19, 2027	Pack meeting	Theme: Elective. Rank advancement — your den's badges of rank are presented tonight.
Apr 26, 2027	Parent and leader meeting	Bring your den report and supply needs.
May 3, 2027	Summer event	End-of-year pack celebration.
Jun 7, 2027	Summer camp season	Wolf Camp at your council's Cub camp — Scouts may earn all of Paws on the Path and up to seven Wolf electives. Sign up as a den.
Jul 5, 2027	Summer camp season	Most council Cub camp sessions fall in June and early July. Pick the session your families can actually make and go as a den.
Aug 16, 2027	Parent and leader meeting	Bring your den report and supply needs.
Aug 30, 2027	Back to the Pack	Next year's recruiting night. Your den moves up a rank.

Every required adventure gets two den meetings — one to teach it, one to finish it and record it. Tiger Circles is the one that straddles the winter break: start it December 14 and finish it January 11. The two April dates are electives, and two electives are required for the badge of rank. Pick them with the Scouts from the official list at scouting.org/program-updates/cub-scout-elective-adventures, and choose things you can actually run in your meeting space. Your den's sixth and last required adventure finishes March 8 and the two electives finish April 12, so the badge of rank is presented at the April 19 pack meeting, not at Blue and Gold in February. Have everything recorded by April 14 so the advancement chair can order it.

SUMMER CAMP IS WHERE NEXT YEAR'S ELECTIVES CAN GET EARNED

Your Tigers go to Wolf Camp, because a Scout attends the camp for the rank they are moving into. Most camps run each session several times over, the bulk of it in June and early July, so a conflict with one week is not a conflict with all of them. Camp staff runs the program; you do not plan any of it.

Scouts may earn Paws on the Path requirements 1–5 — the entire required Outdoors adventure for next year — plus Council Fire requirement 1, and up to seven Wolf electives: A Wolf Goes Fishing, Adventures in Coins, Air of the Wolf, Digging in the Past, Let's Camp Wolf, Paws for Water and Race Time Wolf.

Camp publishes a list of possible achievements, not a guarantee. What each Scout earns depends on the sessions they attend and what they finish — you approve it and you record it.

BB gun, archery and slingshot are also run at camp, and camp is the only place a Cub Scout can earn them — a den or pack meeting cannot.

Registration opens in January and February, which makes October and November the months that matter: pick the week with your families, then name the cost. By January you are collecting answers you already know. Dens that register together go together.

4. How a den meeting runs

Every adventure plan you are given follows this shape. Once your den knows the shape, the meetings run themselves and you only have to prepare the middle part.

Part	Minutes	What happens
Before the meeting	15 before	Read the plan. Lay out supplies on the tables. Write the closing reminder on a board where parents will see it.
Gathering activity	As they arrive	Something on the table the moment the first Scout walks in. Nobody ever sits and waits. This single habit prevents most discipline problems.
Opening	5	Pledge of Allegiance, Scout Oath, Scout Law. Roll call and announcements. A Scout leads it, not you.
Adventure	20–25	The requirements for the month, done as activities. This is the meeting.
Homework	2	What gets done at home before next time. Say it, and send it in writing the same night.
Next meeting and reminders	2	Date, time, place, and what to bring. Say it out loud while the parents are in the room.
Closing thought	2	One short thought tying the night to a point of the Scout Law. End on the Scout sign, not on shouting.

Part	Minutes	What happens
After the meeting	10	Record attendance and advancement while it is fresh. Plan next week with your assistant.

RECORD ADVANCEMENT THE SAME NIGHT

The most common failure in Cub Scouting is not a bad meeting. It is a good meeting that never got recorded, and a Scout who does not get their badge in February because nobody wrote it down in October.

Ten minutes after every meeting, in the parking lot, on your phone. Then the advancement chair can order awards in time.

5. Getting started

- ☐ Complete Safeguarding Youth Training (SYT) at my.Scouting.org. Required before you register, and it expires every 12 months — put a reminder on your calendar now.
- ☐ Register as a den leader and be approved by the chartered organization.
- ☐ Complete Den Leader Position-Specific Training in the online Learn Center.
- ☐ Recruit a registered assistant den leader. Do this before the first meeting, not after you get sick in January.
- ☐ Get access to the pack's advancement system and confirm your den roster is right.
- ☐ Get the pack calendar and the adventure plans for the year from your Cubmaster.
- ☐ Collect contact information for every family, and set up one group text or email list.
- ☐ Confirm your meeting space, night, and time, and confirm it is on the pack calendar.
- ☐ Ask the committee how supplies are paid for and how you get reimbursed.

6. Your den supply kit

Keep this in one box and bring it every time. Individual adventures need their own supplies — those are listed in each adventure plan.

Always in the box	Get from the pack
U.S. flag and den flag	Scout handbooks for every Scout
Attendance and advancement sheet	Adventure plans for the year
First aid kit	Pack calendar, printed
Pencils, markers, scissors, tape, glue	Den supply budget or a way to get reimbursed
Construction paper and plain paper	Access to advancement records
Name tags for the first month	Awards ordered by the advancement chair
A ball or a beanbag for the two spare minutes	Family contact list
Emergency contact list for the den	Consent forms for outings

7. Making it easier on yourself

- Twelve minutes per activity, maximum. Then switch.
- Tigers want to go first. Establish a rotation on day one and stick to it religiously — fairness is the whole ballgame at this age.
- Adult partners attend every meeting. Give each of them a job at every meeting or they will stand along the wall and talk.
- Hands-on beats explaining, every time. If you are talking for more than two minutes, stop.
- Do the Tigers in the Wild hike early in the fall while the weather holds.
- Have a plan for the child who finishes first and the child who is not finishing at all.
- Winning is that nobody has to go looking for next year's den leaders. The Scouts are already asking when it starts again, and two of the adult partners who enjoyed leading a meeting this year want a den of their own. You grew your pack's next two leaders by handing over one meeting each.

THE THREE HABITS THAT SEPARATE A DEN THAT LASTS FROM ONE THAT DOES NOT

1. Read next week's plan on the weekend, not in the car. Fifteen minutes on Sunday saves you an hour of improvising.
2. Send one message a week to families: what we did, what is next, what to bring. Same day, same channel, every week.
3. Never do the job alone. An assistant den leader and two committed parents is the difference between finishing the year and quitting in February.

8. Working with families

- Adult partners attend every meeting at this rank. Give each of them a job every time — running the gathering activity, handing out supplies, taking the photo — or they will drift to the back and talk.
- Two registered adults, 21 or over, at every activity, and a registered female adult 21 or over any time girls are present. No one-on-one contact with a youth, in person or by message. Parents may observe any meeting at any time.
- Send the same weekly message on the same day. Families that know what is coming show up.
- Some requirements are meant to be done at home with a family. Assign them clearly and follow up once — do not assume silence means done.
- When a Scout stops coming, call the family. Not a text. Most of them come back if somebody notices they were gone.
- Be honest about cost and about camp early in the year, and quietly point families toward the pack's help if they need it.

9. When things go wrong

The problem	What to do
The meeting is chaos	You skipped the gathering activity, or an activity ran too long. Something on the table when they walk in, and change activities before they lose interest.
One Scout will not participate	Give them a job instead of a correction. Passing out supplies, holding the flag, being the timekeeper. Participation almost always follows responsibility.
A Scout is disruptive every week	Talk to the parent privately, early, and about the specific behavior rather than the child. Ask what works at home. Most of the time they will tell you.

The problem	What to do
Attendance is falling	Check two things: are meetings running long, and do families know the date of the next two? Fix those before anything else.
You are behind on adventures	Do not panic and do not double up. Combine a requirement into a pack event or an outing, and tell the advancement chair where you are.
You cannot make a meeting	Your assistant den leader runs it from the same printed plan. If you do not have one, that is this week's job.
You are burning out	Say so out loud at the leaders' meeting before you quit. Almost always the fix is one more adult, and nobody knew you needed one.
Home requirements are not getting done	Do them in the meeting instead. A requirement done at the den meeting counts the same as one done at home.

10. Your den, on one page

	Name	Phone / email
Den leader (you)		
Assistant den leader		
Parent helper		
Parent helper		
Cubmaster		
Committee chair		
Advancement chair		

Den meeting night and time: _____ Location: _____

Pack number: _____ Council / district: _____

Scouts in my den:

Scout	Family contact	Bobcat	Rank earned



The Wolf Den Leader

Cub Pack Program Guide | 2nd grade • 7–8 years old

A guide to best practices, not policy. Meant to be adapted to your pack and your council. Where anything here differs from current Scouting America policy, your council's guidance, or the Scout's handbook, those govern.

Contents

1. Who you are working with.....	2
2. The six required adventures.....	2
3. Your year at a glance.....	3
4. How a den meeting runs.....	5
5. Getting started.....	6
6. Your den supply kit.....	6
7. Making it easier on yourself.....	6
8. Working with families.....	7
9. When things go wrong.....	7
10. Your den, on one page.....	8

IF YOU READ NOTHING ELSE

Your den is 2nd grade, 7–8 years old. Meetings run about 60 minutes.

Six required adventures earn the rank, plus two electives of your den's choosing. They are already scheduled on the pack calendar — you do not have to design the year.

The adventure plans are written out meeting by meeting. Read next week's plan on the weekend, gather the supplies, and show up. That is the job.

Two registered adults at every meeting, and a registered female adult 21 or over any time girls are present. Every time, no exceptions.

1. Who you are working with

Wolves can read, follow a two-step instruction, and work in a small group. They are also intensely interested in whether something is fair. This is the first year the Scouts, not the parents, are really the den.

THE YEAR THE PARENTS LEAVE

Lion and Tiger dens have a room full of adults. From Wolf on, most parents drop off and go. That is normal, and it is also the moment dens quietly fall apart.

Before the first meeting, recruit a registered assistant den leader and two parents who will stay. Ask them by name, for a specific job, for the year. Two-deep leadership is required at every den meeting anyway — build it in August rather than scrambling in January.

2. The six required adventures

Every rank in Cub Scouting has six required adventures covering the same six themes. That is why the whole pack can work the same theme in the same month, and why the pack meeting ties the dens together. For Wolf, they are:

Adventure	Theme	What it covers
Bobcat	Character and Leadership	The Scout Oath, Scout Law, sign, salute, handshake, and motto.
Paws on the Path	Outdoors	A hike with the Six Essentials, trail rules, and what to do if you get lost.
Council Fire	Citizenship	Duty to country, the flag, and service to the community.
Footsteps	Family and Reverence	Family faith traditions, acts of kindness, and telling the truth.
Safety in Numbers	Personal Safety	Staying safe in a group, buddy system, and getting help.
Running with the Pack	Personal Fitness	Physical activity, good habits, and testing what the body can do.

- Six required adventures plus at least two electives earn the badge of rank.
- The two electives are your den's pick, not the pack's. The full elective list for every rank is at scouting.org/program-updates/cub-scout-elective-adventures. Archery, BB gun and slingshot are special electives — they can only be earned at a council or district program with certified range staff.

- Bobcat comes first. Every Scout at every rank earns it, and it is the same core: Oath, Law, sign, salute, handshake, motto.
- A Scout earns the rank for their current grade. They do not need the previous rank to earn the next one.
- You approve the requirements as the den leader. There is no test and no minimum standard of skill — the Scout does their best and participates.
- Always check the current requirements in the Scout's handbook. Requirements are revised from time to time and the handbook is the authority.

3. Your year at a glance

Straight from the pack calendar. Print this page and put it on the refrigerator.

Date	What	Focus
Aug 31, 2026	Back to the Pack	Recruiting night. Stand with a sign and collect names.
Sep 7, 2026	Labor Day	No Meeting
Sep 14, 2026	Den meeting	Bobcat — meeting 1 of 2
Sep 21, 2026	Den meeting	Bobcat — meeting 2 of 2
Sep 28, 2026	Pack meeting	Theme: Character and Leadership. Say the word “camp” to parents tonight. Each camp runs several sessions and they book up.
Oct 5, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: put two or three candidate weeks in front of the parents and pick one together.
Oct 12, 2026	Den meeting	Paws on the Path — meeting 1 of 2
Oct 19, 2026	Den meeting	Paws on the Path — meeting 2 of 2
Oct 26, 2026	Pack meeting	Theme: Outdoors
Nov 2, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: name the cost, and say out loud that campership help exists.
Nov 9, 2026	Den meeting	Council Fire — meeting 1 of 2
Nov 16, 2026	Den meeting	Council Fire — meeting 2 of 2
Nov 23, 2026	Thanksgiving Week	No Meeting
Nov 30, 2026	Pack meeting	Theme: Citizenship
Dec 7, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: give families the date they must answer by — ahead of camp's own deadline.
Dec 14, 2026	Den meeting	Footsteps — meeting 1 of 2
Dec 21, 2026	Pack meeting	Theme: Family and Reverence
Dec 28, 2026	Winter Break	No Meeting
Jan 4, 2027	Winter Break	No Meeting

Date	What	Focus
Jan 11, 2027	Den meeting	Footsteps — meeting 2 of 2
Jan 18, 2027	Pack meeting	Theme: Pinewood Derby
Jan 25, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp registration is open. Collect the yes and hold the den's week together.
Feb 1, 2027	Den meeting	Safety in Numbers — meeting 1 of 2
Feb 8, 2027	Den meeting	Safety in Numbers — meeting 2 of 2
Feb 15, 2027	Pack meeting	Theme: Personal Safety. Blue and Gold banquet, with the Arrow of Light crossover the same night. Your den is recognized tonight; badges of rank come in April.
Feb 22, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp: last call to register with the den. Chase the maybes by phone, not by email.
Mar 1, 2027	Den meeting	Running with the Pack — meeting 1 of 2
Mar 8, 2027	Den meeting	Running with the Pack — meeting 2 of 2
Mar 15, 2027	Spring Break	No Meeting
Mar 22, 2027	Pack meeting	Theme: Personal Fitness. Your den's last required adventure is done — tell families which two electives are left.
Mar 29, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp: campership help, and get the health forms out to families.
Apr 5, 2027	Den meeting	Elective — your den's choice
Apr 12, 2027	Den meeting	Elective — your den's choice
Apr 19, 2027	Pack meeting	Theme: Elective. Rank advancement — your den's badges of rank are presented tonight.
Apr 26, 2027	Parent and leader meeting	Bring your den report and supply needs.
May 3, 2027	Summer event	End-of-year pack celebration.
Jun 7, 2027	Summer camp season	Bear Camp at your council's Cub camp — Scouts may earn most of Bear Habitat and up to seven Bear electives. Sign up as a den.
Jul 5, 2027	Summer camp season	Most council Cub camp sessions fall in June and early July. Pick the session your families can actually make and go as a den.
Aug 16, 2027	Parent and leader meeting	Bring your den report and supply needs.
Aug 30, 2027	Back to the Pack	Next year's recruiting night. Your den moves up a rank.

Every required adventure gets two den meetings — one to teach it, one to finish it and record it. Footsteps is the one that straddles the winter break: start it December 14 and finish it January 11. The two April dates are electives, and two electives are required for the badge of rank. Pick them with the Scouts from the official list at scouting.org/program-updates/cub-scout-elective-adventures, and choose things you can actually run in your

meeting space. Your den's sixth and last required adventure finishes March 8 and the two electives finish April 12, so the badge of rank is presented at the April 19 pack meeting, not at Blue and Gold in February. Have everything recorded by April 14 so the advancement chair can order it.

SUMMER CAMP IS WHERE NEXT YEAR'S ELECTIVES CAN GET EARNED

Your Wolves go to Bear Camp, because a Scout attends the camp for the rank they are moving into. Most camps run each session several times over, the bulk of it in June and early July, so a conflict with one week is not a conflict with all of them. Camp staff runs the program; you do not plan any of it.

Scouts may earn Bear Habitat requirements 1, 2, 7 and 9 and Paws for Action requirement 1 — most of next year's required Outdoors adventure — plus up to seven Bear electives: A Bear Goes Fishing, Baloo the Builder, Let's Camp Bear, Marble Madness, Roaring Laughter, Salmon Run and Whittling. Camp publishes a list of possible achievements, not a guarantee. What each Scout earns depends on the sessions they attend and what they finish — you approve it and you record it.

BB gun, archery and slingshot are also run at camp, and camp is the only place a Cub Scout can earn them — a den or pack meeting cannot.

Registration opens in January and February, which makes October and November the months that matter: pick the week with your families, then name the cost. By January you are collecting answers you already know. Dens that register together go together.

4. How a den meeting runs

Every adventure plan you are given follows this shape. Once your den knows the shape, the meetings run themselves and you only have to prepare the middle part.

Part	Minutes	What happens
Before the meeting	15 before	Read the plan. Lay out supplies on the tables. Write the closing reminder on a board where parents will see it.
Gathering activity	As they arrive	Something on the table the moment the first Scout walks in. Nobody ever sits and waits. This single habit prevents most discipline problems.
Opening	5	Pledge of Allegiance, Scout Oath, Scout Law. Roll call and announcements. A Scout leads it, not you.
Adventure	30–35	The requirements for the month, done as activities. This is the meeting.
Homework	2	What gets done at home before next time. Say it, and send it in writing the same night.
Next meeting and reminders	2	Date, time, place, and what to bring. Say it out loud while the parents are in the room.
Closing thought	2	One short thought tying the night to a point of the Scout Law. End on the Scout sign, not on shouting.
After the meeting	10	Record attendance and advancement while it is fresh. Plan next week with your assistant.

RECORD ADVANCEMENT THE SAME NIGHT

The most common failure in Cub Scouting is not a bad meeting. It is a good meeting that never got recorded, and a Scout who does not get their badge in February because nobody wrote it down in October.

Ten minutes after every meeting, in the parking lot, on your phone. Then the advancement chair can order awards in time.

5. Getting started

- ☐ Complete Safeguarding Youth Training (SYT) at my.Scouting.org. Required before you register, and it expires every 12 months — put a reminder on your calendar now.
- ☐ Register as a den leader and be approved by the chartered organization.
- ☐ Complete Den Leader Position-Specific Training in the online Learn Center.
- ☐ Recruit a registered assistant den leader. Do this before the first meeting, not after you get sick in January.
- ☐ Get access to the pack's advancement system and confirm your den roster is right.
- ☐ Get the pack calendar and the adventure plans for the year from your Cubmaster.
- ☐ Collect contact information for every family, and set up one group text or email list.
- ☐ Confirm your meeting space, night, and time, and confirm it is on the pack calendar.
- ☐ Ask the committee how supplies are paid for and how you get reimbursed.

6. Your den supply kit

Keep this in one box and bring it every time. Individual adventures need their own supplies — those are listed in each adventure plan.

Always in the box	Get from the pack
U.S. flag and den flag	Scout handbooks for every Scout
Attendance and advancement sheet	Adventure plans for the year
First aid kit	Pack calendar, printed
Pencils, markers, scissors, tape, glue	Den supply budget or a way to get reimbursed
Construction paper and plain paper	Access to advancement records
Name tags for the first month	Awards ordered by the advancement chair
A ball or a beanbag for the two spare minutes	Family contact list
Emergency contact list for the den	Consent forms for outings

7. Making it easier on yourself

- This is the year to hand over jobs. A Wolf can lead the Pledge, take attendance, or run the gathering activity.
- Small groups of three work better than one group of eight.
- Wolves will argue about fairness. Publish the rotation and let the rotation take the blame.

- Parents stop attending this year. Recruit two or three to stay on as helpers before they get in the habit of dropping off.
- Get outside. Paws on the Path is more fun in October than in February.
- Keep the meeting to sixty minutes. Wolves are done at sixty whether or not you are.
- Winning is a den that is laughing together before the meeting has started. You will know by May: they stop asking what we are doing tonight and start asking who is in the den next year — and you find you want to know the answer as much as they do.

THE THREE HABITS THAT SEPARATE A DEN THAT LASTS FROM ONE THAT DOES NOT

1. Read next week's plan on the weekend, not in the car. Fifteen minutes on Sunday saves you an hour of improvising.
2. Send one message a week to families: what we did, what is next, what to bring. Same day, same channel, every week.
3. Never do the job alone. An assistant den leader and two committed parents is the difference between finishing the year and quitting in February.

8. Working with families

- Parents mostly drop off at this rank. Ask two or three by name to stay as regular helpers, for the year, with a specific job.
- Two registered adults, 21 or over, at every activity, and a registered female adult 21 or over any time girls are present. No one-on-one contact with a youth, in person or by message. Parents may observe any meeting at any time.
- Send the same weekly message on the same day. Families that know what is coming show up.
- Some requirements are meant to be done at home with a family. Assign them clearly and follow up once — do not assume silence means done.
- When a Scout stops coming, call the family. Not a text. Most of them come back if somebody notices they were gone.
- Be honest about cost and about camp early in the year, and quietly point families toward the pack's help if they need it.

9. When things go wrong

The problem	What to do
The meeting is chaos	You skipped the gathering activity, or an activity ran too long. Something on the table when they walk in, and change activities before they lose interest.
One Scout will not participate	Give them a job instead of a correction. Passing out supplies, holding the flag, being the timekeeper. Participation almost always follows responsibility.
A Scout is disruptive every week	Talk to the parent privately, early, and about the specific behavior rather than the child. Ask what works at home. Most of the time they will tell you.
Attendance is falling	Check two things: are meetings running long, and do families know the date of the next two? Fix those before anything else.
You are behind on adventures	Do not panic and do not double up. Combine a requirement into a pack event or an outing, and tell the advancement chair where you are.
You cannot make a	Your assistant den leader runs it from the same printed plan. If you do not

The problem	What to do
meeting	have one, that is this week's job.
You are burning out	Say so out loud at the leaders' meeting before you quit. Almost always the fix is one more adult, and nobody knew you needed one.
Home requirements are not getting done	Do them in the meeting instead. A requirement done at the den meeting counts the same as one done at home.

10. Your den, on one page

	Name	Phone / email
Den leader (you)		
Assistant den leader		
Parent helper		
Parent helper		
Cubmaster		
Committee chair		
Advancement chair		

Den meeting night and time: _____ Location: _____

Pack number: _____ Council / district: _____

Scouts in my den:

Scout	Family contact	Bobcat	Rank earned



The Bear Den Leader

Cub Pack Program Guide | 3rd grade • 8–9 years old

A guide to best practices, not policy. Meant to be adapted to your pack and your council. Where anything here differs from current Scouting America policy, your council's guidance, or the Scout's handbook, those govern.

Contents

1. Who you are working with.....	2
2. The six required adventures.....	2
3. Your year at a glance.....	3
4. How a den meeting runs.....	5
5. Getting started.....	6
6. Your den supply kit.....	6
7. Making it easier on yourself.....	6
8. Working with families.....	7
9. When things go wrong.....	7
10. Your den, on one page.....	8

IF YOU READ NOTHING ELSE

Your den is 3rd grade, 8–9 years old. Meetings run about 60–75 minutes.

Six required adventures earn the rank, plus two electives of your den's choosing. They are already scheduled on the pack calendar — you do not have to design the year.

The adventure plans are written out meeting by meeting. Read next week's plan on the weekend, gather the supplies, and show up. That is the job.

Two registered adults at every meeting, and a registered female adult 21 or over any time girls are present. Every time, no exceptions.

1. Who you are working with

Bears can plan, build, and follow a multi-step project. They want responsibility and they want to be trusted with real tools and real jobs. They are also old enough to be bored by anything that feels babyish, and they will let you know.

START HANDING OVER THE MEETING

A Bear can run the opening, lead a game, teach a skill they already know, and take attendance. Every one of those is a job you no longer do, and a Scout who is more invested than they were last week.

Appoint a denner each month. Give them a real responsibility and let them do it imperfectly. The denner system is the first rung of the leadership ladder that runs through Scouts BSA.

2. The six required adventures

Every rank in Cub Scouting has six required adventures covering the same six themes. That is why the whole pack can work the same theme in the same month, and why the pack meeting ties the dens together. For Bear, they are:

Adventure	Theme	What it covers
Bobcat	Character and Leadership	The Scout Oath, Scout Law, sign, salute, handshake, and motto.
Bear Habitat	Outdoors	Trees, plants, wildlife, and how a habitat works — done outdoors, not at a table.
Paws for Action	Citizenship	Community, government, the flag, and a service project.
Fellowship	Family and Reverence	Faith, family traditions, and what duty to God means to this Scout.
Standing Tall	Personal Safety	Making good choices, standing up to pressure, and personal safety.
Bear Strong	Personal Fitness	Fitness, nutrition, and building a habit that lasts past the meeting.

- Six required adventures plus at least two electives earn the badge of rank.

- The two electives are your den's pick, not the pack's. The full elective list for every rank is at scouting.org/program-updates/cub-scout-elective-adventures. Archery, BB gun and slingshot are special electives — they can only be earned at a council or district program with certified range staff.
- Bobcat comes first. Every Scout at every rank earns it, and it is the same core: Oath, Law, sign, salute, handshake, motto.
- A Scout earns the rank for their current grade. They do not need the previous rank to earn the next one.
- You approve the requirements as the den leader. There is no test and no minimum standard of skill — the Scout does their best and participates.
- Always check the current requirements in the Scout's handbook. Requirements are revised from time to time and the handbook is the authority.

3. Your year at a glance

Straight from the pack calendar. Print this page and put it on the refrigerator.

Date	What	Focus
Aug 31, 2026	Back to the Pack	Recruiting night. Stand with a sign and collect names.
Sep 7, 2026	Labor Day	No Meeting
Sep 14, 2026	Den meeting	Bobcat — meeting 1 of 2
Sep 21, 2026	Den meeting	Bobcat — meeting 2 of 2
Sep 28, 2026	Pack meeting	Theme: Character and Leadership. Say the word “camp” to parents tonight. Each camp runs several sessions and they book up.
Oct 5, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: put two or three candidate weeks in front of the parents and pick one together.
Oct 12, 2026	Den meeting	Bear Habitat — meeting 1 of 2
Oct 19, 2026	Den meeting	Bear Habitat — meeting 2 of 2
Oct 26, 2026	Pack meeting	Theme: Outdoors
Nov 2, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: name the cost, and say out loud that campership help exists.
Nov 9, 2026	Den meeting	Paws for Action — meeting 1 of 2
Nov 16, 2026	Den meeting	Paws for Action — meeting 2 of 2
Nov 23, 2026	Thanksgiving Week	No Meeting
Nov 30, 2026	Pack meeting	Theme: Citizenship
Dec 7, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: give families the date they must answer by — ahead of camp's own deadline.
Dec 14, 2026	Den meeting	Fellowship — meeting 1 of 2
Dec 21, 2026	Pack meeting	Theme: Family and Reverence

Date	What	Focus
Dec 28, 2026	Winter Break	No Meeting
Jan 4, 2027	Winter Break	No Meeting
Jan 11, 2027	Den meeting	Fellowship — meeting 2 of 2
Jan 18, 2027	Pack meeting	Theme: Pinewood Derby
Jan 25, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp registration is open. Collect the yes and hold the den's week together.
Feb 1, 2027	Den meeting	Standing Tall — meeting 1 of 2
Feb 8, 2027	Den meeting	Standing Tall — meeting 2 of 2
Feb 15, 2027	Pack meeting	Theme: Personal Safety. Blue and Gold banquet, with the Arrow of Light crossover the same night. Your den is recognized tonight; badges of rank come in April.
Feb 22, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp: last call to register with the den. Chase the maybes by phone, not by email.
Mar 1, 2027	Den meeting	Bear Strong — meeting 1 of 2
Mar 8, 2027	Den meeting	Bear Strong — meeting 2 of 2
Mar 15, 2027	Spring Break	No Meeting
Mar 22, 2027	Pack meeting	Theme: Personal Fitness. Your den's last required adventure is done — tell families which two electives are left.
Mar 29, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp: campership help, and get the health forms out to families.
Apr 5, 2027	Den meeting	Elective — your den's choice
Apr 12, 2027	Den meeting	Elective — your den's choice
Apr 19, 2027	Pack meeting	Theme: Elective. Rank advancement — your den's badges of rank are presented tonight.
Apr 26, 2027	Parent and leader meeting	Bring your den report and supply needs.
May 3, 2027	Summer event	End-of-year pack celebration.
Jun 7, 2027	Summer camp season	Webelos Camp at your council's Cub camp — Scouts may earn up to eight Webelos electives. Sign up as a den.
Jul 5, 2027	Summer camp season	Most council Cub camp sessions fall in June and early July. Pick the session your families can actually make and go as a den.
Aug 16, 2027	Parent and leader meeting	Bring your den report and supply needs.
Aug 30, 2027	Back to the Pack	Next year's recruiting night. Your den moves up a rank.

Every required adventure gets two den meetings — one to teach it, one to finish it and record it. Fellowship is the one that straddles the winter break: start it December 14 and finish it January 11. The two April dates are

electives, and two electives are required for the badge of rank. Pick them with the Scouts from the official list at scouting.org/program-updates/cub-scout-elective-adventures, and choose things you can actually run in your meeting space. Your den's sixth and last required adventure finishes March 8 and the two electives finish April 12, so the badge of rank is presented at the April 19 pack meeting, not at Blue and Gold in February. Have everything recorded by April 14 so the advancement chair can order it.

SUMMER CAMP IS WHERE NEXT YEAR'S ELECTIVES CAN GET EARNED

Your Bears go to Webelos Camp, because a Scout attends the camp for the rank they are moving into. Most camps run each session several times over, the bulk of it in June and early July, so a conflict with one week is not a conflict with all of them. Camp staff runs the program; you do not plan any of it.

Scouts may earn Aquanaut 1–6, Build It 1–4, Modular Design 1–5, Champions for Nature 1–5, Earth Rocks! 1–3, Let's Camp Webelos 4–7, and — if the extra sessions run — Yo-Yo 1–7 and Art Explosion 1–4 — four times the two electives the Webelos badge needs.

Camp publishes a list of possible achievements, not a guarantee. What each Scout earns depends on the sessions they attend and what they finish — you approve it and you record it.

The archery and BB shooting pins are earned at camp too, and camp is the only place a Cub Scout can earn them.

Registration opens in January and February, which makes October and November the months that matter: pick the week with your families, then name the cost. By January you are collecting answers you already know. Dens that register together go together.

4. How a den meeting runs

Every adventure plan you are given follows this shape. Once your den knows the shape, the meetings run themselves and you only have to prepare the middle part.

Part	Minutes	What happens
Before the meeting	15 before	Read the plan. Lay out supplies on the tables. Write the closing reminder on a board where parents will see it.
Gathering activity	As they arrive	Something on the table the moment the first Scout walks in. Nobody ever sits and waits. This single habit prevents most discipline problems.
Opening	5	Pledge of Allegiance, Scout Oath, Scout Law. Roll call and announcements. A Scout leads it, not you.
Adventure	30–35	The requirements for the month, done as activities. This is the meeting.
Homework	2	What gets done at home before next time. Say it, and send it in writing the same night.
Next meeting and reminders	2	Date, time, place, and what to bring. Say it out loud while the parents are in the room.
Closing thought	2	One short thought tying the night to a point of the Scout Law. End on the Scout sign, not on shouting.
After the meeting	10	Record attendance and advancement while it is fresh. Plan next week with your assistant.

RECORD ADVANCEMENT THE SAME NIGHT

The most common failure in Cub Scouting is not a bad meeting. It is a good meeting that never got recorded, and a Scout who does not get their badge in February because nobody wrote it down in October.

Ten minutes after every meeting, in the parking lot, on your phone. Then the advancement chair can order awards in time.

5. Getting started

- ☐ Complete Safeguarding Youth Training (SYT) at my.Scouting.org. Required before you register, and it expires every 12 months — put a reminder on your calendar now.
- ☐ Register as a den leader and be approved by the chartered organization.
- ☐ Complete Den Leader Position-Specific Training in the online Learn Center.
- ☐ Recruit a registered assistant den leader. Do this before the first meeting, not after you get sick in January.
- ☐ Get access to the pack's advancement system and confirm your den roster is right.
- ☐ Get the pack calendar and the adventure plans for the year from your Cubmaster.
- ☐ Collect contact information for every family, and set up one group text or email list.
- ☐ Confirm your meeting space, night, and time, and confirm it is on the pack calendar.
- ☐ Ask the committee how supplies are paid for and how you get reimbursed.

6. Your den supply kit

Keep this in one box and bring it every time. Individual adventures need their own supplies — those are listed in each adventure plan.

Always in the box	Get from the pack
U.S. flag and den flag	Scout handbooks for every Scout
Attendance and advancement sheet	Adventure plans for the year
First aid kit	Pack calendar, printed
Pencils, markers, scissors, tape, glue	Den supply budget or a way to get reimbursed
Construction paper and plain paper	Access to advancement records
Name tags for the first month	Awards ordered by the advancement chair
A ball or a beanbag for the two spare minutes	Family contact list
Emergency contact list for the den	Consent forms for outings

7. Making it easier on yourself

- Give them real jobs with real consequences. A Bear who is trusted rises to it.
- Denner and assistant denner: rotate the job monthly. This is where youth leadership actually starts.
- Multi-week projects work now. Start something in one meeting and finish it in the next.
- Bears notice when an activity is “for little kids.” Pitch up, not down.
- Bear Habitat wants to happen outside. Plan around the weather rather than moving it indoors.

- Advancement check in January: with three ranks to go, this is where dens quietly fall behind.
- Winning is a Bear who has run part of a meeting and wants the next one. They come back in September asking when it is their turn again, and you come back because watching a nine-year-old get it right — badly first, then well — turned out to be the part of your week you were proudest of.

THE THREE HABITS THAT SEPARATE A DEN THAT LASTS FROM ONE THAT DOES NOT

1. Read next week's plan on the weekend, not in the car. Fifteen minutes on Sunday saves you an hour of improvising.
2. Send one message a week to families: what we did, what is next, what to bring. Same day, same channel, every week.
3. Never do the job alone. An assistant den leader and two committed parents is the difference between finishing the year and quitting in February.

8. Working with families

- Parents mostly drop off at this rank. Ask two or three by name to stay as regular helpers, for the year, with a specific job.
- Two registered adults, 21 or over, at every activity, and a registered female adult 21 or over any time girls are present. No one-on-one contact with a youth, in person or by message. Parents may observe any meeting at any time.
- Send the same weekly message on the same day. Families that know what is coming show up.
- Some requirements are meant to be done at home with a family. Assign them clearly and follow up once — do not assume silence means done.
- When a Scout stops coming, call the family. Not a text. Most of them come back if somebody notices they were gone.
- Be honest about cost and about camp early in the year, and quietly point families toward the pack's help if they need it.

9. When things go wrong

The problem	What to do
The meeting is chaos	You skipped the gathering activity, or an activity ran too long. Something on the table when they walk in, and change activities before they lose interest.
One Scout will not participate	Give them a job instead of a correction. Passing out supplies, holding the flag, being the timekeeper. Participation almost always follows responsibility.
A Scout is disruptive every week	Talk to the parent privately, early, and about the specific behavior rather than the child. Ask what works at home. Most of the time they will tell you.
Attendance is falling	Check two things: are meetings running long, and do families know the date of the next two? Fix those before anything else.
You are behind on adventures	Do not panic and do not double up. Combine a requirement into a pack event or an outing, and tell the advancement chair where you are.
You cannot make a meeting	Your assistant den leader runs it from the same printed plan. If you do not have one, that is this week's job.
You are burning out	Say so out loud at the leaders' meeting before you quit. Almost always the fix is one more adult, and nobody knew you needed one.

The problem	What to do
Home requirements are not getting done	Do them in the meeting instead. A requirement done at the den meeting counts the same as one done at home.

10. Your den, on one page

	Name	Phone / email
Den leader (you)		
Assistant den leader		
Parent helper		
Parent helper		
Cubmaster		
Committee chair		
Advancement chair		

Den meeting night and time: _____ Location: _____

Pack number: _____ Council / district: _____

Scouts in my den:

Scout	Family contact	Bobcat	Rank earned



The Webelos Den Leader

Cub Pack Program Guide | 4th grade • 9–10 years old

A guide to best practices, not policy. Meant to be adapted to your pack and your council. Where anything here differs from current Scouting America policy, your council's guidance, or the Scout's handbook, those govern.

Contents

1. Who you are working with.....	2
2. The six required adventures.....	2
3. Your year at a glance.....	3
4. How a den meeting runs.....	5
5. Getting started.....	6
6. Your den supply kit.....	6
7. Making it easier on yourself.....	6
8. Working with families.....	7
9. When things go wrong.....	7
10. Your den, on one page.....	8

IF YOU READ NOTHING ELSE

Your den is 4th grade, 9–10 years old. Meetings run about 75 minutes.

Six required adventures earn the rank, plus two electives of your den's choosing. They are already scheduled on the pack calendar — you do not have to design the year.

The adventure plans are written out meeting by meeting. Read next week's plan on the weekend, gather the supplies, and show up. That is the job.

Two registered adults at every meeting, and a registered female adult 21 or over any time girls are present. Every time, no exceptions.

1. Who you are working with

Webelos Scouts are on the bridge. They still want to play games, and they are also beginning to look at older Scouts and wonder what that is like. Your job this year is half program and half preparation for a troop.

WEBELOS IS THE ON-RAMP TO SCOUTS BSA

Roughly half of the Scouts who leave the program leave between Webelos and a troop, and the reason is almost always the same: they never met the troop.

Put two joint activities on the calendar in August — one in the fall, one in the winter. Invite the Scoutmaster to a den meeting. Go to a troop campout. A den that knows the older Scouts by name crosses over together.

2. The six required adventures

Every rank in Cub Scouting has six required adventures covering the same six themes. That is why the whole pack can work the same theme in the same month, and why the pack meeting ties the dens together. For Webelos, they are:

Adventure	Theme	What it covers
Bobcat	Character and Leadership	The Scout Oath, Scout Law, sign, salute, handshake, and motto.
Webelos Walkabout	Outdoors	Planning and taking a hike, packing properly, and outdoor readiness.
My Community	Citizenship	How the community works, who serves it, and doing something for it.
My Family	Family and Reverence	Family, traditions, and duty to God as the Scout's family understands it.
My Safety	Personal Safety	Personal safety, emergency preparedness, and making safe decisions alone.
Stronger, Faster, Higher	Personal Fitness	Setting a fitness goal, tracking it, and sticking with it.

- Six required adventures plus at least two electives earn the badge of rank.

- The two electives are your den's pick, not the pack's. The full elective list for every rank is at scouting.org/program-updates/cub-scout-elective-adventures. Archery, BB gun and slingshot are special electives — they can only be earned at a council or district program with certified range staff.
- Bobcat comes first. Every Scout at every rank earns it, and it is the same core: Oath, Law, sign, salute, handshake, motto.
- A Scout earns the rank for their current grade. They do not need the previous rank to earn the next one.
- You approve the requirements as the den leader. There is no test and no minimum standard of skill — the Scout does their best and participates.
- Always check the current requirements in the Scout's handbook. Requirements are revised from time to time and the handbook is the authority.

3. Your year at a glance

Straight from the pack calendar. Print this page and put it on the refrigerator.

Date	What	Focus
Aug 31, 2026	Back to the Pack	Recruiting night. Stand with a sign and collect names.
Sep 7, 2026	Labor Day	No Meeting
Sep 14, 2026	Den meeting	Bobcat — meeting 1 of 2
Sep 21, 2026	Den meeting	Bobcat — meeting 2 of 2
Sep 28, 2026	Pack meeting	Theme: Character and Leadership. Say the word “camp” to parents tonight. Each camp runs several sessions and they book up.
Oct 5, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: put two or three candidate weeks in front of the parents and pick one together.
Oct 12, 2026	Den meeting	Webelos Walkabout — meeting 1 of 2
Oct 19, 2026	Den meeting	Webelos Walkabout — meeting 2 of 2
Oct 26, 2026	Pack meeting	Theme: Outdoors
Nov 2, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: name the cost, and say out loud that campership help exists.
Nov 9, 2026	Den meeting	My Community — meeting 1 of 2
Nov 16, 2026	Den meeting	My Community — meeting 2 of 2
Nov 23, 2026	Thanksgiving Week	No Meeting
Nov 30, 2026	Pack meeting	Theme: Citizenship
Dec 7, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: give families the date they must answer by — ahead of camp's own deadline.
Dec 14, 2026	Den meeting	My Family — meeting 1 of 2
Dec 21, 2026	Pack meeting	Theme: Family and Reverence

Date	What	Focus
Dec 28, 2026	Winter Break	No Meeting
Jan 4, 2027	Winter Break	No Meeting
Jan 11, 2027	Den meeting	My Family — meeting 2 of 2
Jan 18, 2027	Pack meeting	Theme: Pinewood Derby
Jan 25, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp registration is open. Collect the yes and hold the den's week together.
Feb 1, 2027	Den meeting	My Safety — meeting 1 of 2
Feb 8, 2027	Den meeting	My Safety — meeting 2 of 2
Feb 15, 2027	Pack meeting	Theme: Personal Safety. Blue and Gold banquet, with the Arrow of Light crossover the same night. Your den is recognized tonight; badges of rank come in April.
Feb 22, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp: last call to register with the den. Chase the maybes by phone, not by email.
Mar 1, 2027	Den meeting	Stronger, Faster, Higher — meeting 1 of 2
Mar 8, 2027	Den meeting	Stronger, Faster, Higher — meeting 2 of 2
Mar 15, 2027	Spring Break	No Meeting
Mar 22, 2027	Pack meeting	Theme: Personal Fitness. Your den's last required adventure is done — tell families which two electives are left.
Mar 29, 2027	Parent and leader meeting	Bring your den report and supply needs. Summer camp: campership help, and get the health forms out to families.
Apr 5, 2027	Den meeting	Elective — your den's choice
Apr 12, 2027	Den meeting	Elective — your den's choice
Apr 19, 2027	Pack meeting	Theme: Elective. Rank advancement — your den's badges of rank are presented tonight.
Apr 26, 2027	Parent and leader meeting	Bring your den report and supply needs.
May 3, 2027	Summer event	End-of-year pack celebration.
Jun 7, 2027	Summer camp season	Arrow of Light Camp at your council's Cub camp — Scouts may earn up to four Arrow of Light electives. Sign up as a den.
Jul 5, 2027	Summer camp season	Most council Cub camp sessions fall in June and early July. Pick the session your families can actually make and go as a den.
Aug 16, 2027	Parent and leader meeting	Bring your den report and supply needs.
Aug 30, 2027	Back to the Pack	Next year's recruiting night. Your den moves up a rank.

Every required adventure gets two den meetings — one to teach it, one to finish it and record it. My Family is the one that straddles the winter break: start it December 14 and finish it January 11. The two April dates are electives, and two electives are required for the badge of rank. Pick them with the Scouts from the official list at scouting.org/program-updates/cub-scout-elective-adventures, and choose things you can actually run in your meeting space. Your den's sixth and last required adventure finishes March 8 and the two electives finish April 12, so the badge of rank is presented at the April 19 pack meeting, not at Blue and Gold in February. Have everything recorded by April 14 so the advancement chair can order it.

SUMMER CAMP IS WHERE NEXT YEAR'S ELECTIVES CAN GET EARNED

Your Webelos go to Arrow of Light Camp, because a Scout attends the camp for the rank they are moving into. Most camps run each session several times over, the bulk of it in June and early July, so a conflict with one week is not a conflict with all of them. Camp staff runs the program; you do not plan any of it.

Scouts may earn Engineer 1–5, Swimming 1–4, Into the Woods 1–5 and Knife Safety 1–4 — twice the two electives the Arrow of Light badge needs — plus climbing and C.O.P.E. games.

Camp publishes a list of possible achievements, not a guarantee. What each Scout earns depends on the sessions they attend and what they finish — you approve it and you record it.

Action archery and pellet/BB shooting are earned at camp too, and camp is the only place a Cub Scout can earn them.

Registration opens in January and February, which makes October and November the months that matter: pick the week with your families, then name the cost. By January you are collecting answers you already know. Dens that register together go together.

4. How a den meeting runs

Every adventure plan you are given follows this shape. Once your den knows the shape, the meetings run themselves and you only have to prepare the middle part.

Part	Minutes	What happens
Before the meeting	15 before	Read the plan. Lay out supplies on the tables. Write the closing reminder on a board where parents will see it.
Gathering activity	As they arrive	Something on the table the moment the first Scout walks in. Nobody ever sits and waits. This single habit prevents most discipline problems.
Opening	5	Pledge of Allegiance, Scout Oath, Scout Law. Roll call and announcements. A Scout leads it, not you.
Adventure	30–35	The requirements for the month, done as activities. This is the meeting.
Homework	2	What gets done at home before next time. Say it, and send it in writing the same night.
Next meeting and reminders	2	Date, time, place, and what to bring. Say it out loud while the parents are in the room.
Closing thought	2	One short thought tying the night to a point of the Scout Law. End on the Scout sign, not on shouting.
After the meeting	10	Record attendance and advancement while it is fresh. Plan next week with your assistant.

RECORD ADVANCEMENT THE SAME NIGHT

The most common failure in Cub Scouting is not a bad meeting. It is a good meeting that never got recorded, and a Scout who does not get their badge in February because nobody wrote it down in October.

Ten minutes after every meeting, in the parking lot, on your phone. Then the advancement chair can order awards in time.

5. Getting started

- ☐ Complete Safeguarding Youth Training (SYT) at my.Scouting.org. Required before you register, and it expires every 12 months — put a reminder on your calendar now.
- ☐ Register as a den leader and be approved by the chartered organization.
- ☐ Complete Den Leader Position-Specific Training in the online Learn Center.
- ☐ Recruit a registered assistant den leader. Do this before the first meeting, not after you get sick in January.
- ☐ Get access to the pack's advancement system and confirm your den roster is right.
- ☐ Get the pack calendar and the adventure plans for the year from your Cubmaster.
- ☐ Collect contact information for every family, and set up one group text or email list.
- ☐ Confirm your meeting space, night, and time, and confirm it is on the pack calendar.
- ☐ Ask the committee how supplies are paid for and how you get reimbursed.

6. Your den supply kit

Keep this in one box and bring it every time. Individual adventures need their own supplies — those are listed in each adventure plan.

Always in the box	Get from the pack
U.S. flag and den flag	Scout handbooks for every Scout
Attendance and advancement sheet	Adventure plans for the year
First aid kit	Pack calendar, printed
Pencils, markers, scissors, tape, glue	Den supply budget or a way to get reimbursed
Construction paper and plain paper	Access to advancement records
Name tags for the first month	Awards ordered by the advancement chair
A ball or a beanbag for the two spare minutes	Family contact list
Emergency contact list for the den	Consent forms for outings

7. Making it easier on yourself

- The Scouts plan meetings this year, with you as the safety net. Let them.
- Meet a Scouts BSA troop in the fall. Twice. Not in February.
- Ask the troop for a den chief — an older Scout assigned to your den. It changes the whole year.
- Cooking, camping, and knots translate directly into troop life. Weight them heavily.

- This is the year packs lose Scouts to sports. Compete on adventure, not on volume of meetings.
- Overnight camping with the pack, and a longer outing if your council allows it for this age.
- Winning is a Webelos who still laughs their way through a den meeting and has already started asking what next year looks like. They are not finished with Cub Scouting, they are hungry for the rest of it — and you get the year where you can watch a fourth grader start turning into a Scout, which is the whole reason to take this den.

THE THREE HABITS THAT SEPARATE A DEN THAT LASTS FROM ONE THAT DOES NOT

1. Read next week's plan on the weekend, not in the car. Fifteen minutes on Sunday saves you an hour of improvising.
2. Send one message a week to families: what we did, what is next, what to bring. Same day, same channel, every week.
3. Never do the job alone. An assistant den leader and two committed parents is the difference between finishing the year and quitting in February.

8. Working with families

- Parents mostly drop off at this rank. Ask two or three by name to stay as regular helpers, for the year, with a specific job.
- Two registered adults, 21 or over, at every activity, and a registered female adult 21 or over any time girls are present. No one-on-one contact with a youth, in person or by message. Parents may observe any meeting at any time.
- Send the same weekly message on the same day. Families that know what is coming show up.
- Some requirements are meant to be done at home with a family. Assign them clearly and follow up once — do not assume silence means done.
- When a Scout stops coming, call the family. Not a text. Most of them come back if somebody notices they were gone.
- Be honest about cost and about camp early in the year, and quietly point families toward the pack's help if they need it.

9. When things go wrong

The problem	What to do
The meeting is chaos	You skipped the gathering activity, or an activity ran too long. Something on the table when they walk in, and change activities before they lose interest.
One Scout will not participate	Give them a job instead of a correction. Passing out supplies, holding the flag, being the timekeeper. Participation almost always follows responsibility.
A Scout is disruptive every week	Talk to the parent privately, early, and about the specific behavior rather than the child. Ask what works at home. Most of the time they will tell you.
Attendance is falling	Check two things: are meetings running long, and do families know the date of the next two? Fix those before anything else.
You are behind on adventures	Do not panic and do not double up. Combine a requirement into a pack event or an outing, and tell the advancement chair where you are.
You cannot make a meeting	Your assistant den leader runs it from the same printed plan. If you do not have one, that is this week's job.

The problem	What to do
You are burning out	Say so out loud at the leaders' meeting before you quit. Almost always the fix is one more adult, and nobody knew you needed one.
Home requirements are not getting done	Do them in the meeting instead. A requirement done at the den meeting counts the same as one done at home.

10. Your den, on one page

	Name	Phone / email
Den leader (you)		
Assistant den leader		
Parent helper		
Parent helper		
Cubmaster		
Committee chair		
Advancement chair		

Den meeting night and time: _____ Location: _____

Pack number: _____ Council / district: _____

Scouts in my den:

Scout	Family contact	Bobcat	Rank earned



The Arrow of Light Den Leader

Cub Pack Program Guide | 5th grade • 10–11 years old

A guide to best practices, not policy. Meant to be adapted to your pack and your council. Where anything here differs from current Scouting America policy, your council's guidance, or the Scout's handbook, those govern.

Contents

1. Who you are working with.....	2
2. The six required adventures.....	2
3. Your year at a glance.....	3
4. How a den meeting runs.....	5
5. Getting started.....	6
6. Your den supply kit.....	6
7. Making it easier on yourself.....	7
8. Working with families.....	7
9. When things go wrong.....	7
10. Your den, on one page.....	8

IF YOU READ NOTHING ELSE

Your den is 5th grade, 10–11 years old. Meetings run about 75–90 minutes.

Six required adventures earn the rank, plus two electives of your den's choosing. They are already scheduled on the pack calendar — you do not have to design the year.

The adventure plans are written out meeting by meeting. Read next week's plan on the weekend, gather the supplies, and show up. That is the job.

Two registered adults at every meeting, and a registered female adult 21 or over any time girls are present. Every time, no exceptions.

1. Who you are working with

These Scouts are finishing Cub Scouting. They are capable of planning and running their own meetings, and they should be. The Arrow of Light is the highest rank in Cub Scouting, and the only one that can still be worn on a Scouts BSA uniform.

CROSSOVER IS THE WHOLE YEAR, NOT ONE NIGHT

Work backward from the crossover date. Every required adventure has to be complete and recorded before it, and February arrives sooner than it looks.

Visit at least two troops so the Scouts and their families have a real choice. Invite Scoutmasters to a den meeting. Camp with a troop in the fall.

Then make the ceremony itself worth remembering. It is the last thing these Scouts will remember about Cub Scouting, and the first thing they will remember about their troop.

2. The six required adventures

Every rank in Cub Scouting has six required adventures covering the same six themes. That is why the whole pack can work the same theme in the same month, and why the pack meeting ties the dens together. For Arrow of Light, they are:

Adventure	Theme	What it covers
Bobcat	Character and Leadership	The Scout Oath, Scout Law, sign, salute, handshake, and motto.
Outdoor Adventurer	Outdoors	Camping, outdoor skills, and taking care of yourself outside.
Citizenship	Citizenship	Rights and duties of a citizen, the flag, and meaningful service.
Duty to God	Family and Reverence	Reverence and what duty to God means to this Scout and family.
First Aid	Personal Safety	Real first aid skills, practiced and demonstrated.
Personal Fitness	Personal Fitness	A fitness plan, carried out and measured over time.

- Six required adventures plus at least two electives earn the badge of rank.

- The two electives are your den's pick, not the pack's. The full elective list for every rank is at scouting.org/program-updates/cub-scout-elective-adventures. Archery, BB gun and slingshot are special electives — they can only be earned at a council or district program with certified range staff.
- Bobcat comes first. Every Scout at every rank earns it, and it is the same core: Oath, Law, sign, salute, handshake, motto.
- A Scout earns the rank for their current grade. They do not need the previous rank to earn the next one.
- You approve the requirements as the den leader. There is no test and no minimum standard of skill — the Scout does their best and participates.
- Always check the current requirements in the Scout's handbook. Requirements are revised from time to time and the handbook is the authority.

3. Your year at a glance

Straight from the pack calendar. Print this page and put it on the refrigerator.

Date	What	Focus
Aug 31, 2026	Back to the Pack	Recruiting night. Stand with a sign and collect names.
Sep 7, 2026	Labor Day	No Meeting
Sep 14, 2026	Den meeting	Bobcat — one meeting, and start your Personal Fitness plan
Sep 21, 2026	Den meeting	Outdoor Adventurer — meeting 1 of 2
Sep 28, 2026	Pack meeting	Theme: Character and Leadership. Tell parents now that summer camp next year is a troop week, and it books early.
Oct 5, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: pick the troop now. Troop camp weeks are chosen and paid for months earlier than Cub camp.
Oct 12, 2026	Den meeting	Outdoor Adventurer — meeting 2 of 2
Oct 19, 2026	Den meeting	Citizenship — meeting 1 of 2
Oct 26, 2026	Pack meeting	Theme: Outdoors
Nov 2, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: ask the Scoutmaster which week the troop goes, and what it costs.
Nov 9, 2026	Den meeting	Citizenship — meeting 2 of 2
Nov 16, 2026	Den meeting	Duty to God — meeting 1 of 2
Nov 23, 2026	Thanksgiving Week	No Meeting
Nov 30, 2026	Pack meeting	Theme: Citizenship
Dec 7, 2026	Parent and leader meeting	Bring your den report and supply needs. Summer camp: get your families onto the troop's camp roster before crossover, not after.
Dec 14, 2026	Den meeting	Duty to God — meeting 2 of 2
Dec 21, 2026	Pack meeting	Theme: Family and Reverence

Date	What	Focus
Dec 28, 2026	Winter Break	No Meeting
Jan 4, 2027	Winter Break	No Meeting
Jan 11, 2027	Den meeting	First Aid — meeting 1 of 2
Jan 18, 2027	Pack meeting	Theme: Pinewood Derby
Jan 25, 2027	Parent and leader meeting	Bring your den report and supply needs. Troop summer camp registration is open or closing. Every crossing Scout should be on that roster.
Feb 1, 2027	Den meeting	First Aid — meeting 2 of 2
Feb 8, 2027	Den meeting	Personal Fitness — finish it, and record everything. Last den meeting before crossover.
Feb 15, 2027	Pack meeting	Blue and Gold — Arrow of Light crossover. Your den's last night as Cub Scouts.
Feb 22, 2027	Parent and leader meeting	Bring your den report and supply needs. After crossover, camp belongs to the troop — confirm every Scout is signed up for it.
Mar 1, 2027	Den meeting	Crossed over — no den meeting. Go to a troop meeting with your Scouts instead.
Mar 8, 2027	Den meeting	Crossed over — follow up with any Scout who has not landed in a troop.
Mar 15, 2027	Spring Break	No Meeting
Mar 22, 2027	Pack meeting	Theme: Personal Fitness
Mar 29, 2027	Parent and leader meeting	Bring your den report and supply needs. Follow up with any crossed-over Scout who is not registered for the troop's camp week.
Apr 5, 2027	Den meeting	Reserve. Use these only if your den fell behind and crossover slipped.
Apr 12, 2027	Den meeting	Reserve. Use these only if your den fell behind and crossover slipped.
Apr 19, 2027	Pack meeting	Theme: Elective
Apr 26, 2027	Parent and leader meeting	Bring your den report and supply needs.
May 3, 2027	Summer event	End-of-year pack celebration.
Jun 7, 2027	Summer camp season	Scouts BSA camp — go with the troop your den is crossing into. It is the best recruiting week a troop has.
Jul 5, 2027	Summer camp season	Troop camp weeks run into July too. Whichever week the troop goes, your Scouts go with them.
Aug 16, 2027	Parent and leader meeting	Bring your den report and supply needs.
Aug 30, 2027	Back to the Pack	Next year's recruiting night. Your den moves up a rank.

Arrow of Light ends at Blue and Gold. Every required adventure has to be complete and recorded before the crossover ceremony on February 15, so all ten den meetings from September to February go to the six required adventures — Bobcat shares its night with the launch of the Personal Fitness plan, which then runs in the background until February 8. After crossover the March and April dates are not den meetings any more; your Scouts belong to a troop. Keep them only as catch-up if the den falls behind.

Your two electives have to be done before crossover as well, and this calendar has no den meeting left to spend on them. That is what summer camp is for: a den that went to Arrow of Light Camp in June or July may already have Engineer, Swimming, Into the Woods and Knife Safety. If your den did not go, pick two electives families can finish at home in the fall from the official list at scouting.org/program-updates/cub-scout-elective-adventures, and check them off as you go — do not leave them until February. Arrow of Light is the only badge of rank presented at Blue and Gold; the other dens receive theirs at the April pack meeting, after their elective meetings.

SUMMER CAMP WITH A TROOP IS WHAT MAKES CROSSOVER STICK

Your Arrow of Light Scouts have aged out of Cub camp. Somewhere in June or July they should be at a Scouts BSA troop's summer camp, with the troop they are crossing into.

This is not about advancement. A week at camp with a troop is the single strongest predictor that a crossed-over Scout is still registered a year later. Pick the troop in the fall, camp with them in the spring, and go to their summer camp in June or July.

Nothing here is advancement you record. It is the relationship that keeps a crossed-over Scout registered.

Talk to the Scoutmaster in September. Troop camp registration closes months before Cub camp does.

Troop camp registration opens and closes months before Cub camp does, so this is a September and October conversation with the Scoutmaster — not a spring one. A Scout who crosses over in February and has no camp week booked is the Scout who quietly disappears by fall.

4. How a den meeting runs

Every adventure plan you are given follows this shape. Once your den knows the shape, the meetings run themselves and you only have to prepare the middle part.

Part	Minutes	What happens
Before the meeting	15 before	Read the plan. Lay out supplies on the tables. Write the closing reminder on a board where parents will see it.
Gathering activity	As they arrive	Something on the table the moment the first Scout walks in. Nobody ever sits and waits. This single habit prevents most discipline problems.
Opening	5	Pledge of Allegiance, Scout Oath, Scout Law. Roll call and announcements. A Scout leads it, not you.
Adventure	30–35	The requirements for the month, done as activities. This is the meeting.
Homework	2	What gets done at home before next time. Say it, and send it in writing the same night.
Next meeting and reminders	2	Date, time, place, and what to bring. Say it out loud while the parents are in the room.

Part	Minutes	What happens
Closing thought	2	One short thought tying the night to a point of the Scout Law. End on the Scout sign, not on shouting.
After the meeting	10	Record attendance and advancement while it is fresh. Plan next week with your assistant.

RECORD ADVANCEMENT THE SAME NIGHT

The most common failure in Cub Scouting is not a bad meeting. It is a good meeting that never got recorded, and a Scout who does not get their badge in February because nobody wrote it down in October.

Ten minutes after every meeting, in the parking lot, on your phone. Then the advancement chair can order awards in time.

5. Getting started

- ☐ Complete Safeguarding Youth Training (SYT) at my.Scouting.org. Required before you register, and it expires every 12 months — put a reminder on your calendar now.
- ☐ Register as a den leader and be approved by the chartered organization.
- ☐ Complete Den Leader Position-Specific Training in the online Learn Center.
- ☐ Recruit a registered assistant den leader. Do this before the first meeting, not after you get sick in January.
- ☐ Get access to the pack's advancement system and confirm your den roster is right.
- ☐ Get the pack calendar and the adventure plans for the year from your Cubmaster.
- ☐ Collect contact information for every family, and set up one group text or email list.
- ☐ Confirm your meeting space, night, and time, and confirm it is on the pack calendar.
- ☐ Ask the committee how supplies are paid for and how you get reimbursed.

6. Your den supply kit

Keep this in one box and bring it every time. Individual adventures need their own supplies — those are listed in each adventure plan.

Always in the box	Get from the pack
U.S. flag and den flag	Scout handbooks for every Scout
Attendance and advancement sheet	Adventure plans for the year
First aid kit	Pack calendar, printed
Pencils, markers, scissors, tape, glue	Den supply budget or a way to get reimbursed
Construction paper and plain paper	Access to advancement records
Name tags for the first month	Awards ordered by the advancement chair
A ball or a beanbag for the two spare minutes	Family contact list
Emergency contact list for the den	Consent forms for outings

7. Making it easier on yourself

- The Scouts run the meetings. You advise. If you are still leading in January, hand it over.
- Camp with a troop at least once. This is the strongest predictor of crossing over.
- Teach the Scouts BSA skills they will need on day one: knots, first aid, cooking, the patrol method.
- Arrow of Light requirements include visiting a troop and meeting with a Scoutmaster — do it early, not as a checkbox in February.
- Watch the calendar. Everything must be finished before crossover, and crossover comes fast.
- Some of these Scouts will be Cub Scouts for eight more weeks. Make the eight weeks count.
- Winning is a Scout who cannot wait for the troop and a leader who is not dreading the empty Tuesday. They cross over in February already talking about the troop's summer camp, and you walk out of that ceremony proud rather than sad, because you know where every one of them landed.

THE THREE HABITS THAT SEPARATE A DEN THAT LASTS FROM ONE THAT DOES NOT

1. Read next week's plan on the weekend, not in the car. Fifteen minutes on Sunday saves you an hour of improvising.
2. Send one message a week to families: what we did, what is next, what to bring. Same day, same channel, every week.
3. Never do the job alone. An assistant den leader and two committed parents is the difference between finishing the year and quitting in February.

8. Working with families

- Parents mostly drop off at this rank. Ask two or three by name to stay as regular helpers, for the year, with a specific job.
- Two registered adults, 21 or over, at every activity, and a registered female adult 21 or over any time girls are present. No one-on-one contact with a youth, in person or by message. Parents may observe any meeting at any time.
- Send the same weekly message on the same day. Families that know what is coming show up.
- Some requirements are meant to be done at home with a family. Assign them clearly and follow up once — do not assume silence means done.
- When a Scout stops coming, call the family. Not a text. Most of them come back if somebody notices they were gone.
- Be honest about cost and about camp early in the year, and quietly point families toward the pack's help if they need it.

9. When things go wrong

The problem	What to do
The meeting is chaos	You skipped the gathering activity, or an activity ran too long. Something on the table when they walk in, and change activities before they lose interest.
One Scout will not participate	Give them a job instead of a correction. Passing out supplies, holding the flag, being the timekeeper. Participation almost always follows responsibility.
A Scout is disruptive every week	Talk to the parent privately, early, and about the specific behavior rather than the child. Ask what works at home. Most of the time they will tell you.

The problem	What to do
Attendance is falling	Check two things: are meetings running long, and do families know the date of the next two? Fix those before anything else.
You are behind on adventures	Do not panic and do not double up. Combine a requirement into a pack event or an outing, and tell the advancement chair where you are.
You cannot make a meeting	Your assistant den leader runs it from the same printed plan. If you do not have one, that is this week's job.
You are burning out	Say so out loud at the leaders' meeting before you quit. Almost always the fix is one more adult, and nobody knew you needed one.
Home requirements are not getting done	Do them in the meeting instead. A requirement done at the den meeting counts the same as one done at home.

10. Your den, on one page

	Name	Phone / email
Den leader (you)		
Assistant den leader		
Parent helper		
Parent helper		
Cubmaster		
Committee chair		
Advancement chair		

Den meeting night and time: _____ Location: _____

Pack number: _____ Council / district: _____

Scouts in my den:

Scout	Family contact	Bobcat	Rank earned

Part Three — Adventure Meeting Plans

Lion Adventures

LION DEN • ADVENTURE MEETING PLAN

Bobcat

Required adventure • Character and Leadership

If you read nothing else

Every Cub Scout earns Bobcat first, at every rank. For a Lion this is the meeting where kindergarteners learn each other's names, meet the Cub Scout sign, and hear the Scout Law read to them by their own adult.

Two den meetings of 45 minutes. Every Lion has a Lion adult partner who sits with them and does every activity with them — the partner is not a spectator and this adventure will not run without them.

Requirement 4 is done at home with a parent or legal guardian and cannot be completed at a den meeting. Hand the booklet out at meeting 1 and collect the slip at meeting 2.

Start this the first week of the program year. Nothing else counts toward rank until Bobcat is done.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Get to know the members of your den.
- ☐ 2. Have your Lion adult partner or den leader read the Scout Law to you. Demonstrate your understanding of being friendly.
- ☐ 3. Share with your Lion adult partner, during a den meeting or at home, a time when you have demonstrated the Cub Scout motto "Do Your Best."
- ☐ 4. At home, with your parent or legal guardian, do the activities in the booklet How to Protect Your Children From Child Abuse: A Parent's Guide.

Requirement 4 is a family activity. Hand the booklet out at meeting 1 and collect the signed acknowledgement at meeting 2 — do not attempt to run it as a den activity.

Meeting 1: Names, the sign, and being friendly

Goal: Lions learn each other's names, learn what the Cub Scout sign means and obey it, and hear the Scout Law read to them by their own adult partner.

Covers requirements 1 and 2

Before the meeting

- Print the My Favorite Survey sheet, one per Lion and one per adult partner, and put them on a table by the door with pencils. Arrivals are staggered and a kindergartener with nothing to do is a kindergartener under a table.
- Practice the Cub Scout sign yourself and decide now that you will never call out “signs up.” You raise the sign and you wait. That is the whole method.
- Print one copy of How to Protect Your Children From Child Abuse: A Parent’s Guide per family, plus the acknowledgement slip.
- Clear a floor space big enough for the whole den plus adult partners to sit in one circle. The Compliment Game happens on the floor.
- Ask families to bring the Lion handbook to every meeting. You will use pages 3 and 4 tonight.

Supplies

- Lion handbooks — pages 3 and 4
- Pencils, one per Lion
- My Favorite Survey sheets, one per Lion and one per adult partner
- Crayons, enough to share
- Parent booklets and acknowledgement slips, one per family
- Scout Law printed large enough to read from across the room

Run of show

Time	What happens
10 min	Gathering: My Favorite Survey
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
15 min	Activity 1: Lions Talk and Lions Listen
10 min	Activity 2: The Compliment Game
5 min	Closing: hand out family booklets

Gathering — My Favorite Survey (10 min)

Lion and adult partner each fill in their own sheet: favorite color, favorite animal, favorite outdoor activity, a food you would eat every day, something you want to learn in Scouts. Then they compare and circle the answers that match.

Most Lions cannot read the prompts. That is fine and it is the point — the adult partner reads them aloud and writes what the Lion says. This is the first thing they do together in Scouting and it sets the pattern for the whole year.

Tell each pair to be ready to share one fun thing they learned about each other.

Opening (5 min)

Pledge of Allegiance, then the Scout Oath and Scout Law read by the den leader while everyone stands. Lions do not have to say the words yet. They will pick them up by hearing them at the front of every meeting.

Keep it to five minutes. A kindergartener standing still is spending real effort, and you want that effort back later.

Activity 1 — Lions Talk and Lions Listen (15 min)

Lions Talk and Lions Listen — scouting.org/cub-scout-activities/lions-talk-and-lions-listen/

Gather the Lions and adult partners together. Have the Lions meet each other and sign each other's handbooks on page 3. A kindergartener signing their name on somebody else's book is the single most popular thirty seconds of the night.

Then demonstrate the Cub Scout sign and tell them it stands for the ears of a wolf. When they see the sign, everyone stops what they are doing and listens.

Give every Lion and every adult partner a turn to make the sign. Then practice it for real: tell everyone to talk and make noise, and without saying a word, raise the sign and wait. When the room goes quiet, point out that you never had to yell.

- Tip: patience is the whole technique. Do not talk over the den, do not yell, and do not call out "signs up" or any other verbal command. Raise your hand and wait. If you break this once, you will be yelling for the rest of the year.

Finish by pairing up two Lions and their adult partners. Have each pair get to know each other: what they like to do as a family, favorite food, favorite color. When they look done, raise the sign to move on.

That is requirement 1. Other activities that also complete it: Den Doodle Lion — scouting.org/cub-scout-activities/den-doodle-lion/ · Den Flag Lion — scouting.org/cub-scout-activities/den-flag-lion/ · Hand Puppet Introductions — scouting.org/cub-scout-activities/hand-puppet-introductions/ · The Wigalo Song — scouting.org/cub-scout-activities/the-wigalo-song/

Activity 2 — The Compliment Game (10 min)

The Compliment Game — scouting.org/cub-scout-activities/the-compliment-game/

First, the reading. Adult partners read the Scout Law to their own Lion from page 4 of the handbook, or from the back cover of the handbook and the adult partner guide, and explain in their own words what each point means. This is what requirement 2 actually asks for — the adult reads it, the Lion hears it.

Then the pairs complete the activity on page 4 together.

Now everybody sits on the floor in one circle, adult partners included. Pick a Lion to start. They turn to the person on their left and say something they like about them. The compliment has to be kind and true.

The person who received it says thank you, turns to their left, and gives a compliment to the next person. Keep going until everyone has given one and received one. Then have the Lion who started turn to their right and send the compliments back around the other way.

That second lap matters more than it looks. The first time round, half of them are rehearsing instead of listening. The second time round they are relaxed, and that is when a five-year-old says something you will remember.

That is requirement 2 — demonstrating an understanding of being friendly. Also works: Friendship Zipper Pull — scouting.org/cub-scout-activities/friendship-zipper-pull/ · The Colorful Scout Law — scouting.org/cub-scout-activities/the-colorful-scout-law/

Closing (5 min)

Put a parent booklet in every adult partner's hand, not in a Lion's backpack. Say out loud what it is and that you need the slip back next meeting.

Announce the next meeting date and location. Close with the Living Circle.

Send home with families

Do the activities in *How to Protect Your Children From Child Abuse: A Parent's Guide* together, and return the signed slip at the next meeting. That is requirement 4 and only a parent or legal guardian can sign it off. The related den activity, if you want it, is Child Abuse Protection Review Lion — scouting.org/cub-scout-activities/child-abuse-protection-review-lion/

Practice the Cub Scout sign at home. When you raise it, your Lion stops and listens — and so do you.

Talk about one time this week when your Lion did their best at something hard. They will need that story next meeting.

Meeting 2: Do Your Best, and a den of our own

Goal: Each Lion tells their adult partner about a time they did their best, and the den makes something that belongs to all of them.

Covers requirement 3, and collects 4

Before the meeting

- Set up table space where Lions and adult partners can work on page 5 of the handbook together, sitting side by side.
- Collect the parent acknowledgement slips at the door as families arrive. Tick them off a roster — you will not remember who gave you one.
- Cut a piece of felt or heavy cloth for the den flag and gather decorating supplies, or use a large sheet of poster board for a den doodle.
- Think of one story of your own about a time you did your best and it was hard. You will need it to start the conversation, because kindergarteners do not go first.

Supplies

- Lion handbooks — page 5
- Crayons, enough to share

- Felt or cloth for a den flag, or poster board for a den doodle
- Fabric markers, glue, scissors for adult hands
- Acknowledgement slips checklist and a roster

Run of show

Time	What happens
5 min	Gathering: free drawing at the tables
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: When Am I Doing My Best
12 min	Activity 2: make the den flag
8 min	Closing: Bobcat check and sign-off

Activity 1 — When Am I Doing My Best (15 min)

When Am I Doing My Best — scouting.org/cub-scout-activities/when-am-i-doing-my-best/

Gather the Lions and adult partners and tell them that being a Cub Scout means we always do our best. Then ask the Lions the real question: how do you know when you did your best? Let them answer. Take every answer.

When they have all had a turn, give them the frame:

Say something like

Only you know when you have done your best. But here is one thing I am sure of — doing nothing is never your best. Your grown-ups and I are always going to want your best, and that is all we are going to ask for.

Then say the part that matters for a kindergartener: we are going to do a lot of new things this year, and you will not be good at all of them the first time. Nobody is. To get good at something you practice, and while you are practicing you do your best.

Adult partners then work with their Lion on the activity on page 5. The requirement is satisfied when the Lion tells their adult partner about a time they did their best — at a den meeting or at home, either counts.

Listen in while they work. You will hear a five-year-old explain that they did their best at tying their shoes, or at not crying at the dentist. Those are complete answers. Do not go looking for a better one.

Activity 2 — Make the den flag (12 min)

Den Flag Lion — scouting.org/cub-scout-activities/den-flag-lion/ · Den Doodle Lion — scouting.org/cub-scout-activities/den-doodle-lion/

The den now has names, a sign, and a compliment circle. Give them something they can carry.

Every Lion adds their own handprint, name, or drawing. Adults do the cutting and any hot glue; Lions do the deciding and the decorating. Do not tidy it up after they leave — a den flag a grown-up straightened out stops being theirs.

Bring it to every meeting for the rest of the year and to every pack meeting. Kindergarteners find their den by looking for the flag, which is exactly why it is worth twelve minutes tonight.

Closing — Bobcat check and sign-off (8 min)

Go around the circle once. Each Lion makes the Cub Scout sign and says one point of the Scout Law they remember. Anything they can produce counts; adult partners can prompt.

Confirm you have the requirement 4 slip from every family. Chase the missing ones this week by text to the parent — do not let it sit until December, because it is the one thing that will hold up a Bobcat you have otherwise finished.

Record Bobcat in Scoutbook the same night if you can. Advancement nobody entered does not exist — not on the Scout's record, and not in the award order.

Say something like

Today you took your very first steps as a Lion Scout — learning names, practicing friendliness, and remembering what it means to Do Your Best. You discovered how the Scout Law can guide your choices and how your family helps keep you safe and strong. These are the building blocks of your Scouting journey. Keep being friendly, keep trying hard, and keep growing with your den.

Send home with families

Nothing new. If the parent booklet slip has not come back, it is due now.

After the meeting the den leader and assistant den leader talk through next week while the host adult partner and the Lions put the room back in order. Lions can carry chairs. Let them.

Leader notes

- Every activity in this adventure is done by a pair — Lion and adult partner. If a partner cannot make a meeting, arrange a stand-in adult from the den before the meeting rather than letting a Lion float. A Lion without a partner at a Lion meeting has a bad night.
- Forty-five minutes is the whole meeting, and that is not a budget problem — it is a kindergarten attention span. If you are running long, cut the second activity, not the closing.
- The Cub Scout sign is the most valuable thing you teach tonight. Use it, wait for it, and never replace it with your voice.
- A Lion joining the pack mid-year earns Bobcat first, whatever the calendar says. Run a short catch-up with them and their adult partner rather than making them wait.
- Requirement 4 belongs to the family. Your job is to hand out the booklet, say why, and collect the slip.

Safety

Before this adventure

Two registered adults, both with current Safeguarding Youth Training, at every den meeting and activity. SYT is valid 12 months — check your own expiry date before the program year starts. If your den includes girls, one of those adults must be a registered female 21 or over.

No one-on-one contact between an adult and a Scout who is not their own child, in person, online, or by text. Include a parent on every message.

Adult partners handle scissors and any glue gun at the den flag activity. Lions decorate; adults cut.

Ask about food allergies in writing before you serve any snack, even a simple one.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Mountain Lion

Required adventure • Outdoors

If you read nothing else

Two 45-minute meetings. Meeting 1 is indoors and teaches the Cub Scout Six Essentials and S.A.W.; meeting 2 is the 20-minute outdoor walk with the Six Essentials in hand.

Every Lion walks with their adult partner holding their hand or within arm's reach. This is a kindergarten walk, not a hike — a loop around the block, a neighborhood park, or the field behind your meeting place all count.

Scout the walk route yourself before meeting 2 and identify the hazards, especially road crossings. Send the address and directions to families in advance if it is not your usual meeting place.

Ask every family to bring their Six Essentials to meeting 2. Say it twice, and send a reminder the day before.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Identify the Cub Scout Six Essentials. Show what you do with each item.
- ☐ 2. With your den, pack, or family, take a walk outside spending at least 20 minutes exploring the outdoors with your Cub Scout Six Essentials. While outside, identify things that you see with your Lion adult partner that are natural and things that are manmade.
- ☐ 3. Discover what S.A.W. means.
- ☐ 4. Identify common animals that are found where you live. Separate those animals into domesticated and wild.

Meeting 1: The Six Essentials, and what to do if you get lost

Goal: Every Lion can name the Six Essentials and say what each one is for, and knows to Stay, Answer, and Whistle if they get separated outdoors.

Covers requirements 1 and 3

Before the meeting

- Watch the four-minute Cub Scout Six Essentials video at vimeo.com/498051015 and take notes, so you can explain each item without reading from a card.
- Gather a full set of Six Essentials in youth sizes — a five-year-old cannot carry an adult daypack — plus four other random items to mix in.

- Write each of the Six Essentials on a 3x5 card, twice, making two identical decks for charades. Twelve cards total.
- Buy a whistle for every Lion if your budget allows. A Lion who owns a whistle takes S.A.W. seriously; a Lion who watched you hold one does not.
- Set up table space for pairs to work on handbook pages 9 and 11.

Supplies

- Lion handbooks — pages 9 and 11
- Crayons and pencils, enough to share
- A complete youth-sized Cub Scout Six Essentials set: filled water bottle, whistle, flashlight, sun protection (sunscreen, hat, sunglasses), trail mix, small first aid kit
- Four other items to mix in with the essentials
- Twelve 3x5 index cards and a black marker
- A whistle for each Lion, if you can

Run of show

Time	What happens
5 min	Gathering: what is in the bag?
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: Guess the Cub Scout Six Essentials
12 min	Activity 2: S.A.W. Maze
8 min	Closing: walk plan and gear reminder

Gathering — What is in the bag? (5 min)

Put the Six Essentials and the four extra items on a table under a cloth. As pairs arrive, lift the cloth for ten seconds, cover it again, and let them whisper to each other about what they saw.

Do not turn it into a memory test with a winner. It is a five-minute holding pattern that points at tonight's subject.

Activity 1 — Guess the Cub Scout Six Essentials (15 min)

Guess the Cub Scout Six Essentials — scouting.org/cub-scout-activities/guess-the-cub-scout-six-essential/

Gather the Lions and adult partners and tell them that whenever we go outside there are six things we always want with us, and they have a name: the Cub Scout Six Essentials.

Hold up each item and say what you do with it. Say what you do with it, not just what it is — that is the second half of requirement 1 and it is the half dens skip.

- Filled water bottle — you drink from it before you are thirsty, not after.
- Whistle — three short blasts, over and over, if you get lost. It carries much further than your voice and it does not wear out.

- Flashlight — you use it if it gets dark, and you check the batteries before you leave the house.
- Sun protection — sunscreen goes on twenty minutes before you go out and again every couple of hours, and the hat and sunglasses stay on.
- Trail mix — you eat it when you run out of energy, and you share it.
- First aid kit — you hand it to a grown-up when somebody gets hurt.

Adult partners then work with their Lion on the activity on page 9.

Finish with charades. Split into two teams, keeping each Lion with their adult partner. One person draws a card, looks at it without showing anyone, and acts it out; their team has two minutes to guess. If they get it, a point; if not, the other team goes. Most points at the end of the deck wins.

A five-year-old acting out sunscreen is the whole reason this activity works. Let it be silly. Also works: Kim's Game Cub Scout Six Essentials — scouting.org/cub-scout-activities/kims-game-cub-scout-six-essentials/

Activity 2 — S.A.W. Maze (12 min)

S.A.W. Maze — scouting.org/cub-scout-activities/s-a-w-maze/

Tell the Lions and adult partners plainly: sometimes a person gets separated from their group when they are outside. It happens, and it is not because you did something wrong. If it happens to you, there are three things you do, and they spell S.A.W.

- Stay — do not go looking and do not wander. When you get lost, the people looking for you go back to the last place they saw you. If you stay where you are, they will find you there.
- Answer — when you hear someone calling your name, answer back. Loud.
- Whistle — use your whistle. Three short blasts, over and over, until someone finds you.

Then adult partners work with their Lion on the activity on page 11.

If you bought whistles, hand them out now and let every Lion blow three blasts once, together, outdoors or in a corridor. Then collect nothing and let them keep them. A whistle in a pocket is the requirement working; a whistle in your bin is not.

Say the hard part out loud to the adults as much as to the Lions: staying put is the opposite of what a frightened five-year-old wants to do. That is exactly why we practice it before it matters. Also works: Does My Whistle Work — scouting.org/cub-scout-activities/does-my-whistle-work/ · Reverse Hide and Seek — scouting.org/cub-scout-activities/reverse-hide-and-seek/

Closing — Walk plan and gear reminder (8 min)

Tell families exactly where the walk starts next meeting, what time, and what to wear. Closed shoes, weather layers, and their own Six Essentials.

Hand out a half-page reminder. Then send the same thing by text the day before — the paper will be at the bottom of a backpack.

Send home with families

Build your Lion's own Six Essentials kit this week and let them pack it themselves. A small backpack, a small water bottle, a whistle on the zipper.

Practice three short whistle blasts in the backyard once, so the sound is familiar.

Bring the kit, closed shoes, and weather-appropriate clothes to the next meeting. The walk happens rain or shine unless we tell you otherwise.

Meeting 2: The 20-minute walk

Goal: The den walks outside for at least twenty minutes with their Six Essentials, names what is natural and what is manmade, and sorts local animals into wild and domesticated.

Covers requirements 2 and 4

Before the meeting

- Walk the route yourself in the week before. Identify every road crossing, every driveway, and anything a five-year-old will want to climb on. Plan around them.
- This works in any environment — urban, suburban, or rural, a park or just your own neighborhood. It does not have to be a trail and it does not have to be far.
- If the start point is not your usual meeting place, send the address and directions to every family, twice.
- Print the Outdoor Scavenger Hunt worksheet, one per Lion. It is in the Lion adventure resources on filestore.scouting.org.
- Gather photos of animals — domesticated and wild — that Lions actually see where you live. Local matters here. A photo of a lion is fun; a photo of a raccoon is the requirement.
- Confirm your adult count. Every Lion has their partner, plus two registered adults with current SYT for the den.

Supplies

- Lion handbooks — pages 10 and 12
- Outdoor Scavenger Hunt worksheets, one per Lion, on clipboards
- Pencils, one per Lion
- Crayons, enough to share
- Every Lion's own Cub Scout Six Essentials, plus spares — someone will forget
- Photos of local domesticated animals and local wild animals
- Den first aid kit, roster with parent phone numbers, charged phone

Run of show

Time	What happens
5 min	Gathering: Six Essentials gear check
5 min	Opening and route briefing
22 min	Activity 1: the walk and the scavenger hunt
8 min	Activity 2: Wild or Domestic

Time	What happens
5 min	Closing

Gathering — Gear check (5 min)

Every pair opens their bag and shows the Six Essentials. Fix problems now: fill empty bottles, hand out spare sunscreen, lend a whistle. This is requirement 1 verified rather than assumed, and it takes five minutes.

Check shoes. A Lion in sandals is a Lion who will be carried back.

Opening and route briefing (5 min)

Short opening — Pledge, and the Scout Law read aloud. Then the briefing, which is the part that matters.

Tell everyone the route you are walking. Name the hazards you found when you scouted it and say exactly what you want people to do at each one: where you stop, where you hold hands, where nobody crosses without an adult.

Set the order before you move: an adult in front, an adult at the back, nobody in front of the front and nobody behind the back. Every Lion stays with their adult partner the whole way.

Activity 1 — The walk and Outdoor Scavenger Hunt (22 min)

Outdoor Scavenger Hunt Lion — scouting.org/cub-scout-activities/outdoor-scamenger-hunt-lion/

Hand each Lion a scavenger hunt worksheet on a clipboard and tell them to check things off as they spot them. The clipboard is what keeps a five-year-old walking for twenty minutes.

Twenty minutes is the requirement and it is a floor, not a target. At Lion pace, twenty minutes is a short distance and a lot of stopping. Let them stop.

The teaching happens as you walk, and it belongs to the adult partners. Ask them out loud, once, at the start: as you go, point at things and ask your Lion whether that is natural or whether a person made it. That question, asked ten times on a walk, is requirement 2.

Expect arguments about hard cases — a mown lawn, a planted tree, a bird's nest in a gutter. Those are the good ones. Let the pair reason it out; there is no answer key you need to enforce.

When you get back, each Lion draws in the handbook on page 10 one thing they saw that was natural and one thing that was manmade.

Also works: A Different Point of View — scouting.org/cub-scout-activities/a-different-point-of-view/ · I Spy Something Natural — scouting.org/cub-scout-activities/i-spy-something-natural/

Activity 2 — Wild or Domestic (8 min)

Wild or Domestic — scouting.org/cub-scout-activities/wild-or-domestic/

Sit down with the animal photos. Ask what makes an animal wild, and let them give examples. Then ask what makes an animal domesticated, and let them give examples.

Then give them the two definitions in plain words. Wild animals live outdoors and do not rely on people. Most wild animals avoid us, so you often will not see them — their sight, hearing, and smell are all better than ours, which is how they stay out of our way. You watch wild animals. You never walk up to one.

Domesticated animals live with people and rely on us for food and shelter. Some became domesticated for food or for work, and some are pets. Being domesticated does not mean an animal is safe.

Then the sentence that is the actual safety content of this requirement, and say it slowly:

Say something like

Never walk up to an animal you do not know. You cannot tell just by looking whether an animal is wild or tame. Most dogs you see live with people — but some dogs do not, and you cannot tell which is which from across the street. So you ask a grown-up first, every time.

Adult partners then work with their Lion on the activity on page 12.

Also works: Animal Craft — scouting.org/cub-scout-activities/animal-craft/ · Visit to Animal Rescue — scouting.org/cub-scout-activities/visit-to-animal-rescue/

Closing (5 min)**Say something like**

Today you learned that every great outdoor adventure begins with being prepared — knowing your Six Essentials, paying attention to your surroundings, and staying safe with S.A.W. You explored nature, discovered what is wild and what is not, and practiced the skills that help Lions enjoy the outdoors with confidence. Keep noticing the world around you, keep staying safe, and keep exploring with curiosity. That is how Lions grow strong on every adventure.

Announce the next meeting. Living Circle, and send them home.

Send home with families

Take the same twenty-minute walk again as a family this week with the Six Essentials. The requirement allows den, pack, or family — a family walk counts fully.

Keep playing natural-or-manmade on the way to school. It costs nothing and it is the whole skill.

Name the animals you see in your own yard and neighborhood, and decide together which are wild.

Leader notes

- The walk can be anywhere — urban, suburban, or rural. Do not delay this adventure waiting for a trailhead. A twenty-minute loop from the church parking lot completes it.
- Twenty minutes is the requirement. Do not stretch it to an hour to make it feel like a real hike; you will lose the Lions who are not outdoor kids yet, and this adventure exists partly to recruit them.
- Buy whistles if you possibly can. S.A.W. is the one thing in this adventure that could matter in a real emergency, and it lands with an object in the hand.
- Use local animals for requirement 4. A Lion who can sort a raccoon, a deer, a stray cat, and their own dog has met the requirement better than one who can sort a tiger.
- Check the forecast the day before and say clearly whether the walk is on. Kindergarteners in unexpected rain end the meeting early.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training, plus every Lion’s own adult partner, for the walk. If your den includes girls, one of those adults must be a registered female 21 or over.

Annual Health and Medical Record parts A and B on file for every participant before an outdoor den activity.

Scout the route in advance. Identify road crossings, driveways, water, and any drop-off, and brief the adults on each one before you set off.

Every Lion stays within arm’s reach of their adult partner for the entire walk. At road crossings, hold hands.

Sun protection and full water bottles on a warm day; layers and a hard stop on a cold one. Carry the den first aid kit, a roster with emergency contacts, and a charged phone.

Check your council for any local tour or activity notification requirement before an off-site den activity.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Fun on the Run

Required adventure • Personal Fitness

If you read nothing else

Two 45-minute meetings. Meeting 1 is food groups and handwashing; meeting 2 is twenty minutes of hard running followed by ten minutes about rest.

Meeting 1 needs a room with a working sink and a safe outdoor space for bubbles. Confirm both before you schedule it.

Meeting 2 needs a clear, obstacle-free space about 60 by 60 feet, coned at the corners. Adjust the size to the number of Lions in your den.

Adult partners play the games too. A den of kindergarteners playing freeze tag with their grown-ups is the most fun anyone will have all month, and the adults are also how you keep it from turning into a pile.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Identify the five different food groups.
- ☐ 2. Practice hand washing. Point out when you should wash your hands.
- ☐ 3. Be active for 20 minutes.
- ☐ 4. Practice methods that help you rest.

Meeting 1: Five food groups and clean hands

Goal: Lions can name the five food groups and can wash their hands properly, and can say when hands need washing.

Covers requirements 1 and 2

Before the meeting

- Look at USDA MyPlate at myplate.gov and get familiar with what goes in each of the five groups, so you are not guessing in front of the den.
- Confirm the meeting location has a sink the Lions can reach. A hallway bathroom works; a locked kitchen does not.
- Set up a handwashing station with soap and paper towels.
- Print the CDC Wash Your Hands poster and the Know When to Wash Your Hands poster at 11x17 and put them both at the station.
- Read the CDC Clean Hands Save Lives article at cdc.gov/clean-hands/about/ so you can answer the questions the adult partners will ask.

- Find a safe outdoor area free of obstacles where you can blow bubbles and Lions can chase them.
- Buy a 4-ounce container of bubbles with a wand for each Lion and adult partner pair.

Supplies

- Lion handbooks — page 13
- Crayons of various colors, enough to share
- Bubbles with wand, one 4-ounce container per pair
- A sink, hand soap, paper towels
- CDC Wash Your Hands poster, 11x17
- CDC Know When to Wash Your Hands poster, 11x17
- MyPlate diagram printed large

Run of show

Time	What happens
5 min	Gathering: sort the food pictures
5 min	Opening: Pledge, Scout Oath, Scout Law
12 min	Activity 1: That Food is in the Wrong Group
15 min	Activity 2: Bubbles, Good Clean Fun
8 min	Closing

Gathering — Sort the food pictures (5 min)

Put out food pictures cut from a grocery flyer and five paper plates labeled with the food groups. Arriving pairs sort a few pictures onto plates. Nobody checks the answers yet.

It takes thirty seconds to set up from a flyer you already have and it points every arriving family at the subject.

Activity 1 — That Food is in the Wrong Group (12 min)

That Food is in the Wrong Group — scouting.org/cub-scout-activities/that-food-is-in-the-wrong-group/

Introduce the five food groups and what kind of food goes in each: fruits, vegetables, grains, protein, dairy. Hold up the MyPlate diagram and point.

Then go back to the gathering plates and check them together as a den. The corrections are where the learning is — a tomato, a potato, cheese, and peanut butter will all cause an argument, and every one of those arguments teaches the group better than the poster does.

Adult partners then work with their Lion on the activity on page 13.

Do not turn this into a lecture about bad food. Ask what they actually ate yesterday and work from there. A Lion who says pizza is not wrong — ask which groups are on a pizza, and then what could go next to it.

Also works: Snack Time — scouting.org/cub-scout-activities/snack-time/ · What Food Group Do I Belong To — scouting.org/cub-scout-activities/what-food-group-do-i-belong-to/

Activity 2 — Bubbles, Good Clean Fun (15 min)

Bubbles Good Clean Fun — scouting.org/cub-scout-activities/bubbles-good-clean-fun/

Start outside. Hand each adult partner a container of bubbles and have them blow while their Lion pops the bubbles with their hands. Let it run a couple of minutes — this is the fun and it earns you the next ten.

Then have the Lions rub their hands together and ask what they notice. Slippery. Soapy. Tell them why: bubbles are just a kind of soap, which is what makes playing with bubbles good clean fun.

Bring everyone back inside and ask when you should wash your hands. Let everyone who wants to answer have a go, then fill in whatever they missed:

- After you go to the bathroom
- After you play with a dog, a cat, or another animal
- After you blow your nose, sneeze, or cough
- After you touch garbage
- Before and after you help prepare food
- Before you handle plates, utensils, or cups
- Before you eat
- When your hands have dirt on them
- When your hands have been touching a lot of things other people have touched

Now take them to the sink and demonstrate the whole thing yourself, slowly, before anyone else touches the tap:

- Hands under clean running water. Soap on. Water off.
- Rub palm to palm until it is sudsy.
- Left palm down, right hand on top, fingers interlocked — scrub between the fingers. Switch hands and repeat.
- Grab your left thumb with your right hand and twist around it. Switch and repeat.
- Press your fingertips into the opposite palm and rotate them in a circle. Switch and repeat.
- Rinse, take a paper towel, and use the towel to turn the faucet off.

Then tell them the timer: all of that should take about as long as singing Happy Birthday. Every Lion takes a turn at the sink doing the steps while they sing it. Every one of them, not a volunteer — this is the “practice” in requirement 2.

Also works: Happy Birthday Clean Hands — scouting.org/cub-scout-activities/happy-birthday-clean-hands/ · Steps to Wash Your Hands — scouting.org/cub-scout-activities/steps-to-wash-your-hands/

Closing (8 min)

Tell families what meeting 2 needs: running shoes, clothes they can move in, and a water bottle. Say it and text it.

Living Circle, and out.

Send home with families

Sing Happy Birthday at the sink at home. Once your Lion is timing it themselves, the habit has stuck.

At one meal this week, name the food groups on the plate together.

Send running shoes and a water bottle to the next meeting.

Meeting 2: Twenty minutes of running, ten minutes of rest

Goal: Lions are actively moving for a full twenty minutes, and then practice what helps their bodies rest.

Covers requirements 3 and 4

Before the meeting

- Find a safe area free of obstacles for freeze tag and mark the corners with a sports cone. Sixty by sixty feet is a good starting size — shrink it for a small den, grow it for a large one.
- Learn the freeze tag rules well enough to explain them in three sentences. If your explanation takes longer than the first round, you have lost them.
- Read up on nocturnal, diurnal, and crepuscular animals. You need owls, opossums, dogs, birds, and cats.
- Have water available and a shaded or indoor spot to cool down in.
- Set up quiet table space for the page 15 activity after the running, so there is a physical change of place between hard and calm.

Supplies

- Four sports cones
- A timer
- Lion handbooks — page 15
- Crayons, enough to share
- Water for everyone
- Den first aid kit

Run of show

Time	What happens
5 min	Gathering: free play in the coned area
3 min	Opening: Pledge and Scout Law
20 min	Activity 1: Lion Freeze Tag
12 min	Activity 2: Animals Sleep Just Like Me
5 min	Closing

Activity 1 — Lion Freeze Tag (20 min)

Lion Freeze Tag — scouting.org/cub-scout-activities/lion-freeze-tag/

Gather the Lions and adult partners and tell them why they are about to run: part of being healthy is staying active and moving around. It helps your muscles, including your heart, and it is good for your brain.

Then the tagging rule, before the game and demonstrated, not described: a light tag from the waist up only. Anyone who hits, tackles, or roughhouses sits out the rest of that round and the next one. Say the consequence out loud once and then apply it the first time without a discussion.

The rules: pick two Lions to be It. When the round starts, the two who are It work together to tag and freeze everybody else. A tag is a tap plus the word FREEZE. Everyone else runs, dodges, and hides — and can unfreeze a frozen friend by tapping them and saying UNFREEZE. Three minutes per round. It wins if everyone is frozen; everyone else wins if at least one Lion is still moving when time runs out.

Run rounds back to back for the full twenty minutes, rotating who is It so every Lion gets a turn. Adult partners play. A den where the grown-ups are running is a den where nobody sits down.

Water breaks between rounds, and watch for the Lion who has gone quiet and red-faced. Twenty minutes is the requirement, but a Lion who needs to walk a round is still being active.

Also works: It's Time for Lions to Dance — scouting.org/cub-scout-activities/its-time-for-lions-to-dance/ · Lion Says — scouting.org/cub-scout-activities/lion-says/

Activity 2 — Animals Sleep Just Like Me (12 min)

Animals Sleep Just Like Me — scouting.org/cub-scout-activities/animals-sleep-just-like-me/

Move indoors or to a shaded spot and sit down. The change of place is what makes the change of pace work; trying to go calm on the same field you just ran on does not.

Tell them that eating well and moving are only two thirds of it. Your body also needs a chance to rest and sleep. Then teach it through animals, which is the reason this activity beats a lecture on bedtime:

- Owls and opossums are nocturnal — they sleep in the day and are awake at night. Owls hunt mice at night because most other birds are asleep, so there is less competition. Opossums are out at night to avoid the animals that hunt them, and because the things they eat are out then too.
- Dogs and most birds are diurnal — awake in the day, asleep at night, the same as us. Dogs are domesticated and rely on people, so they keep the same hours as the family they live with.
- Ask the Lions whether cats are diurnal or nocturnal, and make them say why. Then tell them cats are neither: cats are crepuscular, which means they are busiest right when the sun comes up and right when it goes down. It is a big word and kindergarteners love it.

Adult partners then work with their Lion on the activity on page 15.

When they finish, have each adult partner talk with their Lion about when they go to bed and when they wake up. Do they feel rested in the morning? Are they getting enough? A Lion-aged Cub Scout needs about ten hours of sleep a night — say that number to the adults, because it is usually news.

Also works: Music Can Soothe the Savage Beast — scouting.org/cub-scout-activities/music-can-soothe-the-savage-beast/ · What Time is Bedtime — scouting.org/cub-scout-activities/what-time-is-bedtime/

Closing (5 min)

Say something like

Today you learned how to take care of your body in simple but powerful ways — choosing healthy foods, washing your hands to stay clean, moving and playing to stay strong, and giving your body time to rest. When you practice these habits every day, you are not just having fun — you are building a healthy Lion ready for every adventure. Keep making good choices, keep moving, and keep taking care of yourself.

Living Circle. Then the den leader and assistant den leader talk through next week while the host adult partner and the Lions put the room back in order.

Send home with families

Set a bedtime that gives your Lion about ten hours. Then hold it for two weeks and see what changes.

Play freeze tag in the yard. Twenty minutes of running is easier to repeat at home than anything else in this adventure.

Pick a rest routine and keep it the same every night — lights down, a book, no screen. Practicing rest is requirement 4 and it does not stop when the meeting ends.

Leader notes

- Every Lion moves at their own level. A Lion who walks a round of freeze tag is being active. Never compare Lions out loud, never weigh them, and never comment on body size.
- The tagging rule has to be demonstrated and then enforced the very first time. Kindergarteners test it once. If you let it slide, you will spend the rest of the twenty minutes refereeing instead of playing.
- Do not schedule the running meeting on a hot afternoon without shade and water. Lions overheat faster than you expect and they do not tell you until it is bad.
- Requirement 4 says practice, not discuss. The handbook page plus a real conversation about their own bedtime is the practice.
- If a family raises a concern about food, weight, or eating, listen, do not diagnose, and refer them to their own doctor.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, plus each Lion's adult partner. If your den includes girls, one of those adults must be a registered female 21 or over.

Annual Health and Medical Record parts A and B on file before the activity meeting. Know which Lions have asthma or another condition, and where the inhaler is.

Water available throughout the freeze tag meeting and real breaks between rounds. Watch for overheating on a warm day.

Ask families in writing about food allergies before any snack or food activity, including bubbles for a child with a soap sensitivity.

Check the play area for holes, sprinkler heads, and glass before the Lions run on it.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

King of the Jungle

Required adventure • Citizenship

If you read nothing else

Two 45-minute meetings. Meeting 1 is about family — who we live with and how we help. Meeting 2 brings in an older adult and does the service project.

Invite the grandparent or older adult at least three weeks out and confirm the day before. Ask the families in your den first; somebody's grandmother lives ten minutes away.

Requirement 2 is finished at home. The Lion picks a job at the meeting and then actually does it — you collect the confirmation from the adult partner next time.

Requirement 4 is a service project. Tell your committee so the hours get logged in Scoutbook; it counts toward the pack's service total for the year.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Draw a picture or take a photo of the people you live with.
- ☐ 2. With your Lion adult partner, choose a job that will help your family. Follow through by doing that job at least once.
- ☐ 3. Talk with a grandparent or other older adult about what citizenship means to them.
- ☐ 4. Participate in a service project.

Requirement 2 is chosen at meeting 1 and completed at home. Confirm with the adult partner at meeting 2 that the job actually got done at least once.

Meeting 1: Who I live with, and how I help

Goal: Each Lion draws the people they live with and picks one real job they will start doing at home.

Covers requirements 1 and 2

Before the meeting

- Set up table space where each pair can draw side by side.
- Read the room before you start. Some Lions live with one parent, some with grandparents, some between two houses, some with a foster family. Every one of those is a family and your language needs to say so from the first sentence.
- Look at page 17 of the handbook beforehand so you know the list of jobs you are working from.

- Have a way to record which job each Lion picked — you are going to ask about it next meeting and they will not remember unless you do.

Supplies

- Lion handbooks — pages 16 and 17
- Pencils, one per Lion
- Crayons, enough to share
- A notepad or roster to record each Lion's chosen job

Run of show

Time	What happens
5 min	Gathering: free drawing
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: My Lion Family
12 min	Activity 2: Lions Can Help Too
8 min	Closing: grandparent visit preview

Activity 1 — My Lion Family (15 min)

My Lion Family — scouting.org/cub-scout-activities/my-lion-family/

Gather the Lions and adult partners and tell them that the people we live with are our family, and a family is like a little community all on its own — everybody in it has things they need, and everybody in it has a job.

Adult partners then help their Lion draw a picture of the people they live with on page 16. If a Lion divides their time between two families, they draw both. Say that out loud before anyone starts drawing, not afterward when a Lion has already gone quiet.

When everyone is done, each Lion tells the den who they live with. Keep it short and keep it warm. This is a share, not a presentation.

A photo counts too — the requirement allows a picture or a photo. If a family would rather bring one in, that is complete.

Activity 2 — Lions Can Help Too (12 min)

Lions Can Help Too — scouting.org/cub-scout-activities/lions-can-help-too/

Tell them the link that makes this a citizenship adventure and not a chores adventure: being a good member of your family is the same thing as being a good citizen of your town. You do what you can to help.

Adult partners work with their Lion through the tasks on page 17 and talk about which ones the Lion is going to start helping with. They color in the ones they choose.

Then ask the room whether there is anything a Lion could do, or already does, that is not on the page. There always is, and the ones they invent themselves are the ones that stick.

Before you move on, remind every adult partner directly: the requirement is not choosing the job, it is doing the job at least once. Write down what each Lion picked. You will ask about it next meeting.

Closing — Grandparent visit preview (8 min)

Tell the den that a grandparent is coming next meeting to talk about being a good citizen, and get them to think of one question each between now and then. Adult partners write the question on a card at home and bring it.

Kindergarteners will not produce a question cold in front of a guest. They will absolutely produce one at the kitchen table the night before.

Send home with families

Do the job. Your Lion picked one thing to help with at home — help them do it at least once before the next meeting, and tell the den leader it happened. That is requirement 2.

Help your Lion think of one question for the visiting grandparent and write it on a card.

Talk about who is in your family and who else your Lion counts as family. There is no wrong answer to that.

Meeting 2: An older adult, and a service project

Goal: Lions hear what citizenship means from someone much older than them, and take part in a real service project.

Covers requirements 3 and 4

Before the meeting

- Ask the families in your den whether a grandparent lives locally and would come and talk to the den about citizenship. If nobody can come in person, a virtual visit works.
- Once you have a guest, give them the date, time, and location, and tell them exactly what you want: their own thoughts on what being a good citizen means. Send them three questions so they can prepare something concrete — What can someone do to be a good citizen? When was the first election you voted in? How are things different now from when you were growing up?
- Confirm with the guest the day before. This is the single most common failure point in this adventure.
- Read the instructions at militaryholidaycardchallenge.com/how-to-send/ and make one sample card yourself so the Lions have something to copy.
- Gather the card supplies and pre-fold the paper. Kindergarteners cannot fold a straight edge and the folding will eat your whole block if you let it.
- Check the current year's deadline and mailing address before you tell families anything. For the 10,000 for the Troops campaign, cards go in one package from the den to the Scouting America National Service Center — in 2025 the deadline was November 7 and the address was 10,000 for the Troops, Scouting America, 1325 West Walnut Hill Lane, Irving, TX 75015-2079.
- Ask the adult partners as they arrive whether the requirement 2 job got done at home. Tick it off your list.

Supplies

- Construction paper, 8.5x11, various colors
- White copy paper, 8.5x11
- Crayons and markers, enough to share
- Scissors, for adult hands
- Decorative stickers
- A sample card you made in advance
- Camera or phone for photos, with permission on file
- A thank you card for the den to sign for the guest

Run of show

Time	What happens
5 min	Gathering: sign the thank you card
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: the grandparent visit
15 min	Activity 2: 10,000 For the Troops
5 min	Closing

Activity 1 — Grandparent Visit (15 min)

Grandparent Visit — scouting.org/cub-scout-activities/grandparent-visit/

Gather the Lions and adult partners and introduce your guest properly, by name, and say who they are.

Let the guest talk about what citizenship means to them. Then open it up for questions — the Lions have cards they wrote at home, so start with those. A five-year-old reading their own question off a card, with their adult partner helping, is far better than silence and a den leader filling it.

Fifteen minutes is the right length. Tell the guest that number in advance so they plan for it and do not feel cut off.

Thank the guest before they leave, out loud, from the den. Hand over the signed card. Then send a written thank you afterward as well.

Also works: Visiting Grandparents — scouting.org/cub-scout-activities/visiting-grandparents/ · Visit From A Veteran — scouting.org/cub-scout-activities/visit-from-a-veteran/

Activity 2 — 10,000 For the Troops (15 min)

10,000 For the Troops Lion — scouting.org/cub-scout-activities/10000-for-the-troops-lion/

Tell the Lions what they are doing and why: they are making holiday cards for people in the military. Some of those people cannot come home for the holidays, and we want them to know somebody was thinking about them.

Then the rules, which are not optional — walk the adult partners through them before anyone picks up a crayon:

- Address the card to “Dear Warrior.”
- Write a holiday or gratitude greeting, remembering that the people receiving these have many different holidays and beliefs.
- Add a personal note — how does your family celebrate, what do you remember about a holiday. The service members say this is their favorite part.
- Sign with your first name only, plus your town, your state, and your pack number. No last names, no addresses.
- Keep it no bigger than an 8x11 sheet folded in half.

Adult partners write; Lions draw, decorate, and dictate the words. A Lion who cannot write yet still authored the card.

Let them make as many as the time allows. Collect them all yourself at the end — do not let cards go home to be finished, because they will not come back.

Mail them in one package from the den, before the campaign deadline. Then tell your committee so the service hours get logged in Scoutbook.

Also works: Lion Art Supply Drive — scouting.org/cub-scout-activities/lion-art-supply-drive/ · Lion Book Drive — scouting.org/cub-scout-activities/lion-book-drive/ · Lion Scouting for Food — scouting.org/cub-scout-activities/lion-scouting-for-food/

Closing (5 min)

Say something like

Today you discovered that being King of the Jungle is not about being in charge — it is about leading with kindness, courage, and respect. You practiced helping others, making good choices, and showing the confidence that Lions carry wherever they go. Keep using your strengths to lift others up and keep leading in ways that make your den proud. That is how Lions truly rule the jungle.

Confirm you have heard from every adult partner that the requirement 2 job got done at home. Chase the ones you have not.

Send home with families

Tell your Lion who the visitor was and ask what they remember them saying. It will be one sentence, and it will not be the one you expect.

If the family job has not been done yet, do it this week. It is the only part of this adventure a den meeting cannot complete for you.

Watch for the pack service project on the calendar — the more service a Lion does, the more normal it becomes.

Leader notes

- Language about families matters more in this adventure than anywhere else in the Lion year. “The people you live with” is the wording in the requirement, and it is the right wording — use it instead of naming roles.
- A grandparent is not required. Any older adult works: a neighbor, a veteran, someone from your chartered organization, a great-aunt on a video call.
- The service project can be shared with the pack, but every Lion must actually take part. A pack food drive where a Lion carried two cans counts; one where the parents dropped off a box does not.
- Log the service hours in Scoutbook. It takes two minutes and it counts on the pack’s service record for the whole year.
- Get photo permission before you post anything with a guest or with a Lion’s family drawing in it.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, plus each Lion’s adult partner. If your den includes girls, one of those adults must be a registered female 21 or over.

A guest who is not a registered leader is never alone with Scouts and is never left in charge. Two registered adults stay in the room for the whole visit.

Adults handle the scissors. Lions decorate and dictate.

No last names, no home addresses, and no school names on the cards. First name, town, state, pack number.

Photo permission on file before you photograph a Lion or post anything from this meeting.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

Lion's Roar

Required adventure • Personal Safety

If you read nothing else

Two 45-minute meetings. Meeting 1 is the Protect Yourself Rules video and the Shout, Run, Tell practice; meeting 2 is calling 911, five trusted adults, and street and parking lot safety.

The Lion Protect Yourself Rules video runs 13 minutes and requires parent or legal guardian permission in writing. Send the Lion's Roar 1 Parent Notification home at least two weeks ahead and watch it with the adult partners in the room.

Requirement 2 is designed to be done after the video, in the same meeting. Do not split them across weeks — the practice only makes sense while the video is fresh.

A family may prefer to watch the video at home with their Lion. That fully satisfies requirement 1 and no Lion is ever singled out for it.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Lion rank.
- ☐ 2. With your Lion adult partner, demonstrate Shout, Run, Tell as described in the Protect Yourself Rules video.
- ☐ 3. With your Lion adult partner, demonstrate how to access emergency services.
- ☐ 4. With your Lion adult partner, demonstrate how to safely cross a street or walk in a parking lot.

Requirement 1 needs written parent or legal guardian permission, and the video may be watched at home with the family instead of at the den meeting. Have a parallel activity and a second adult ready for any Lion who is not watching.

Meeting 1: Protect Yourself Rules, and Shout Run Tell

Goal: Lions watch the Lion-level Protect Yourself Rules video with permission, and physically practice shouting, running, and telling.

Covers requirements 1 and 2

Before the meeting

- Send home the Lion's Roar 1 Parent Notification — it is in the Additional Resources for requirement 1 on filestore.scouting.org — at least two weeks ahead, and get written permission

back. A Lion without permission does something else in another room with a registered adult. No exceptions and no pressure on the family.

- Watch the video yourself first, all 13 minutes. You need to know exactly what is coming so you can handle a Lion who reacts to it.
- Test the screen and the sound in the actual room, at volume, before the meeting. Download the video in advance if the internet at your meeting place is unreliable — vimeo.com/325064485.
- Tell adult partners plainly that they are expected to watch it with their Lion. This is the one meeting where their presence is the requirement, not a convenience.
- Find a safe area free of obstacles where Lions can run about 10 yards.
- Know your reporting obligation before you run this meeting. If a Scout discloses anything to you, you report it to your Scout executive and to local authorities the same day.

Supplies

- Screen and speakers, tested at volume
- The Lion Protect Yourself Rules video, downloaded as a backup
- Signed parent notifications, checked at the door against a roster
- Lion handbooks — page 19
- Crayons, enough to share
- A safe open area, about 10 yards clear

Run of show

Time	What happens
5 min	Gathering: permission check and settle in
3 min	Opening: Pledge and Scout Law
15 min	Activity 1: Protect Yourself Rules video
15 min	Activity 2: Shout, Run, Tell relay
7 min	Closing

Activity 1 — Protect Yourself Rules video (15 min)

Protect Yourself Rules Video Lion — scouting.org/cub-scout-activities/protect-yourself-rules-video-lion/

Check permission at the door against your roster before anyone sits down. Do it quietly, at the door, not by asking the room.

Every Lion sits with their own adult partner for the video. The video is 13 minutes and it is built to be watched by the pair together — the parent or legal guardian watching with their Cub Scout is the requirement as written.

Afterward, keep the discussion short, calm, and factual. Do not press for personal stories and do not let anyone turn it into a joke. With kindergarteners, three sentences is enough, and the adult partner does most of the follow-up on the drive home.

If a Lion reacts — goes quiet, gets upset, or says something that worries you — do not interrogate them, do not promise to keep a secret, and speak to their adult partner. If a Scout discloses anything, report it to your Scout executive and to local authorities the same day. You do not investigate it yourself.

Activity 2 — Shout, Run, Tell relay (15 min)

Shout Run and Tell Relay — scouting.org/cub-scout-activities/shout-run-tell-relay-lion/

This activity is designed to be done right after the video, and it is the whole reason the video is not the end of the meeting. Watching is passive. Shouting is not.

Start seated. Ask who remembers what to do if someone makes you feel unsafe. Shout, Run, Tell.

Have each Lion work with their adult partner to color page 19.

Then go to the open space. Lions line up single file, each one about 10 yards from their own adult partner. On your signal, the first Lion shouts — “No!” or “Stay away from me!” or whatever they would actually say if somebody made them uncomfortable — then runs to their adult partner and tells them.

Let every Lion pick their own words. Do not give them a script and do not correct the words they choose. The point is that they hear their own voice being loud on purpose, which for a five-year-old is a genuinely new experience.

Repeat until every Lion has had a turn. Two turns each if the time holds. The second one is always louder.

Closing (7 min)

Tell adult partners what is coming next meeting — practicing 911 and building a list of five trusted adults — and ask them to start thinking about who those five adults are for their own family.

Living Circle, and out.

Send home with families

If your family watched the video at home instead of at the meeting, tell the den leader so requirement 1 gets recorded.

Practice Shout, Run, Tell once in your own yard or hallway. It takes ninety seconds and it is different at home than at a meeting.

Start a list of five adults your Lion could talk to about anything. At least one should be outside your household. Bring it next meeting.

Meeting 2: Calling for help, and crossing safely

Goal: Every Lion practices calling 911 with their adult partner, names five trusted adults, and shows how to cross a street and walk in a parking lot.

Covers requirements 3 and 4

Before the meeting

- Set up table space where pairs can work on handbook pages 20 and 21 together.
- Find a safe area free of obstacles, about 25 yards long, for red light green light.
- Learn the red light green light rules cold: everyone starts on the line, the game leader stands at the finish about 25 yards away. On “Green Light” everyone moves toward the finish. On “Red Light” everyone freezes — anyone still moving goes back to the start. When the first person crosses the finish, they become the game leader for the next round.
- Decide in advance what emergency you will use in the 911 practice. One adult in the den grabs their chest and falls to the ground works well: it is serious, it is clear, and it is not frightening.
- Have the five trusted adults explanation ready in words the adult partners will understand. This is really a conversation with the grown-ups.

Supplies

- Lion handbooks — pages 20 and 21
- Crayons, including red and green, enough to share
- Pencils, one per Lion
- A safe open area about 25 yards long

Run of show

Time	What happens
5 min	Gathering: free coloring
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: Practice 911 and Five Trusted Adults
15 min	Activity 2: Green Means Go and Red Means Stop
5 min	Closing

Activity 1 — Practice 911 and Five Trusted Adults (15 min)

Practice 911 and Five Trusted Adults — scouting.org/cub-scout-activities/practice-911-and-five-trusted-adults/

Gather everyone and tell them that when they are in trouble, or when they see somebody else in trouble, it is important to call emergency services. Ask if anyone knows the number.

Then ask when you should call 911, and listen for these:

- There is a fire where there is not supposed to be one.
- Someone is unconscious — they look like they are asleep but they will not wake up.
- Someone is having trouble breathing, or has stopped.
- Someone is choking.
- They see a crime happening.
- They see a car accident and no emergency vehicles are there yet.

We do not call 911 to practice, so we practice on page 20. Each Lion pushes the numbers on the handbook page while their adult partner plays the dispatcher and asks the real questions. Give them the scenario you chose — one of the adults here grabbed their chest and fell down.

- Where are you? Where is the emergency? The location, including the street address.
- Who is involved? Is anyone hurt? Names or descriptions of the people there.
- When did it happen? Is it happening right now?

The address is the part that will catch them out, and it is worth the extra minute. Ask each Lion what address they would give a dispatcher from this room, right now. Most will not know. Send that home as a job for the family.

Then the five trusted adults. Each pair makes a list of five adults on page 20. Explain to the adult partners why five, and use these words:

Say something like

Every young person should have at least five adults, picked with their parent or guardian, who they can talk to freely about their feelings and their problems, and who give them healthy attention. A child with a network like that is much harder for someone who abuses children to groom. The list can change as your circumstances change — that is fine. What matters is that it exists and your Lion knows the names.

At least one of the five should be outside the household. Say that plainly.

Also works: Home Security Emergency Services — scouting.org/cub-scout-activities/home-security-emergency-services/

Activity 2 — Green Means Go and Red Means Stop (15 min)

Green Means Go and Red Means Stop — scouting.org/cub-scout-activities/green-means-go-red-means-stop/

Sit everyone down and tell them the rule that this whole requirement rests on: always pay attention when you are crossing a street or walking in a parking lot. Look all the way around you, and look at every car you can see.

Say something like

Just because you can see the car does not mean the car can see you. A driver backing out of a parking space is looking behind their own car, and you are shorter than the trunk. So you look at them, and you wait until you know they have seen you.

Then the crossing rule: use a crosswalk, and wait for the signal that says you can walk.

Adult partners work with their Lion on the activity on page 21.

Then take everyone outside and play red light, green light. Adult partners play too. Everyone starts on the line, the leader stands about 25 yards away. Green Light and they move; Red Light and they freeze, and anyone still moving goes back to the start. First one to the finish becomes the leader for the next round.

The game is not decoration. Stopping instantly on a word, over and over, with your body already moving, is the exact reflex you want at the edge of a parking lot. Say that to the adult partners so they play it like it matters.

Also works: Make Believe Parking Lot — scouting.org/cub-scout-activities/make-believe-parking-lot/

Closing (5 min)

Say something like

Today you learned one of the most important parts of being a Lion: how to stay safe and speak up when something does not feel right. By practicing Shout, Run, Tell, learning how to get help in an emergency, and understanding how to stay safe around streets and parking lots, you showed courage, awareness, and responsibility. Keep using these skills wherever you go — because a Lion who knows how to stay safe can explore the world with confidence.

Living Circle. Then the den leader and assistant den leader talk through next week while the host adult partner and the Lions put the room back in order.

Send home with families

Teach your Lion your home address until they can say it without help. Then teach them a phone number for a parent.

Finish the five trusted adults list and put it somewhere your Lion can see it. Tell each of those five adults they are on it.

Walk to the car in a parking lot holding hands and narrate what you are looking at. Say out loud which cars might be about to move and why.

Leader notes

- Written permission for the Protect Yourself Rules video is required, and it is not a formality. A Lion whose family declines is never singled out — have a parallel activity and a registered adult ready in another room.
- The video is built to be watched by the Scout and their parent or guardian together. Invite the adult partners to watch and expect them to. Several will thank you for it.
- Keep the tone calm. The goal is a Lion who feels capable, not a Lion who is frightened of parking lots and strangers.
- You are a mandatory reporter in practice. If a Scout tells you something, report it to your Scout executive and local authorities the same day. Do not investigate it yourself, and never promise a Scout you will keep it secret.
- Requirement 4 says demonstrate. A Lion who watched an adult cross a street has not completed it — they have to do it, even if the crossing is a taped line on the floor.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Written parent or legal guardian permission on file before any Lion watches the Protect Yourself Rules video.

Preview the video yourself before showing it. Know what is in it.

Never practice street crossing on a live street with kindergarteners. Use a taped crosswalk indoors or a closed parking area with adult spotters at every entrance.

Check the running area for obstacles before Shout, Run, Tell and before red light green light.

If a Scout discloses abuse, report to your Scout executive and to local authorities the same day.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Lion's Pride

Required adventure • Family and Reverence

If you read nothing else

One 45-minute den meeting plus a short share-back at the start of the following meeting. Requirement 2 happens with the family, on their own time.

The Tree of Reverence runs as the gathering activity, so families do it as they arrive. Draw the tree on poster board and cut the leaves out before the meeting — that prep is what makes the gathering work.

Your job here is to make every family feel their tradition belongs in this den, including families with no religious tradition, who complete these requirements through their own values, celebrations, and gatherings. Say that in the family letter, in those words.

Send the family letter two weeks ahead so the requirement 1 conversation happens at home before the meeting. A five-year-old cannot invent their family's faith traditions on the spot.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With your parent or legal guardian, talk about your family's faith traditions. Draw a picture of your favorite family's faith tradition holiday or celebration.
- ☐ 2. With your family, attend a religious service or other gathering that shows how your family expresses reverence.
- ☐ 3. Make a cheerful card or a drawing for someone you love and give it to them.

Requirement 1 is a conversation with a parent or legal guardian; the drawing is done at the meeting. Requirement 2 is done with the family outside the den meeting. The den meeting completes requirement 3 and gives requirement 1 its workspace.

Meeting 1: The Tree of Reverence and a note of kindness

Goal: Every Lion draws their favorite family faith tradition, holiday, or celebration and adds it to the den's tree, and makes a card for someone they love.

Covers requirements 1 and 3, and sends home 2

Before the meeting

- Send the family letter two weeks ahead asking families to talk about their faith traditions with their Lion before this meeting. Word it so that every family is included — “your family's faith

traditions, or the values and celebrations your family holds” covers everyone, and some of your families are not religious at all.

- Draw a large tree on a sheet of poster board. Print and cut out the paper leaves — the Lion's Pride 1 Leaves file is in the Lion adventure resources on filestore.scouting.org. Three leaves per Lion.
- Have three rolls of clear tape out and open. Kindergarteners cannot start a roll of tape.
- Look at page 23 of the handbook so you know what the card activity involves and where the cutting happens.
- Think about who in your den might have nothing prepared, and have blank paper and a warm sentence ready for them.

Supplies

- One large sheet of poster board with a tree drawn on it
- Pre-cut paper leaves, three per Lion
- Crayons, enough to share
- Three rolls of clear tape
- Lion handbooks — page 23
- Scissors, for adult hands
- Envelopes and stamps, if families want to mail the cards

Run of show

Time	What happens
10 min	Gathering: Tree of Reverence
5 min	Opening: Pledge, Scout Oath, Scout Law
10 min	Activity 1: read the tree
15 min	Activity 2: Lion Note of Kindness
5 min	Closing

Gathering — Tree of Reverence (10 min)

Tree of Reverence Lion — scouting.org/cub-scout-activities/tree-of-reverence-lion/

Greet each family at the door and give them their leaves with a single prompt: draw a picture of your favorite family faith tradition, holiday, or celebration.

Lions draw; adult partners help and write a word or two if the Lion asks. Then they tape their leaves onto the tree.

Encourage families to read the other leaves as more go up. That reading, done casually while people arrive, does more for this adventure than any discussion you could run from the front.

That is requirement 1 — the drawing here, and the conversation at home beforehand.

Also works: Lion Holiday Drawing — scouting.org/cub-scout-activities/lion-holiday-drawing/

Activity 1 — Read the tree (10 min)

Gather everyone in front of the tree. Each Lion points at their own leaf and says in one sentence what it is. Their adult partner can help.

Set the rule before the first Lion speaks: we listen, we do not compare, and nobody's celebration is weird. Say it once and enforce it the first time, and you will not need to say it again.

Expect real variety on the tree — a menorah, a Christmas morning, Diwali lights, an Eid table, a Day of the Dead marigold, a grandmother's birthday, a harvest meal, a family reunion, a Fourth of July. All of those belong on the tree and all of them satisfy the requirement.

Then ask one question and let the answers sit: what did you see on somebody else's leaf that happens in your family too?

Say something like

Look at how many different pictures are on this tree. And look how many of them have food in them, and people sitting together, and somebody saying thank you. Every family in this den does it a little bit differently, and every family in this den does it.

Leave the tree up in your meeting space for the rest of the year if you can.

Activity 2 — Lion Note of Kindness (15 min)

Lion Note of Kindness — scouting.org/cub-scout-activities/lion-note-of-kindness/

Ask the Lions what they can do to be kind to other people. Take every answer.

Then tell them one way to be kind is to give somebody a card that says how special they are.

Lions make their cards using page 23 of the handbook. Adult partners do the cutting; Lions do the drawing and decide what it says.

Ask the adult partners to help their Lion actually get the card to the person — hand it over, or put it in an envelope and mail it. That last step is the requirement. A card made and left in a backpack has not been given to anyone.

Finish by telling them why this counts as Scouting: being kind is in the Scout Law, and looking for chances to be kind is part of the job now.

Closing (5 min)

Explain requirement 2 to the adult partners directly, and be generous about it. The family attends a religious service, or any other gathering that shows how their family expresses reverence. A family with no religious tradition completes this through their own gathering — a family meal, a memorial, a volunteer morning, a celebration that matters to them.

Tell them there will be a short share-back at the start of the next meeting, and that it is fifteen minutes, not a whole meeting.

Say something like

Today you showed what Lion's Pride is all about — helping your den, treating others with kindness, and learning how everyone's actions make the group stronger. When you listen, share, and work together, you help create a den where every Lion belongs. Keep showing that pride in everything you do, because your actions make our whole pack better.

Send home with families

Attend a religious service, or another gathering that shows how your family expresses reverence. That is requirement 2. Before you go, talk together about what is being celebrated, how it connects to your faith or your family's values, and how often it happens. Afterward, talk about how it felt, what your Lion liked most, and whether anything inspired them. Lion Attend a Religious Celebration — scouting.org/cub-scout-activities/lion-attend-a-religious-celebration/

The celebration does not have to be your own family's faith. Many faiths mark births, coming of age, and weddings, and attending someone else's fully counts.

A family with no religious tradition completes this through a gathering of your own that shows what your family holds important. That is a complete answer to this requirement, not a substitute for one. Lion Family Reverence — scouting.org/cub-scout-activities/lion-family-reverence/

Make sure the kindness card actually gets to the person it was made for.

Meeting 2: Share-back

Goal: Lions say one thing about the service or gathering they attended with their family.

Covers requirement 2, completed at home and confirmed here

Before the meeting

- This is a fifteen-minute block at the start of your next regular den meeting, not a whole meeting. Say so in the family letter so nobody arrives expecting more.
- Have a roster ready so you can tick off requirement 2 for each Lion as they share.
- Have a quiet answer ready for the family who did not manage it yet. There is no penalty and no announcement — you just ask them again next month.

Supplies

- Roster for recording completion
- The Tree of Reverence, still up on the wall

Run of show

Time	What happens
15 min	Share-back circle
—	Then continue with your next adventure

Share-back circle (15 min)

Sit in a circle. Each Lion gets about thirty seconds with their adult partner beside them: where did you go with your family, and what was one thing you liked?

Thirty seconds is right. A kindergartener describing a Sunday service or a family dinner will give you one image, and that image is the whole share.

Same rule as last time, said again before the first Lion speaks: we listen, and nobody's family does it wrong.

Never ask a Lion to explain or defend what their family believes. They share what they choose to share, and you take it and thank them.

Record requirement 2 against each Lion as they go. Then move straight into your next adventure — the share-back is the front fifteen minutes of an ordinary meeting.

Leader notes

- This is the most sensitive adventure in the Lion year. Handle it with care and every family feels seen; handle it carelessly and you lose someone.
- Scouting asks a Scout to do their duty to God but does not define God for them. A family with no religious affiliation completes these requirements through their own values, traditions, and gatherings — say so in the family letter, in those words.
- Never ask a Lion or an adult partner to explain or defend their family's beliefs, and never let the den turn a leaf on the tree into a question-and-answer session.
- If your pack is chartered to a religious organization, be especially deliberate about welcoming families of other traditions and of none. The chartered organization provides the meeting space; it does not set the Scouts' beliefs.
- Religious emblems programs exist for most faiths and are earned outside Scouting through a family's own faith group. Mention them to families — this adventure is a natural on-ramp.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, plus each Lion's adult partner. If your den includes girls, one of those adults must be a registered female 21 or over.

Adults handle the scissors for the card activity. Lions draw and decorate.

Ask about food allergies before anything edible is shared, and label everything that comes in.

Photo permission before posting anything from the Tree of Reverence or the share-back — some families will not want their traditions online.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3

Scout	1	2	3

Tiger Adventures

TIGER DEN • ADVENTURE MEETING PLAN

Bobcat

Required adventure • Character and Leadership

If you read nothing else

Every Cub Scout earns Bobcat first, at every rank. For a first grader this is the adventure where the den becomes a den — most of these Scouts have never met each other, and half the adults have never been to a Scout meeting either.

Two den meetings, 50–60 minutes each. Every Tiger comes with a Tiger adult partner who sits with them, writes for them, and does the activities with them. Say that out loud in your first email: the adult stays.

Requirement 6 is done at home with a parent or legal guardian and cannot be completed at a den meeting. Hand the booklet out at meeting 1 and collect the acknowledgement at meeting 2.

Start this the first week of the program year. Nothing else counts toward rank until Bobcat is done.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Get to know the members of your den.
- ☐ 2. Recite the Scout Oath with your den, including your Tiger adult partner.
- ☐ 3. Have your Tiger adult partner or den leader read the Scout Law to you. Demonstrate your understanding of being trustworthy, helpful, or friendly.
- ☐ 4. Demonstrate the Cub Scout sign, Cub Scout salute and Cub Scout handshake. Show how each are used.
- ☐ 5. Share with your Tiger adult partner, at a den meeting or at home, a time when you have demonstrated the Cub Scout motto “Do Your Best.”
- ☐ 6. At home, with your parent or legal guardian, do the activities in the booklet *How to Protect Your Children From Child Abuse: A Parent’s Guide*.

Requirement 6 is a family activity. See [Child Abuse Protection Review](https://scouting.org/cub-scout-adventures/tiger/child-abuse-protection-review/) — scouting.org/cub-scout-adventures/tiger/child-abuse-protection-review/. Hand the booklet out at meeting 1 and collect the signed acknowledgement at meeting 2. Do not attempt to run it as a den activity.

Meeting 1: Meeting the den, and the Scout Oath

Goal: Tigers and their adult partners learn each other’s names, say the Scout Oath together, and can give the Cub Scout sign, salute, and handshake.

Covers requirements 1, 2 and 4

Before the meeting

- Print the My Favorite Survey on one page, one for the Scout and one for the adult partner, and put a stack on the gathering table with pencils. Families who arrive early need something to do that is not standing around.
- Print the Scout Oath and Scout Law large enough to read from across the room and tape them to the wall. Leave them up all year — first graders are still learning to read and they will look at those posters every week.
- Count out nine popsicle sticks per Scout for the Oath puzzle and have thin markers ready to share.
- Clear a straight, obstacle-free path about 25 yards long for the sign, salute, and handshake relay. Indoors or outdoors both work; you need room to run.
- Print one copy of How to Protect Your Children From Child Abuse: A Parent's Guide per family, plus the acknowledgement slip.
- Learn the Cub Scout sign yourself and commit to using it. Tip from Bryan, and he is right: never call out "signs up" or talk over the den. Put the sign up and wait.

Supplies

- My Favorite Survey, two copies per family, plus pencils
- Scout Oath and Scout Law posters
- Nine popsicle sticks per Scout
- Thin-tip markers, enough to share
- Tiger handbooks — page 7 has the sign, salute, and handshake
- Crayons, enough to share
- Parent booklets and acknowledgement slips

Run of show

Time	What happens
10 min	Gathering: My Favorite Survey
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
10 min	Activity 1: the Cub Scout sign and getting to know the den
15 min	Activity 2: Tiger Oath Puzzle
10 min	Activity 3: sign, salute, and handshake relay
5 min	Closing: family booklets go home

Gathering — My Favorite Survey (10 min)

One sheet for the Scout, one for the adult partner. Favorite color, favorite animal, favorite outdoor activity, a food you would eat every day, and something you want to learn in Scouts. The adult partner's sheet ends with what they hope their Scout learns this year.

When both are done they compare and circle every answer that matches. Tell them to be ready to share one thing they learned about each other.

A first grader who cannot write yet dictates and the adult writes. That is not cheating — the adult partner is part of the den.

Activity 1 — The Cub Scout sign and getting to know the den (10 min)

A Time To Talk A Time to Listen — scouting.org/cub-scout-adventures/tiger/a-time-to-talk-a-time-to-listen/

Show the Cub Scout sign and tell them the two fingers are the ears of a wolf. When anyone puts the sign up, everyone stops what they are doing and listens. Give every Scout and every adult a chance to make it.

Then practice it properly: tell them to talk to each other and make as much noise as they want. Say nothing. Put your sign up and wait. The room will go quiet, and it will take longer the first time than you are comfortable with. Wait anyway.

Now pair up — two Scouts and their two adult partners per group. Using their survey sheets, they share what they like to do as a family, their favorite food, and their favorite color. That is requirement 1, and pairing families rather than only Scouts is deliberate: the adults need to meet each other too, because those are the people you will be asking to drive, host, and help all year.

Bring them back with the sign, not your voice.

If you would rather run something else for requirement 1, all of these work: Den Doodle — scouting.org/cub-scout-adventures/tiger/den-doodle/ · Den Flag — scouting.org/cub-scout-adventures/tiger/den-flag/ · Me Too Name Game — scouting.org/cub-scout-adventures/tiger/me-too-name-game/ · Spider Web — scouting.org/cub-scout-adventures/tiger/spider-web/

Activity 2 — Tiger Oath Puzzle (15 min)

Tiger Oath Puzzle — scouting.org/cub-scout-adventures/tiger/tiger-oath-and-law-puzzle/

Give each Scout nine popsicle sticks and a marker. The adult partner writes one phrase of the Scout Oath on each stick: 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.

The Scout gathers all nine sticks in one hand, holds them about a foot above the table, and lets go so they land in a loose pile. Then they take turns — Scout first, then adult partner — picking up one stick at a time without disturbing the others, laying it word-side up, and deciding together whether it goes before or after the sticks already down.

Each time a stick comes out, the Scout and adult partner say what that part of the Oath means to them. That conversation is the point of the activity; the pick-up game is what keeps a six-year-old at the table for it.

When the sticks are in order, the whole den stands and says the Scout Oath together, adult partners included. That is requirement 2 and the requirement specifically includes the adults, so make sure they are actually saying it.

Alternatives: Cub Scout Land — scouting.org/cub-scout-activities/cub-scout-land-bobcat/ · Tiger Chatterbox — scouting.org/cub-scout-adventures/tiger/tiger-chatterbox/

Activity 3 — Sign, salute, and handshake relay (10 min)

Sign Salute and Handshake Relay — scouting.org/cub-scout-activities/sign-salute-and-handshake-relay/

Open the Tiger handbook to page 7 and demonstrate all three yourself, then say what each is for:

- The sign gets everyone's attention. See it, stop, listen.
- The salute shows respect to the flag during a flag ceremony. We do not salute people with it.
- The handshake is how Cub Scouts greet each other — two fingers, left hand.

Split the den into two teams, adult partners included. You stand about 25 yards away with one team, your assistant den leader with the other. On "go," the first person in each line runs to their leader, who asks for the sign, the salute, or the handshake. Correct, and they run back and tag the next person. Wrong, and they run back to the line and come again until they get it.

This needs at least four Scouts and four adults to work as a race. With a small den, run it as a relay against the clock instead and try to beat your own time.

Every Scout has to do all three correctly at least once. That is requirement 4, and it is a demonstration, not a discussion. If there is time left, they can color page 7.

Alternatives: If You Are Happy Show the Cub Scout Sign — scouting.org/cub-scout-adventures/tiger/if-you-are-happy-show-the-cub-scout-sign/ · Tiger Simon Says — scouting.org/cub-scout-adventures/tiger/tiger-simon-says/

Closing (5 min)

Hand the parent booklet to the adult partner directly, in their hand, and say what it is and that you need the slip back next meeting. Do not put it in a Scout's bag and hope.

Announce the next meeting date and location. Then close.

After the meeting, you and your assistant den leader talk through next week while the host adult partner and the Scouts put the room back in order. Get the Scouts doing that from week one — it is the cheapest habit you will ever build.

Send home with families

Do the activities in How to Protect Your Children From Child Abuse: A Parent's Guide together and return the signed slip at the next meeting. That is requirement 6, and only a parent or legal guardian can complete it.

Practice the Scout Oath at home with the popsicle sticks. Ask your Scout to teach it to you.

Think of one time your Scout did their best at something hard. You will be talking about it next meeting.

Meeting 2: The Scout Law and Do Your Best

Goal: Tigers hear the Scout Law read to them, show what trustworthy, helpful, or friendly looks like, and each share a time they did their best.

Covers requirements 3 and 5, and collects 6

Before the meeting

- Print a Tiger Scout Law Bingo card for each Scout — it is in the Tiger adventure resources on scouting.org, filed as Tiger Bobcat 3 Scout Law Bingo.
- Have Tiger handbooks open-able to pages 8 and 9 and crayons out before anyone sits down.
- Collect the parent acknowledgement slips at the door as families arrive. Tick them off a roster — do not try to remember.
- Decide in advance which three points of the Law you will act out, so you are not improvising in front of six-year-olds.

Supplies

- Tiger Scout Law Bingo cards, one per Scout
- Pencils or markers, one per Scout
- Tiger handbooks, pages 8 and 9
- Crayons, enough to share
- Scout Law poster from meeting 1
- Roster for checking off the parent acknowledgement slips

Run of show

Time	What happens
10 min	Gathering: color page 9 of the handbook
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
15 min	Activity 1: Tiger Scout Law Bingo
15 min	Activity 2: Do Your Best
5 min	Activity 3: Bobcat check
5 min	Closing

Activity 1 — Tiger Scout Law Bingo (15 min)

Tiger Scout Law Bingo — scouting.org/cub-scout-activities/tiger-scout-law-bingo/

Read the Scout Law aloud to the den, one point at a time, slowly. The requirement says the Scout Law is read to the Tiger — by you or by their adult partner — so do not ask them to read it themselves and do not ask them to memorize it. Tigers are six. That comes later.

Hand out the bingo cards. Scouts fill them in with their adult partner as you work through the twelve points.

Then stop on three of them and make them physical. This is the part that satisfies requirement 3, and “demonstrate your understanding” from a first grader means showing you, not defining it:

- Trustworthy — you tell your adult partner you will do something and then you do it. Have each pair make one small promise for the week and shake on it.
- Helpful — pick two Scouts to help you set up the next activity, right now, in front of everybody.
- Friendly — walk over to someone in the den you have not talked to yet, say their name, and ask them one question.

A Scout who does one of those three has met the requirement. You do not need all twelve points and you do not need a recital.

Alternatives: Don't Wake the Dragon — scouting.org/cub-scout-activities/dont-wake-the-dragon/ ·
Tiger Maze — scouting.org/cub-scout-activities/tiger-maze/

Activity 2 — Do Your Best (15 min)

Do Your Best Handbook Activity — scouting.org/cub-scout-activities/do-your-best-handbook-activity/

Tell them a motto is a rule for living, and the Cub Scout motto is Do Your Best. That means trying your hardest, not just a little bit — and it means your best, not somebody else's.

On page 8, Scouts circle the Scouts who are doing their best, with help from their adult partner. Then they color page 9.

Now go around the circle. Each Scout shows their page 9 and tells the den about a time they did their best. The adult partner can prompt but should not answer for them. That is requirement 5, and it can also be done at home with the adult partner if a Scout will not talk in front of the group — the requirement allows either, and a shy first grader is not a failing first grader.

Expect small, ordinary answers: tying shoes, a spelling test, not crying when they fell off the bike. Take every one of them seriously. What they are learning here is that their effort counts, and they are watching your face to find out whether that is true.

Alternative: Do Your Best Handbook Sharing — scouting.org/cub-scout-adventures/tiger/do-your-best-handbook-sharing/

Activity 3 — Bobcat check (5 min)

Quick round the circle. Each Scout gives the sign, the salute, and the handshake, and says the Scout Oath with the den. Tick them off as they go.

Confirm you have the parent acknowledgement slip from every family for requirement 6. Chase the missing ones this week by text to the adult partner — do not let it sit until December.

Record Bobcat in Scoutbook the same night if you can. It is the first advancement of the year and packs lose credit for it because nobody entered it.

Closing (5 min)

Announce the next meeting, then close with this — read it, do not summarize it:

Say something like

As we wrap up today, remember what you discovered together — how to meet new friends, how to show the Scout Oath and Law in the way you act, and how powerful it is when you simply do your best. Every handshake, every smile, every moment of helping showed that you're ready for

the trail ahead. Keep learning, keep trying, and keep showing the world the kind, trustworthy Scout you're becoming. Your adventure is just beginning, and you're already off to a great start.

Send home with families

Nothing new. If the parent booklet slip has not come back, it is due now.

Leader notes

- The adult partner is not an audience. Requirement 2 names them explicitly, and every activity here works better when the adults are doing it too. Set that expectation at the first meeting or you will spend the year asking for it.
- Do not ask Tigers to memorize the Scout Law. The requirement is that it is read to them and that they show one point in their behavior. Wolves memorize; Tigers do.
- Use the sign instead of your voice from day one. Bryan's tip is the single most useful thing in this adventure: put the sign up, say nothing, and wait. Never call out "signs up."
- A Scout joining the den mid-year earns Bobcat first, whatever the calendar says. Run a short catch-up with them and their adult partner rather than making them wait.
- Requirement 6 belongs to the family. Your job is to hand out the booklet, explain why, and collect the slip.

Safety

Before this adventure

Two registered adults, both with current Safeguarding Youth Training, at every den meeting and activity. SYT is valid 12 months — check your own expiry date before the program year starts. If your den includes girls, one of those adults must be a registered female 21 or over.

No one-on-one contact between an adult and a Scout who is not their own child, in person, online, or by text. Include a parent on every message.

The relay needs a clear run and a hard stop line well short of any wall, door, or parking lot. Walk the space before the Scouts arrive.

The child abuse protection booklet may prompt a disclosure at home. Tell the adult partners at meeting 1 that if anything comes up, they should contact you and you will contact the Scout executive.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6

Tigers in the Wild

Required adventure • Outdoors

If you read nothing else

Two meetings, 50–60 minutes each, with adult partners alongside throughout. Meeting 1 is indoors: the Six Essentials, the Outdoor Code, and animals. Meeting 2 is the 20-minute outdoor walk plus the tree.

If the walk happens anywhere other than your normal meeting place, you need an Annual Health and Medical Record parts A and B for every participant, youth and adult, and you need to have read them for restrictions before you go. Collect them at meeting 1.

The walk does not need a trail. A neighborhood block, a churchyard, a school field, a city park — all of it counts. Urban, suburban, or rural, the requirement is 20 minutes outside with the Six Essentials.

Scout the route yourself first and know where the hazards are. For Tigers that means the road crossings, the pond, and the parking lot, in that order.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Identify the Cub Scout Six Essentials. Show what you do with each item.
- ☐ 2. With your den leader or Tiger adult partner, learn about the Outdoor Code.
- ☐ 3. With your den, pack, or family, take a walk outside spending at least 20 minutes exploring the outdoors with your Cub Scout Six Essentials. While outside, identify things that you see that are natural and things that are manmade.
- ☐ 4. Identify common animals that are found where you live. Learn which of those animals is domesticated and which animal is wild. Draw a picture of your favorite animal.
- ☐ 5. Look for a tree where you live. Describe how this tree is helpful.

Meeting 1: The Six Essentials, the Outdoor Code, and the animals around us

Goal: Every Tiger can name the Six Essentials and say what each is for, knows the four C's of the Outdoor Code, and can tell a wild animal from a domesticated one.

Covers requirements 1, 2 and 4

Before the meeting

- Watch the four-minute Cub Scout Six Essentials video at vimeo.com/498051015 and take notes, so you can explain each item rather than read a list.

- Assemble one complete set of Six Essentials in youth sizes: filled water bottle, small first aid kit, whistle, flashlight, sun protection, trail mix. Youth-sized matters — a Tiger needs to believe the kit is theirs.
- Gather four obvious non-essentials to mix in. Umbrella, book, hammer, phone. Make them obviously not essentials; the sorting should be winnable.
- Lay all ten items on a bath towel before anyone arrives.
- Print or gather photos of wild and domesticated animals common where you actually live. Skip the lions and the pandas.
- Send the Annual Health and Medical Record home this week, parts A and B, for every Scout and every adult who will come on the walk.

Supplies

- Cub Scout Six Essentials, youth-sized: filled water bottle, small first aid kit, whistle, flashlight, sun protection, trail mix
- Four non-essential items: umbrella, book, hammer, phone
- A bath towel to lay them out on
- Tiger handbooks — page 13 for the Outdoor Code, page 15 for the Essentials
- Crayons, enough to share
- Blank drawing paper, two sheets per Scout
- Pencils, enough to share
- Photos of local wild and domesticated animals
- Blank Annual Health and Medical Record forms for anyone who has not returned one

Run of show

Time	What happens
5 min	Gathering: The Four C's of the Outdoor Code
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, walk logistics for next meeting
15 min	Activity 1: Is It a Cub Scout Essential
10 min	Activity 2: the four C's, worked through
15 min	Activity 3: My Favorite Animals
5 min	Closing

Gathering — The Four C's of the Outdoor Code (5 min)

The Four C's of the Outdoor Code — scouting.org/cub-scout-activities/the-four-cs-of-the-outdoor-code/

As families arrive, Scouts open the Tiger handbook to page 13 and, with their adult partner, circle every letter C in the Outdoor Code. Not the C in the title — that is the trick in it.

There are four. That is the whole gathering activity, and it means the den arrives already looking at the thing you are about to teach.

Activity 1 — Is It a Cub Scout Essential (15 min)

Is It a Cub Scout Essential — scouting.org/cub-scout-activities/is-it-a-cub-scout-essential/

The towel is out with all ten items on it. Ask the Scouts and the adult partners which of these they think you should have with you every single time you go outside. Let them argue for the umbrella. Let everyone have a turn.

Then pick up each of the Six Essentials one at a time, say what it is for, and move it to its own pile. Show what you do with it, because the requirement says show:

- Filled water bottle — drink before you are thirsty. Have a Scout take a drink.
- Small first aid kit — open it and show what is inside. A bandage for a scrape.
- Whistle — three short blasts means I need help. Have every Scout blow three blasts, once, and then put the whistles away before you lose the room.
- Flashlight — turn it on. Show how you point it at the ground on a path, not in someone's eyes.
- Sun protection — hat and sunscreen. Have someone put a hat on.
- Trail mix — food you can carry that will not squash. Do not hand it out at this meeting; see the allergy note.

Clear the four non-essentials off the towel so the six are left together. That picture is what they should remember.

Finish with the activity on page 15 of the handbook, Scouts working with their adult partner. Tell every family plainly: bring your Six Essentials to the next meeting, because we are walking.

Alternatives: Grab the Six Essentials — scouting.org/cub-scout-activities/grab-the-six-essentials/ · Outdoor Code in a Flash — scouting.org/cub-scout-activities/outdoor-code-in-a-flash/

Activity 2 — The four C's, worked through (10 min)

Go back to page 13 and take the four C's one at a time. Ask the Scouts and adult partners first, then fill in what they miss. Asking first is what makes this requirement 2 rather than a reading:

- Clean — be clean in my outdoor manners. Treat the outdoors as a heritage, take care of it for yourself and for others, and keep trash and garbage out of lakes, streams, fields, woods, and roadways.
- Careful — be careful with fire. Prevent wildfires. Build fires only when and where they are permitted and appropriate. When you are finished, make sure it is cold out. Leave a clean fire ring or remove all evidence of your fire.
- Considerate — be considerate in the outdoors. Treat the land and other land users with respect, and follow the principles of outdoor ethics in everything you do outside.
- Conservation — be conservation-minded. Learn about and practice good conservation of soil, waters, forests, minerals, grasslands, wildlife and energy, and urge others to do the same.

Keep the Tiger-level translation attached to each one: pick up your trash, never touch a fire without a grown-up, share the trail, take care of the place. They will not remember the wording. They will remember the four words.

Alternatives: Outdoor Code Puzzle — scouting.org/cub-scout-activities/outdoor-code-puzzle/ · Sing the Outdoor Code — scouting.org/cub-scout-activities/sing-the-outdoor-code/

Activity 3 — My Favorite Animals (15 min)

My Favorite Animals — scouting.org/cub-scout-activities/my-favorite-animals/

Ask the den what makes an animal wild, and ask for examples. Then ask what makes an animal domesticated, and ask for examples. Let the adult partners answer too — plenty of adults have not thought about it either.

Then give them the definitions in plain words:

- Wild animals live outdoors and do not rely on people. Most of them avoid us, and they usually see, hear, and smell better than we do, which is why you often do not spot them. Watch wild animals; never approach them.
- Domesticated animals live with people and rely on us for food and shelter. Some were domesticated for food, some to help with work, and some are pets. Domesticated does not mean safe.

Say this part directly, because it is the safety lesson hiding inside a drawing activity: you cannot tell whether an animal is domesticated or wild just by looking at it. Most dogs you see are somebody's dog, but some are not, and a dog you do not know is not a dog you approach.

Then two sheets of paper each: favorite wild animal on one, favorite domesticated animal on the other. Adult partners can label the drawings for Scouts who cannot write yet.

Alternatives: Animals I Know — scouting.org/cub-scout-activities/animals-i-know/ · Stuffed Animal Relay Race — scouting.org/cub-scout-activities/stuffed-animal-relay-race/ · Wild or Domestic Sorting Game — scouting.org/cub-scout-activities/wild-or-domestic-sorting-game/

Closing (5 min)

Give the walk details out loud and in writing: address, parking, start time, and the fact that everyone brings their Six Essentials and wears closed shoes they can walk in.

Collect any outstanding health forms at the door. Chase the rest this week — a Scout without one does not come on an off-site walk.

Send home with families

Put together your Scout's Six Essentials and bring them to the next meeting. Youth-sized, in a small pack the Scout can carry themselves.

Return the Annual Health and Medical Record parts A and B for both the Scout and the adult partner if you have not already.

Look for a tree near your home this week and notice what lives in it, eats from it, or sits under it.

Meeting 2: The walk, and the tree

Goal: The den spends at least 20 minutes outside with their Six Essentials, sorting what they see into natural and manmade, and finds a tree and says how it helps.

Covers requirements 3 and 5

Before the meeting

- Walk the route yourself in the last week. Identify the hazards you will name out loud: road crossings, water, parking lots, poison ivy, uneven ground.
- If the walk is away from your normal meeting place, send the address and directions to every family, and bring copies of the Annual Health and Medical Record for every participant, youth and adult. Review them beforehand for anything that affects participation.
- Find a tree on or near the route. If there is genuinely no tree, gather leaves and pieces of bark ahead of time and bring them.
- Learn what the tree is. The Arbor Day Foundation's What Tree Is That? at arborday.org/trees/whattree/ takes about two minutes and lets you tell the den something true.
- Cut a pencil and a sheet of paper for each adult partner — they are the scribes on the walk.

Supplies

- Everyone's Cub Scout Six Essentials
- Pencil and a blank sheet of paper per adult partner
- Tiger handbooks — page 17 for the natural and manmade drawings, page 18 for the tree
- Blank drawing paper, two sheets per Scout and two per adult partner
- Crayons, one per person, peeled for rubbing
- Leaves and bark, if there is no tree at your site
- Den first aid kit, roster with emergency contacts, charged phone
- Copies of the health forms if you are off-site

Run of show

Time	What happens
10 min	Gathering: Six Essentials check and buddy pairs
5 min	Opening: Pledge of Allegiance and the Outdoor Code
5 min	Route briefing and hazards
25 min	Activity 1: the walk — natural or manmade
10 min	Activity 2: the tree, leaf and bark rubbings
5 min	Closing

Gathering — Six Essentials check (10 min)

Every Scout opens their pack and shows all six items to you or to another family. Fill the empty water bottles now. Hand out spare sunscreen. Note who is missing what and quietly fix it — a Tiger who gets told off for a missing whistle in front of the den is a Tiger whose adult partner does not come back.

Pair each family with another family. Nobody walks alone and nobody walks at the front except with an adult.

This is requirement 1 verified rather than assumed, and it is the last chance before you are outside.

Route briefing (5 min)

Tell everyone the route out loud, including where you turn around. Name every hazard specifically: this road, that pond, the driveway by the corner.

Give the two rules: stay between the leader at the front and the adult at the back, and if you get separated, stay put and blow three blasts on your whistle. That last one is worth saying at every outdoor activity you ever run.

Activity 1 — The walk: natural or manmade (25 min)

Natural or Manmade by the Numbers — scouting.org/cub-scout-activities/natural-or-manmade-by-the-numbers/

Twenty minutes outside is the requirement. Budget twenty-five, because Tigers stop for everything.

Give each adult partner the pencil and paper. As you walk, the Scout names everything they see out loud to their adult partner, and the adult writes it down with an N for natural or an M for manmade next to it. The Scout decides which letter; the adult writes.

Do not correct the hard ones too quickly. A mown lawn, a planted tree, a wooden fence, a bird's nest in a gutter — the arguments are where the learning is. "Both" is a real answer and worth saying so.

Keep it moving. Slow, stop, look, name, walk on. Somewhere in the middle, stop the whole den and have everyone be silent for thirty seconds and just listen. Then ask what they heard and whether it was natural or manmade. That thirty seconds is usually the part they tell their other parent about.

When the walk is over, Scouts draw one natural thing and one manmade thing they saw on page 17 of the handbook.

Alternatives: 5 Step Seek — scouting.org/cub-scout-activities/5-step-seek/ · I Spy Natural or Manmade — scouting.org/cub-scout-activities/i-spy-natural-or-manmade/

Activity 2 — The tree, leaf and bark rubbings (10 min)

Leaf and Bark Rubbing — scouting.org/cub-scout-activities/leaf-and-bark-rubbing/

Stand at the tree. Open the handbook to page 18 and ask a Scout to find one picture that shows how a tree helps. Work through all four:

- The bird nest — trees give shelter to birds, squirrels, and other animals.
- The Tiger breathing — trees help clean the air.
- The apple — some trees grow fruit that we and animals can eat.
- Sitting in the shade — trees give shade and keep us cool on a sunny day.

As each one is named, the Scout draws the line from the box to the tree and colors it. Then ask the question the requirement is really after: how is this tree, the one we are standing under, helpful? Let them look up before they answer.

Give every Scout and every adult partner a peeled crayon and paper. Leaf rubbing first, then bark rubbing against the trunk. Tell them what kind of tree it is — the name is worth something to a six-year-old.

If your site has no tree, use the leaves and bark you brought and have families look for a tree at home this week instead. The requirement says a tree where you live.

Alternatives: Pinecone Bird Feeder — scouting.org/cub-scout-activities/pinecone-bird-feeder/ · Tiger Tree Planting — scouting.org/cub-scout-activities/tiger-tree-planting/

Closing (5 min)

Circle up outside if the weather allows. Read this to them:

Say something like

Today you explored the outdoors like true Tigers — curious, prepared, and ready for anything. You learned how to tell what's natural and what's made by people, and how to notice the animals and trees that share your world. Every step you took showed that adventure isn't just somewhere far away... it's right outside your door. Keep looking, keep wondering, and keep caring for the outdoors. The more you explore, the more you'll discover just how wild and wonderful your Tiger journey can be.

Then check that every Scout leaves with the adult they arrived with, and that you leave the site cleaner than you found it. The Outdoor Code was fifty minutes ago; make it visible.

Send home with families

Take the same walk again as a family and see what you notice the second time.

Find the tree nearest your front door and learn its name together.

Keep the Six Essentials packed. They come to every outdoor Scouting activity from now on, and the whistle comes back in Tiger's Roar.

Leader notes

- Twenty minutes is the requirement. Do not turn this into a two-mile hike to make it feel real — you will lose the families who are not outdoor people yet, and this adventure exists partly to bring them in.
- The adult partner is the scribe on the walk. That is not a workaround for first graders who cannot spell; it is what keeps the pair talking to each other for twenty minutes, which is the actual requirement.
- Wild versus domesticated is a safety lesson wearing a drawing activity. Say the part about not approaching an animal you do not know, and say it plainly.
- Weather is a reason to reschedule, not to cancel. A cold, wet first outdoor experience costs you Tigers. A sunny one recruits them.
- If your site has no tree, the tree requirement goes home. Do not fake it with a picture.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training on every den activity, indoors and out. If your den includes girls, one of those adults must be a registered female 21 or over. Annual Health and Medical Record parts A and B for every participant, youth and adult, whenever the activity is away from your normal meeting location — and read for restrictions before you go, not after.

Check your council for any local tour or activity notification requirement before an off-site den activity.

Walk the route in advance. Name the road crossings, water, and parking lots out loud to the whole den before you start, and put an adult at the front and an adult at the back.

Ask about food allergies before any trail mix is opened. Show the trail mix as an item and hand out nothing at the meeting.

Sun, water, and shade on a warm day; layers and a short route on a cold one. First graders get cold and overheated faster than the adults walking with them.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5

Tiger Bites

Required adventure • Personal Fitness

If you read nothing else

Two meetings, 50–60 minutes each. Meeting 1 is food groups and handwashing at the table; meeting 2 is the 30 minutes of activity and the sleep conversation.

Requirement 3 is thirty minutes of being active, and thirty minutes is most of a Tiger meeting. That is why it gets its own meeting rather than being squeezed in after a craft.

Send the CDC sleep page to adult partners a week before meeting 2 — cdc.gov/sleep/about/index.html. The sleep requirement works far better when the adults have already read something.

Ask every family in writing about food allergies before you bring any food into the room.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Identify the five different food groups.
- ☐ 2. Practice hand washing. Point out when you should wash your hands.
- ☐ 3. Be active for 30 minutes.
- ☐ 4. Practice methods that help you sleep.

Meeting 1: What we eat and clean hands

Goal: Every Tiger can name the five food groups and pick a food they like from each, and every Tiger washes their hands properly and can say when to do it.

Covers requirements 1 and 2

Before the meeting

- Look at USDA MyPlate and get comfortable with the five groups — fruits, vegetables, grains, protein, dairy — and what belongs in each. You will be asked about pizza.
- Print the Super Clean Hands worksheet for each Scout and read it through so you can lead it rather than discover it.
- Gather images of foods in each of the five groups. Cut-out grocery flyers work as well as anything and cost nothing.
- Find out where the sink is and whether the den can all reach it. If not, bring a jug, a basin, soap, and paper towels.
- Ask families in writing about food allergies before this meeting. If you are bringing anything edible, plan around them rather than making one Scout sit out.

Supplies

- Super Clean Hands worksheets, one per Scout
- Colored pencils or crayons
- Tiger handbooks, page 19
- Food images for the five groups, or grocery flyers and scissors
- MyPlate diagram printed large
- Soap, paper towels, and a basin and water jug if the sink will not do
- Glitter or washable paint for the handwashing demonstration

Run of show

Time	What happens
10 min	Gathering: Super Clean Hands worksheet
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
20 min	Activity 1: My Favorite Foods
15 min	Activity 2: practice handwashing
5 min	Closing

Gathering — Super Clean Hands worksheet (10 min)

Super Clean Hands Worksheet — scouting.org/cub-scout-activities/super-clean-hands-worksheet/

Worksheets and colored pencils on the table as families arrive. Scouts work through it with their adult partner. It carries most of requirement 2 and it means the den is already thinking about hands before you get them to a sink.

Activity 1 — My Favorite Foods (20 min)

My Favorite Foods — scouting.org/cub-scout-activities/my-favorite-foods/

Introduce the five groups with the MyPlate diagram up where everyone can see it: fruits, vegetables, grains, protein, dairy. Hold up your food images and let the den call out which group each belongs in.

Then page 19 of the handbook. Each Scout works with their adult partner to pick a food they actually like from every group and draw it. The word is like — this is not the meeting where a first grader is told their dinner is wrong.

When a Scout says pizza, do not correct them. Ask what is on it, and take the answer apart together: crust is grains, sauce is vegetables, cheese is dairy, pepperoni or chicken is protein. Then ask what is missing. That single conversation does more than any lecture about healthy eating, and it is the one they will repeat at home.

Go around and have each Scout name their five. That is requirement 1 done.

Alternatives: Food Group Tiger Relay — scouting.org/cub-scout-activities/food-group-tiger-relay/ ·
My Favorite Snack — scouting.org/cub-scout-activities/my-favorite-snack/

Activity 2 — Practice handwashing (15 min)

The worksheet is not the requirement. The requirement says practice, so everybody actually washes.

Make it visible first: put a little glitter or washable paint on every Scout's hands and tell them it is germs. Then send them to the sink two at a time and watch what comes off with a quick rinse. Almost nothing does.

Now teach the real thing and do it with them: wet, soap, scrub the backs, between the fingers, under the nails and around the thumbs for twenty seconds, rinse, dry. Twenty seconds is the whole trick, so give them something to sing — the Scout Oath said slowly runs about right, which is what Scout Oath and Law Handwashing does with it.

Then the second half of the requirement, which dens skip: when do you wash? Ask them and write the answers where they can see them. Before eating. After the bathroom. After playing outside. After touching an animal. After sneezing or coughing. Before helping cook. When they are dirty.

Every Scout has to name at least one. That, plus the actual washing, is requirement 2.

Alternatives: Scout Oath and Law Handwashing — scouting.org/cub-scout-activities/scout-oath-and-law-hand-washing/ · When Should I Wash My Hands Game — scouting.org/cub-scout-activities/when-should-i-wash-my-hands-game/

Closing (5 min)

Tell the adult partners what is coming: next meeting is thirty minutes of moving, so send shoes they can run in and a full water bottle.

Send them the CDC sleep page — cdc.gov/sleep/about/index.html — and tell them you will be talking about bedtimes and that they should come knowing what time their Scout has to get up on a school morning.

Send home with families

Let your Scout pick one food from a group they do not usually eat and put it on the table this week.

Wash hands together before dinner and count the twenty seconds out loud.

Read the CDC sleep page and work out what time your Scout has to get up for school. Bring that number to the next meeting.

Meeting 2: Thirty minutes of moving, and how to get to sleep

Goal: The den is genuinely active for thirty minutes, and every Tiger leaves with a bedtime worked out with their adult partner.

Covers requirements 3 and 4

Before the meeting

- Book somewhere you can run. A gym, a field, a hall with the tables pushed back. Clear it of obstacles before the den arrives.
- Know how to run red light, green light, and have two backup games ready — thirty minutes is longer than one game holds a first grader.
- Read the CDC sleep material yourself so you can answer an adult partner's question about screens or bedtimes without guessing.
- Have water available and plan two water breaks into the thirty minutes.

Supplies

- A clear, obstacle-free space at least 20 feet deep
- Water for everyone
- Cones or anything that marks a start line
- Tiger handbooks and crayons for the sleep activity
- Nothing else — this meeting runs on people

Run of show

Time	What happens
5 min	Gathering: free play as families arrive
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
30 min	Activity 1: be active for 30 minutes
10 min	Activity 2: Tiger Time to Sleep
5 min	Closing

Activity 1 — Be active for 30 minutes (30 min)

Tiger Red Light Green Light — scouting.org/cub-scout-activities/tiger-red-light-green-light/

Start with red light, green light. Scouts and adult partners line up side by side about two feet apart. You stand twenty feet away with your back to them. On “green light” everybody moves toward you; on “red light” you turn around and anyone still moving goes back to the start. First person to reach you wins and gets to be the caller for the next round.

Have the winner call the next game. Handing a six-year-old the caller job is worth more to them than winning was, and it buys you a round off your feet.

Do not try to fill thirty minutes with one game. Run red light, green light for about ten minutes, then change:

- Tiger Obstacle Course — scouting.org/cub-scout-activities/tiger-obstacle-course/ — chairs, cones, a rope on the floor, and a set order to go through them.
- Tiger Soccer — scouting.org/cub-scout-activities/tiger-soccer/ — small sides, everyone touches the ball, no goalkeepers.

- Animal walks across the room — bear crawl, crab walk, frog jumps. Callback to Tigers in the Wild if you have done it.

Adult partners play. All of them. A room of parents on their phones along the wall teaches the opposite of this adventure, and the requirement puts the adult partner in the activity anyway.

Two water breaks. Pick games with no elimination, or bring eliminated Scouts straight back in on the next round — a Tiger sitting out is not being active for thirty minutes, and thirty minutes of activity is the requirement.

Track the clock. Thirty minutes of moving, not thirty minutes of a game that includes moving.

Activity 2 — Tiger Time to Sleep (10 min)

Tiger Time to Sleep — scouting.org/cub-scout-activities/tiger-time-to-sleep/

Sit down while everyone is still catching their breath. It is the right moment for this conversation and it is not an accident that it comes after running.

Ask why they think getting enough sleep matters. Take the answers. Then tell them the number: a first grader needs nine to twelve hours a night.

Now do the arithmetic in pairs, out loud. The adult partner asks what time the Scout has to get up on a school morning, counts back ten or eleven hours, and that is bedtime. Watching a parent work that out is the whole activity, and several of them are going to be surprised by the answer.

Then practice the methods, because the requirement says practice:

- Same bedtime every night, including the nights it is inconvenient.
- A routine that runs in the same order: bath, teeth, pajamas, story, lights out.
- Screens off and out of the bedroom well before bed.
- Dark, quiet, and cool. Nothing else in the bed.
- Lie still and breathe slowly — in for four, out for four. Do it as a den right now, lying on the floor, for one minute.

Expect the first thirty seconds of the breathing to be giggling. Wait it out. Do not scold. Most of them settle.

Alternatives: Sleep Like A Star Worksheet — scouting.org/cub-scout-activities/sleep-like-a-star-worksheet/ · Tiger Get Ready for Bed — scouting.org/cub-scout-activities/tiger-get-ready-for-bed/

Closing (5 min)

Announce the next meeting, then close with this:

Say something like

Today you learned that Tigers stay strong by choosing foods that help their bodies grow and by showing good manners that make every meal a little brighter. You talked about healthy choices and discovered that taking care of yourself can be fun. Keep trying new foods, keep choosing what helps you feel your best, and keep showing kindness at every table you sit at.

Send home with families

Set the bedtime you worked out and hold it for two weeks. Tell your Scout you are doing it.

Run the bedtime routine in the same order every night, and do the four-count breathing together at lights out.

Thirty minutes of active play is a daily thing, not a den meeting thing. Go outside.

Leader notes

- Never comment on a Scout's body, never weigh anyone, never compare two Scouts out loud. This adventure is about habits, not standards.
- Every Scout moves at their level. A Tiger with asthma, a leg brace, or no interest in running still completes requirement 3 — adapt the game, do not exempt the Scout.
- Do not turn the food group activity into a lecture about bad food. Ask what they eat and build from there. The families in your den have very different budgets and very different kitchens.
- The handwashing requirement has two halves and dens routinely do only one. Wash, and say when.
- Sleep advice lands on parents, not on six-year-olds. Give the adult partners the CDC link ahead of time and let them do the arithmetic themselves in the room.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Ask every family in writing about food allergies before you bring food into the room, and read the answers. This adventure has food in it twice.

Annual Health and Medical Record parts A and B on file before the activity meeting, and check for asthma, allergies, and anything else that affects hard play.

Water available throughout the active meeting and two real breaks inside the thirty minutes. Watch for overheating on a warm day.

Clear the space of obstacles before the Scouts arrive and set a stop line well short of any wall.

Wash hands at the sink under adult supervision, two at a time. Hot water taps in a church hall can be genuinely hot.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

Team Tiger

Required adventure • Citizenship

If you read nothing else

Two den meetings plus a job done at a pack meeting and a service project. Meeting 1 is the two games; meeting 2 is the service project.

Requirement 2 asks the Scout to choose a job and actually do it. The cleanest version is the den greeting families at a pack meeting — talk to your Cubmaster now, because it needs a date on the pack calendar.

The service project is requirement 4 and it counts toward the pack's service total for the year. Log the hours in Scoutbook the same week.

If you use the 10,000 for the Troops holiday card project, cards must reach the Scouting America National Service Center by early November — check the current year's deadline before you schedule the meeting.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Play a game with your den, or family members, that has a set of rules. Discuss why rules are important to the game you are playing.
- ☐ 2. With your Tiger adult partner, choose a job that will help your team. Follow through by doing that job at least once.
- ☐ 3. Play a game that requires at least 2 teams with your den, or two other family members. Afterwards discuss what it means to be part of a team and what makes a good team member.
- ☐ 4. Participate in a service project.

Requirement 2 usually happens outside a den meeting — at a pack meeting, at home, or wherever the job is. Assign it at meeting 1 and confirm it is done at meeting 2.

Meeting 1: Rules, and playing on a team

Goal: Tigers play a game with rules and can say why the rules matter, play a game with two teams and can say what makes a good teammate, and leave with a job to do.

Covers requirements 1 and 3, and assigns 2

Before the meeting

- Learn Go Fish properly before you teach it — bicyclecards.com/how-to-play/go-fish. Someone will ask a rules question and the answer needs to come from you.

- Set out tables and chairs for groups of four, with a deck of cards at each. One deck per four people, counting adult partners.
- Write the charades cards ahead of time on index cards: a Lion, a Tiger, a Wolf, a Bear, a Scout, going on a camping trip, going on a hike, starting a fire, being friendly, being brave, being clean. Mix them and put them in a basket.
- Call your Cubmaster and get a pack meeting date where the den can arrive early and greet everybody. Get it in writing on the pack calendar.
- Have the service project decided and cleared with your committee so you can announce a date tonight.

Supplies

- One deck of standard playing cards per four people, adult partners included
- Tables and chairs
- Index cards, 3x5, with the charades prompts written on them
- A large basket
- A timer
- Handout with the pack meeting date and the service project date

Run of show

Time	What happens
10 min	Gathering: Go Fish
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
15 min	Activity 1: Go Fish and why rules matter
15 min	Activity 2: Tiger charades
5 min	Activity 3: choose your job
5 min	Closing

Activity 1 — Go Fish and why rules matter (15 min)

Play a game of Go Fish — scouting.org/cub-scout-activities/card-game-go-fish/

Groups of four, keeping each Scout with their own adult partner. Groups of two or three are fine if the numbers do not work out.

Before you deal, ask the den two questions and take real answers: why does it matter that everybody follows the rules in a game, and which points of the Scout Law should you be following while you play. They will get to trustworthy, friendly, and kind on their own, and the connection between the Law and how you behave in a card game is worth more than the card game.

Review the rules of Go Fish out loud so everyone starts from the same place, then play at least one full round.

While they play, watch for the moment somebody bends a rule — it will happen. Stop, do not scold, and ask the table what should happen now. That is requirement 1 doing its work: rules matter because without them the game stops being fun for everybody who is not winning.

Alternatives: Tigers Play Cornhole — scouting.org/cub-scout-activities/tigers-play-cornhole/ · Tigers Play Kickball — scouting.org/cub-scout-activities/tigers-play-kickball/

Activity 2 — Tiger charades (15 min)

Play a game of charades with your den — scouting.org/cub-scout-activities/tiger-charades/

Divide the den into two teams with the adult partners split between them. Keep the rules as simple as you can get away with: pick a card, act it out, no talking, no sounds.

A Scout draws a card and looks at it without showing anyone. Set the timer for two minutes. They act it out; their team guesses. Right answer in time, one point. No answer, the card goes back in the basket. Then the other team goes. Keep alternating until the cards run out.

A first grader who freezes gets their adult partner up there with them. That is not a workaround, it is the design of the rank.

Then sit down and have the discussion, because the discussion is the requirement, not the game:

- What does it mean to be part of a team?
- What makes somebody a good team member?

Push past “winning.” The answers you want are the ones they have just seen: cheering for your teammate, guessing out loud instead of sitting quiet, taking a turn even when you do not want to, not laughing at somebody who got stuck. Point at things that actually happened during the game — a Tiger will believe you about a thing they just did far more than a thing you tell them.

Alternatives: Tiger Volleyball — scouting.org/cub-scout-activities/tiger-volleyball/ · Tiger Wiffle Ball — scouting.org/cub-scout-activities/tiger-wiffle-ball/

Activity 3 — Choose your job (5 min)

Tiger Greeter — scouting.org/cub-scout-activities/tiger-greeter/

Requirement 2 is a job that helps the team, chosen with the adult partner and actually done at least once. Announce the pack meeting date and tell them the whole den is the greeting crew: arrive thirty minutes early, practice ways to welcome people, take a spot at a door, and greet everyone who comes in. Everyone in place ten minutes before the meeting starts.

Have each Scout and adult partner say out loud what job they are taking, right now, in front of the den. Saying it out loud is most of the follow-through.

If a family cannot make the pack meeting, the job can be anything real that helps the den, the pack, or the family: setting up chairs, leading the flag ceremony, cleaning up after the meeting, feeding the dog every day for a week. It has to be chosen, it has to help someone besides themselves, and it has to actually get done.

Alternatives: Tiger Flag Ceremony — scouting.org/cub-scout-activities/tiger-flag-ceremony/ · Tigers Help Clean Up — scouting.org/cub-scout-activities/tigers-help-clean-up/

Send home with families

Do the job you chose, at the pack meeting or at home, and be ready to tell the den about it next time. That is requirement 2.

Play a game with rules as a family this week and let your Scout be the one who explains the rules.

Service project date and location are on the handout. Come.

Meeting 2: The service project

Goal: Every Tiger takes part in a real service project and can say who it helped.

Covers requirement 4, and collects 2

Before the meeting

- Read how to write and send the cards at militaryholidaycardchallenge.com/how-to-send/ and make one sample card yourself, so the den has something to look at.
- Check this year's deadline for cards reaching the Scouting America National Service Center — it has run in early November. Work backward from it when you pick the meeting date.
- Cut paper and set out supplies on the tables before anyone arrives. Six-year-olds and a supply table at the front of the room is twenty minutes you will not get back.
- Have a camera or phone for photos, and check your pack's photo permissions before you take any.
- Ask each family at the door whether their Scout did their job, and tick it off the roster.

Supplies

- Construction paper, 8.5 x 11, various colors
- White copy paper
- Crayons and markers, enough to share
- Scissors, enough to share
- Decorative stickers
- A sample card you made
- A large envelope or box for mailing everything together
- Camera or phone for photos

Run of show

Time	What happens
10 min	Gathering: decorate an envelope, and job check-in
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
10 min	Activity 1: report on the job you did

Time	What happens
25 min	Activity 2: the service project
5 min	Closing

Activity 1 — Report on the job you did (10 min)

Round the circle. Each Scout says what job they chose, when they did it, and who it helped. Their adult partner confirms.

That is requirement 2 signed off. Keep it short and take it seriously — a Tiger who greeted forty people at the door of a pack meeting has done something genuinely hard, and thirty seconds of the den listening to them is the reward.

Any Scout who has not done their job yet picks a date with their adult partner before they leave tonight.

Activity 2 — The service project (25 min)

10,000 for the Troops — scouting.org/cub-scout-activities/10000-for-the-troops-tiger/

Tell them what they are doing and why, in plain words: some people in the military cannot come home for the holidays, and these cards tell them somebody was thinking about them.

Show your sample card and walk the rules, because this project has real rules and the cards get thrown out if they are broken:

- Address it to “Dear Warrior.”
- Write a holiday or gratitude greeting. Keep in mind that the people receiving them have many different holidays and beliefs.
- Write a personal note — how does your family celebrate, what do you remember about the holidays. The people receiving the cards say this is their favorite part.
- Sign your first name only, plus your town, your state, and your pack number. No last names, no addresses.
- Nothing bigger than an 8 x 11 sheet folded in half. No glitter, no envelopes.

Adult partners write for Scouts who cannot yet; the Scout dictates and signs their own first name. Let them make as many as the time allows.

Gather every card into one package and send it yourself. Do not send families home to mail their own — half of them will not, and the Scouts will never know whether their card arrived.

If the timing does not work for holiday cards, any of these are real service and just as good: Board Game Collection — scouting.org/cub-scout-activities/board-game-collection/ · Sock Drive — scouting.org/cub-scout-activities/sock-drive/ · Scouting for Food — scouting.org/cub-scout-activities/tiger-scouting-for-food/

Log the hours in Scoutbook this week. It is two minutes and it counts on the pack’s service record, which packs lose simply by not recording it.

Closing (5 min)

Ask one question before you close: who did we help tonight, and how will they feel when they open it? Let a couple of them answer.

Then read this:

Say something like

Today you showed what it means to be part of a team — playing games with fairness, helping with real jobs, and giving back through service. Each of you proved that Tigers make their den stronger by pitching in, following rules, and supporting one another. Keep that teamwork going wherever you are, because when Tigers work together, they can accomplish amazing things.

Send home with families

Ask your Scout who the cards were for and what they wrote. If they can tell you, it landed. Look for one more job at home this month and let your Scout choose it themselves.

Leader notes

- Requirement 2 is the one that gets forgotten, because it happens outside the den meeting. Assign it out loud at meeting 1, put the date on a handout, and check it off by name at meeting 2.
- The service project has to be participation, not attendance. A Tiger who watched adults sort cans has not done it.
- Keep charades teams mixed and keep the score quiet. The requirement is about being a good team member, and a den that is arguing about the score is not learning it.
- The cards go out as one package from you. Individual families mailing their own is how a service project quietly stops existing.
- Log the service hours in Scoutbook. It counts toward the pack's service total for the year.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every den meeting and at the pack meeting greeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Scissors are adult-supervised and the blunt kind. Adult partners do the cutting for anything tougher than construction paper.

First names, town, state, and pack number only on the cards. No last names, no addresses, no school names, no photos of Scouts inside a card.

Get photo permission before posting any pictures from the service project, and check your pack's permission list rather than assuming.

If your service project is off-site, follow the SAFE Checklist for the site: gloves, closed shoes, no sharps, no roadside work.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Tiger's Roar

Required adventure • Personal Safety

If you read nothing else

Two meetings. Meeting 1 is the Protect Yourself Rules video and Shout, Run, Tell; meeting 2 is emergency services and what to do if you get lost.

Requirement 1 needs written permission from a parent or legal guardian in advance. Send the Tiger's Roar 1 Parent Notification home at least two weeks out — it is in the Tiger adventure resources on [scouting.org](https://www.scouting.org) — and preview the video yourself before you show it.

Adult partners come with the names and phone numbers of five trusted adults for meeting 2. Those should be the adults identified during the Bobcat parent booklet, so tell them where to look.

Meeting 2 needs whistles and outdoor space. If you have done Tigers in the Wild, the whistles are already in the Six Essentials.

Run this early in the program year. It is the adventure that matters if something actually happens.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Tiger rank.
- ☐ 2. With your Tiger adult partner, demonstrate Shout, Run, Tell as explained in the Protect Yourself Rules video.
- ☐ 3. With your Tiger adult partner, demonstrate how to access emergency services.
- ☐ 4. With your Tiger adult partner, demonstrate that you know what to do if you get lost or separated.

The Protect Yourself Rules video may be watched at the den meeting with the adult partner present, or at home with a parent or legal guardian. Either satisfies requirement 1. A family that declines is never singled out — have something else ready in another room with an adult.

Meeting 1: Protect Yourself Rules and Shout, Run, Tell

Goal: Tigers watch the Protect Yourself Rules video with their adult partner and physically practice Shout, Run, Tell.

Covers requirements 1 and 2

Before the meeting

- Send the Tiger's Roar 1 Parent Notification home at least two weeks ahead and get written permission back. Track it by name on a roster.
- Preview the video yourself: Protect Yourself Rules Video Tiger — scouting.org/cub-scout-activities/protect-yourself-rules-video-tiger/. The Tiger video runs about 13 minutes and is at vimeo.com/325064660. You need to know what is coming so you can handle a Scout who reacts.
- Review Scouting America Youth Protection material at scouting.org/training/youth-protection/ before you run this meeting, and know your reporting obligation before a Scout tells you something.
- Test the screen, the sound, and the internet in the actual room. Download the video to a device if the connection there is unreliable.
- Clear a lane about 10 yards long so Scouts can run to their adult partner. At least four Scouts and four adults makes the relay work.

Supplies

- Screen, speakers, and a way to play the video — downloaded if the connection is poor
- Signed parent notifications, checked at the door
- A clear 10-yard lane
- Chairs for adult partners at the far end
- A quiet alternative activity in a second room, with a second adult, for any family that declines

Run of show

Time	What happens
5 min	Gathering: quiet coloring while permissions are checked
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
20 min	Activity 1: Protect Yourself Rules video and discussion
15 min	Activity 2: Shout Run Tell Relay
5 min	Closing

Activity 1 — Protect Yourself Rules (20 min)

Protect Yourself Rules Video Tiger — scouting.org/cub-scout-activities/protect-yourself-rules-video-tiger/

Check permission at the door. A Scout without written permission does something else in another room with an adult — no exceptions, no pressure on the family, and no comment about it in front of the den.

Every Scout watches sitting with their adult partner. The video is made to be watched that way and a first grader should have their own adult next to them for it.

Afterward, keep the discussion short, calm, and factual. Do not press for personal stories and do not let it become a joke. Three things to land, in Tiger-sized words:

- Your body belongs to you. There are parts of it nobody should touch.
- If someone tells you to keep a secret and it makes you feel bad inside, that is not a secret you have to keep — not from a grown-up you trust, not from anybody.
- Tell a trusted adult. If they do not listen, tell a different one, and keep telling until somebody does.

Have each Scout name their trusted adults quietly to their adult partner. At least one should be someone outside their own house. Those names come back next meeting with phone numbers.

If a Scout discloses anything to you: listen, do not interrogate, do not promise to keep it secret, and report it to your Scout executive and to local authorities the same day. Know that obligation before you run this meeting, not after.

Activity 2 — Shout Run Tell Relay (15 min)

Shout Run Tell Relay — scouting.org/cub-scout-activities/shout-run-tell-relay/

Line the Scouts up single file. Adult partners stand about 10 yards away, each facing their own Scout.

On your signal, the first Scout shouts — “No!” or “Stay away from me!” or whatever they would actually say if someone did something that made them uncomfortable. Let them pick their own words. That is Shout.

They run to their adult partner. That is Run.

When they get there they say “I need to tell you something.” That is Tell. The adult partner says something back — “I hear you, I believe you, thank you for telling me” — and means it.

Next Scout goes. Everybody has a turn.

The point of doing this as a physical relay rather than a discussion is that a scared six-year-old does not reason, they do what their body has practiced. Loud, fast, and out loud. Run it twice if you have time.

Do not correct a Scout's shout for being too loud or too silly. Loud is the requirement.

Alternatives: Police Officer Visit — scouting.org/cub-scout-activities/police-officer-visit/ · Shout Run and Tell Worksheet — scouting.org/cub-scout-activities/shout-run-and-tell-worksheet/

Closing (5 min)

Tell the adult partners two things they must bring next meeting: the names and phone numbers of five trusted adults, and a whistle for their Scout.

Point them at the Bobcat parent booklet for where the trusted adults came from. Most of them will have done that work already and forgotten it.

Send home with families

Talk about the video together. Ask your Scout who their trusted adults are and listen to the answer.

Write down the names and phone numbers of five trusted adults and bring them to the next

meeting.

Bring a whistle. If your Scout has their Cub Scout Six Essentials, the whistle is already in there.

Meeting 2: Getting help, and what to do if you are lost

Goal: Every Tiger can show how to reach emergency services on their adult partner's phone, and can stay, answer, and whistle if they get separated.

Covers requirements 3 and 4

Before the meeting

- Remind adult partners the day before to bring the five trusted adults' names and numbers, and a whistle.
- Find a large outdoor area with places to hide and no obstacles, and walk it beforehand for hazards and boundaries.
- Have the emergency services questions ready to read — the yes-or-no list below works and it is what keeps a first grader engaged in a 911 lesson.
- Set up space for Scouts and adult partners to work on pages 23 and 24 of the handbook.
- Have a spare whistle or two. Somebody will forget.

Supplies

- Tiger handbooks, pages 23 and 24
- Pencils or pens, one per Scout
- A whistle for each Scout, plus spares
- Adult partners' smartphones
- The five trusted adults list each family brings
- A large, obstacle-free outdoor area with hiding places

Run of show

Time	What happens
10 min	Gathering: Smart Phone Emergency Services, page 23
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
15 min	Activity 1: calling for help
20 min	Activity 2: Stay, Answer, Whistle — hide, seek, and found
5 min	Closing

Activity 1 — Calling for help (15 min)

Smart Phone Emergency Services — scouting.org/cub-scout-activities/smart-phone-emergency-services/

Handbooks open to page 23. Ask the Scouts if they know how to reach emergency services on a phone. Some will; most will not.

Adult partners take out their phones and show their own Scout how to get to emergency services on that specific phone — the lock screen emergency button, the keypad, whatever their phone actually does. An adult partner without a smartphone has their Scout dial 911 on the activity sheet instead. The requirement says demonstrate with the adult partner, and it matters that it is the phone that will actually be in the room.

Then talk about when. Police officers, firefighters, and EMTs are busy helping people in real emergencies, so you never call 911 unless it is one. And if it is one, you call, every time, with no hesitation.

Four things to remember if they ever do call:

- Always know where you are.
- Do not hang up.
- Answer all the dispatcher's questions. The dispatcher is the person who answers the phone.
- Never be afraid to call for a real emergency. Somebody is there any time of the day or night.

Now run the hands-up game. Read each one and have Scouts raise a hand if they think you should call 911:

- You see someone breaking into a car. (Yes)
- Your brother or sister breaks your toy. (No)
- You are with a friend and they fall and are bleeding a lot. (Yes)
- You fall down and scrape your elbow. (No)
- You see a building on fire. (Yes)
- You cannot find your homework. (No)
- You see a car get into an accident. (Yes)
- A stranger walks up to you and asks you to get in their car. (Yes)

Finish with the trusted adults. Adult partners talk through the five names with their Scout and write the phone numbers on page 23. Say plainly that most of the time when something is wrong, it is one of those five you call, not 911.

Alternatives: Emergency Services 911 Relay Race — scouting.org/cub-scout-activities/emergency-services-911-relay-race/ · Voice Activated Devices Emergency Services — scouting.org/cub-scout-activities/voice-activated-devices-emergency-services/

Activity 2 — Stay, Answer, Whistle (20 min)

Hide and Seek — scouting.org/cub-scout-activities/hide-and-seek/

Outside. Tell them there are three things to do if they ever get lost or separated, and give them the word: S.A.W.

- Stay. Do not wander and do not go looking. The people looking for you will go back to the last place they saw you, so be there.

- Answer. When you hear your name, shout back.
- Whistle. Three short blasts, over and over, until somebody finds you.

Then play hide, seek, and found. One Scout and their adult partner hide, with 30 seconds to find a spot. Everyone else searches in Scout-and-adult pairs. If they are found, the finders hide next.

If nobody has found them after three minutes, you blow your whistle once. That is the signal for the hiders to start doing S.A.W. — stay put, answer when they hear their name, and blow three short blasts repeatedly. The den will find them almost immediately.

Then ask the question that makes the whole thing land: was it easier to find someone when they were staying, answering, and whistling? They will tell you it was, and they will have proved it to themselves rather than been told.

Set your boundaries before anyone hides and make sure every hiding place is inside them. An adult stands at the edge of the area.

Come back in and finish the activity on page 24 of the handbook with the adult partners.

Alternatives: Emergency Whistle Testing — scouting.org/cub-scout-activities/emergency-whistle-testing/ · Pinewood Derby Drivers License — scouting.org/cub-scout-activities/pinewood-derby-drivers-license/

Closing (5 min)

One last thing before they leave: tell the Scouts to keep the whistle with them whenever they go outside with the den, and tell the adult partners to check it is in the pack.

Then read this:

Say something like

Today you learned how Tigers stay safe and strong — by speaking up, knowing when to run, and always telling a trusted adult. You practiced how to call for help and what to do if you ever feel lost or unsure. Those skills show courage, awareness, and smart thinking. Keep using your Tiger roar to stay safe, help others, and face every adventure with confidence.

Send home with families

Practice reaching emergency services on the phone your Scout would actually use, and practice saying your home address out loud.

Put the five trusted adults' numbers somewhere your Scout can find them.

Pick your family's meeting spot for when you get separated in a store, a park, or a parking lot, and use it the next time you go.

Keep the whistle in the pack.

Leader notes

- Parent permission for the Protect Yourself Rules video is required and must be in writing. A family that declines completes requirement 1 at home; never single that Scout out or ask why.
- Keep the tone calm all the way through. The goal is a Tiger who feels capable, not a Tiger who is frightened of the world.

- You are a mandatory reporter in practice. If a Scout tells you something, report it to your Scout executive and local authorities the same day. Do not investigate it yourself and do not talk it over with other parents.
- Shout, Run, Tell has to be physical. A Tiger who discussed it has not demonstrated it.
- The whistle from Tigers in the Wild does real work here. If you have not done that adventure yet, tell families the whistle is coming back and is worth keeping.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Written parent permission before the video, checked at the door by name.

A quiet alternative activity, in a separate room with its own adult, ready for any family that declines the video.

Set and state the boundaries of the hide-and-seek area before anyone hides, and post an adult at the edge. No hiding inside vehicles, sheds, dumpsters, or anywhere with a door that latches.

Whistles get blown outside, three blasts at a time, and go back in the pack afterward.

Annual Health and Medical Record parts A and B if the outdoor meeting is away from your normal location.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

Tiger Circles

Required adventure • Family and Reverence

If you read nothing else

One den meeting plus a family activity and a short share-back. Requirement 1 is a conversation with a parent or legal guardian, which for a Tiger can happen right at the meeting because the adult partner is there. Requirement 2 happens with the family, on their own time.

This is the adventure where families feel most exposed. Your job is to make every family in the den feel their tradition belongs here — including families with no religious tradition, who complete these requirements through their own values and celebrations, in those words.

Write the family letter carefully and send it two weeks ahead. “Your family’s faith traditions, or the values and celebrations your family holds” covers everyone in your den.

Requirement 2 offers a religious service OR another gathering that shows how your family expresses reverence. Say the OR out loud when you explain it.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With your parent or legal guardian, talk about your family’s faith traditions. Identify three holidays or celebrations that are part of your family’s faith traditions. Draw a picture of your favorite family’s faith tradition holiday or celebration.
- ☐ 2. With your family, attend a religious service OR other gathering that shows how your family expresses reverence.
- ☐ 3. Carry out an act of kindness.

Requirement 2 belongs entirely to the family and happens outside the den meeting. Requirement 1 is a parent-or-guardian conversation — if the adult partner at the meeting is the parent or legal guardian, it can be done in the room; otherwise it goes home.

Meeting 1: Family traditions and an act of kindness

Goal: Each Tiger names three holidays or celebrations from their family’s traditions and draws their favorite, and every Tiger makes and sends a card to someone.

Covers requirements 1 and 3, and sends home 2

Before the meeting

- Send the family letter two weeks ahead. Be deliberate and generous with the wording: some families in your den are deeply religious, some are not religious at all, and both fully belong. Say so in the letter.
- Draw a large tree on a sheet of poster board and cut out three paper leaves per Scout for the gathering activity.
- Print the My Family Traditions worksheet, one per Scout — it is in the Tiger adventure resources on scouting.org as Tiger Circles 1 Faith Traditions Worksheet.
- Set up the room for a calm meeting. This one is quieter than the rest of the year and the space should say so before anyone speaks.
- Have scissors, crayons, and handbooks open-able to page 27 ready for the kindness cards.
- Bring stamps and envelopes so the cards can actually be sent.

Supplies

- One large sheet of poster board with a tree drawn on it
- Pre-cut paper leaves, three per Scout
- Crayons, enough to share
- Three rolls of clear tape
- My Family Traditions worksheets, one per Scout
- Colored pencils
- Tiger handbooks, pages 26 and 27
- Scissors, enough to share
- Envelopes and stamps

Run of show

Time	What happens
10 min	Gathering: Tree of Reverence
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
15 min	Activity 1: My Family Traditions
15 min	Activity 2: A Note of Kindness
5 min	Activity 3: the family gathering, explained
5 min	Closing

Gathering — Tree of Reverence (10 min)

Tree of Reverence — scouting.org/cub-scout-activities/tree-of-reverence-tiger/

The poster-board tree goes up on the wall. Greet each family at the door and give the Scout three paper leaves and the prompt: draw three pictures of your favorite holidays or celebrations that are part of your family's traditions.

They tape the leaves to the tree as they finish, and read the ones already up while they wait for the meeting to start.

This sets the tone before you say a word, and it gets requirement 1 half done during the arrival window. Leave the tree up for the rest of the meeting and point at it later.

Activity 1 — My Family Traditions (15 min)

My Family Traditions Worksheet — scouting.org/cub-scout-activities/my-family-traditions-worksheet/

One worksheet per family. Each adult works through it with their own Scout: talk about your family's traditions, name three holidays or celebrations that are part of them, and draw the favorite one.

You are not teaching this. Sit down, be available, and let the families talk. The requirement is a conversation between a Scout and their parent or legal guardian, and your contribution is the paper, the crayons, and fifteen quiet minutes.

If the adult partner at the meeting is not the Scout's parent or legal guardian, the worksheet goes home to be done with one. Say that once, to the room, without pointing at anybody.

When everyone is finished, ask each Scout to show the den their favorite celebration and say one sentence about it. Set the rule before the first Scout speaks: we listen, we do not compare, and nobody's family is weird. Enforce it the first time and you will not need to again.

You will hear a real range — Christmas and Easter, Hanukkah and Passover, Eid, Diwali, Lunar New Year, a birthday, a harvest meal, a national holiday, the whole family driving to grandma's every August. All of it counts. A family with no religious tradition completes this requirement through the celebrations and values they do have, and you should say that out loud so nobody in the room is wondering.

Alternatives: My Family Celebrations — scouting.org/cub-scout-activities/my-family-celebrations/ · Tiger Holiday Drawing — scouting.org/cub-scout-activities/tiger-holiday-drawing/ · Tiger Circles Passport — scouting.org/cub-scout-activities/tiger-circles-passport-req-1/

Activity 2 — A Note of Kindness (15 min)

Tiger A Note of Kindness — scouting.org/cub-scout-activities/tiger-a-note-of-kindness/

Ask the den what they could do to be kind to somebody. Take the answers. Then tell them one of the easiest is to give somebody a card that says how special they are.

Page 27 of the handbook is the card. Scouts make theirs, and their adult partner helps cut it out. Ask each Scout who theirs is for before they start — naming the person first makes it a real card rather than an art project.

Then it has to be sent. Adult partners help address it; bring the stamps yourself and put the envelopes in the mail on your way home if you can. Requirement 3 says carry out an act of kindness, and a card that stays in a backpack has not been carried out.

Tie it to the Law before you move on: a Scout is kind. That is not a thing you say at a meeting, it is a thing you do to somebody who is not in the room.

Alternatives: Tiger Be Kind at Home — scouting.org/cub-scout-activities/tiger-be-kind-at-home/ · Tiger Be Kind at School — scouting.org/cub-scout-activities/tiger-be-kind-at-school/

Activity 3 — The family gathering, explained (5 min)

Tiger Religious Service — scouting.org/cub-scout-activities/tiger-religious-service/

Explain requirement 2 to the adults, slowly, and read the OR: attend a religious service with your family, or another gathering that shows how your family expresses reverence. Both are the requirement. Neither is the lesser version.

For a family that attends services, page 26 of the handbook is the prep. Before you go, talk about what the service is for, how often it happens, and whether it is divided into parts. Afterward, talk about how it felt, what stood out, and which part they liked best.

For a family with no religious tradition, the other gathering is genuinely equivalent: a Veterans Day ceremony, a Memorial Day service, a family reunion, a volunteer morning, a visit to a memorial, a meal where the family says what they are thankful for. What makes it count is that it shows how your family expresses reverence and that you talk about it together before and after.

Alternatives: Tiger Religious Celebration — scouting.org/cub-scout-activities/tiger-religious-celebration/ · Tiger Veterans Day — scouting.org/cub-scout-activities/tiger-veterans-day/

Send home with families

Attend a religious service, or another gathering that shows how your family expresses reverence, and talk about it together before and after. Page 26 of the handbook has the questions. That is requirement 2.

Finish the family traditions worksheet if you did not at the meeting.

Look for one more act of kindness to do this week, and let your Scout choose who it is for.

Meeting 2: Share-back

Goal: Scouts say where they went with their family and what they noticed, and requirement 2 is signed off.

Covers requirement 2

Before the meeting

- This is a ten-minute block at the start of your next regular den meeting, not a whole meeting. Say so in the family letter so nobody drives across town for it.
- Put the Tree of Reverence back up on the wall.
- Check off requirement 2 by name as each family reports.

Supplies

- The Tree of Reverence poster
- Your roster

Run of show

Time	What happens
10 min	Share-back circle
—	Then continue with your next adventure

Share-back circle (10 min)

Around the circle, about thirty seconds each: where did you go with your family, and what is one thing you noticed? The adult partner can help, but let the Scout say it.

Same rule as last time, said again before the first Scout speaks: we listen, we do not compare, and nobody's family is weird.

Do not ask a Scout to explain or defend what their family believes. They share what they choose to share and you take it at face value.

Then one question to close it out: what did you hear tonight that was the same in two different families? Let them find it themselves. There will be thankfulness, and there will be taking care of other people, and once a Tiger has spotted that in somebody else's family they have understood something that is hard to teach any other way.

Say something like

Today you took time to learn about what makes your family unique — the traditions you celebrate, the moments you share, and the kindness you show to others. By exploring your family's faith practices and doing an act of kindness, you discovered that reverence isn't just something you talk about... it's something you do. Keep honoring your family, keep showing kindness, and keep carrying those values with you wherever you go.

Leader notes

- This is the most sensitive adventure in the Tiger year. Handled with care, every family feels seen; handled carelessly, you lose somebody quietly and never find out why.
- Scouting asks a Scout to do their duty to God and does not define God for them. A family with no religious affiliation completes these requirements through their own values, celebrations, and gatherings — say that in the family letter, in those words, before anybody has to ask.
- Never ask a Scout to explain or defend their family's beliefs, and never let another Scout do it either. Set the listening rule before the first share and enforce it once.
- If your pack is chartered to a religious organization, be especially deliberate about welcoming families of other traditions and of none. The chartered organization provides the meeting space; it does not set the Scouts' beliefs.
- Religious emblems programs exist for most faiths and are earned outside Scouting through the family's own faith group. Mention them to families — this adventure is a natural on-ramp.
- Adult partners are usually the parent, so requirement 1 can often be done in the room. Do not assume it — some Tigers come with a grandparent, an aunt, or a family friend, and that is fine.

Safety

Before this adventure

- Two registered adults with current Safeguarding Youth Training at every den meeting. If your den includes girls, one of those adults must be a registered female 21 or over.
- Scissors are adult-supervised and blunt-tipped. Adult partners do the cutting on page 27.
- Ask about food allergies before anything edible comes in with a family tradition, and label everything.
- Photo permission before posting anything from this adventure. Some families will not want their traditions online, and you will not know which ones unless you ask.
- The kindness cards carry a first name only. No last names, no addresses, no school names.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3

Wolf Adventures

Bobcat

Required adventure • Character and Leadership

If you read nothing else

Every Cub Scout earns Bobcat first, at every rank. Nothing else counts toward Wolf until this is done, so run it the first two weeks of the program year.

Two den meetings. Wolf is the first rank that is genuinely den-run — adult partners no longer have to attend, so the Scouts do the activities themselves and you are running a room of second graders rather than a room of pairs.

Requirement 7 is done at home with a parent or legal guardian and cannot be completed at a den meeting. Hand the booklet out at meeting 1, collect the slip at meeting 2.

The den Code of Conduct poster made at meeting 2 gets hung at every meeting for the rest of the year. Buy the good poster board.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Get to know members of your den.
- ☐ 2. Recite the Scout Oath and the Scout Law with your den and den leader.
- ☐ 3. Learn about the Scout Law.
- ☐ 4. With your den, create a den Code of Conduct.
- ☐ 5. Demonstrate the Cub Scout sign, Cub Scout salute and Cub Scout handshake. Show how each is used.
- ☐ 6. Share with your den, or family, a time when you demonstrated the Cub Scout motto “Do Your Best.”
- ☐ 7. At home, with your parent or legal guardian, do the activities in the booklet How to Protect Your Children From Child Abuse: A Parent’s Guide.

Requirement 7 is a family activity. The matching den resource is Child Abuse Protection Review Wolf — scouting.org/cub-scout-activities/child-abuse-protection-review-wolf/. Send the booklet home with the Scout in their hand at meeting 1 and collect the signed acknowledgement at meeting 2. Do not attempt to run it as a den activity.

Meeting 1: Names, the Oath and the Law

Goal: Scouts learn each other’s names, say the Scout Oath and Scout Law out loud with you, handle the twelve points of the Law, and demonstrate the sign, salute and handshake.

Covers requirements 1, 2, 3 and 5

Before the meeting

- Print one Get to Know You Bingo card per Scout. The card is in the Additional Resources for this activity on scouting.org.
- Write one point of the Scout Law on each of twelve clothespins, per Scout. Mix them up and bag twelve in each baggie — and make sure no bag holds a complete set, or the trading never starts. This is the whole trick of the activity.
- Print the Scout Oath and the Scout Law big enough to read from across the room and tape them to the wall. Leave them up all year.
- Ask a second registered adult and a den chief if you have one. The relay needs an adult at each end.
- Print one copy of How to Protect Your Children From Child Abuse: A Parent's Guide per family, plus the acknowledgement slip.

Supplies

- Get to Know You Bingo cards, one per Scout
- Markers, pencils or pens for each den member, plus spares — someone will lose one
- Small prizes: stickers or something similar
- Twelve clothespins per Scout, one point of the Scout Law written on each
- A baggie per Scout
- Scout Oath and Scout Law posters
- Parent booklets and acknowledgement slips

Run of show

Time	What happens
10 min	Gathering: Get to Know You Bingo
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
20 min	Activity 1: Scout Law Clothespin Quest
15 min	Activity 2: Bobcat Relay
10 min	Activity 3: the Law, in their own words
5 min	Closing: family booklets go home

Gathering — Get to Know You Bingo (10 min)

Get to Know You Bingo — scouting.org/cub-scout-activities/get-to-know-you-bingo/

Hand each Scout a bingo card and a marker as they arrive. They move around the room finding another Scout who matches a description on a square, and that Scout signs or initials the square. A row, column or diagonal is a bingo.

When a Scout gets a bingo, have them call it and say what they learned about the people who signed. Small prize.

Then run it once in reverse: call out one square — “has a dog,” “moved here this year” — and every Scout it fits runs to one wall. That is the part that actually does the work, because it shows the den how much they have in common.

Push them past hunting for signatures. A Scout who collected twelve initials and cannot name one person has not completed requirement 1. Ask a follow-up question at least twice: who signed this one, and what did they tell you?

Opening (5 min)

Recite the Scout Oath and Law — scouting.org/cub-scout-activities/recite-the-oath-and-law-wolf/ Pledge of Allegiance, then the Scout Oath and the Scout Law, everyone together, reading off the posters. You say it with them — that is what requirement 2 asks for, the den and the den leader together.

Second graders will not have it memorized tonight and are not required to. Say it at the opening of every meeting this year and most of them will have it by Christmas without ever being drilled.

Activity 1 — Scout Law Clothespin Quest (20 min)

Scout Law Clothespin Quest — scouting.org/cub-scout-activities/scout-law-clothespin-quest/

Give every Scout their bag. They dump the pins out and then trade with each other until they hold a complete set of all twelve points, no duplicates.

This is a trading floor for ten minutes and it is loud. Let it be. The Scouts are reading the words off the pins over and over while they negotiate, which is exactly what you want.

When a Scout has a full set they clip the twelve points onto their neckerchief in order, or lay them out on the floor in order. Check the order rather than the collection.

Alternatives if trading will not work with your den size: Scout Law Emoji Game — scouting.org/cub-scout-activities/scout-law-emoji-game/ · Scout Law Word Search — scouting.org/cub-scout-activities/scout-law-word-search/

Activity 2 — Bobcat Relay (15 min)

Bobcat Relay Wolf — scouting.org/cub-scout-activities/bobcat-relay-wolf/

Demonstrate all three first, yourself, and have the den mirror you. The Cub Scout sign is two fingers up. The salute is two fingers to the eyebrow. The handshake is the left hand, two fingers extended along the wrist.

Then split into two teams lined up at one end of the room, with an adult or den chief at the far end for each team. The first Scout runs down; the adult asks for one of the three. If they do it properly, they run back and tag the next Scout. If not, they run back to their team for help and then return and try again.

That second rule is the point of the game — a Scout who gets it wrong goes to their own den for the answer, not to you. Do not let the adults at the far end coach.

Then quiz the meaning, because requirement 5 says show how each is used: “The flag is being posted.” (Salute.) “I have my hand up for quiet.” (Sign, and silence.) “You are meeting the Cubmaster.” (Handshake, left hand.)

Alternatives: Scout Sign Sound of Silence — scouting.org/cub-scout-activities/scout-sign-sound-of-silence/ · Simon Says — scouting.org/cub-scout-activities/simon-says/

Activity 3 — The Law, in their own words (10 min)

Sitting in a circle with the clothespins out. Go around and give each Scout one point of the Law to explain — not define, explain. What does it look like when somebody is being helpful? Who do you know who is brave?

Take plain second-grade answers. “Thrifty means you don’t waste stuff” is a complete answer. Correct only what is actually wrong.

That is requirement 3. Scouts learn the Law by handling it and arguing about it, not by reciting it back at you.

Closing (5 min)

Put a parent booklet in every Scout’s hand, not in their bag. Then tell the parents yourself at pickup what it is and that you need the slip back next week. The slip is requirement 7 and it is the one thing here that only a family can do.

Announce next week: we are writing our den’s rules, and everyone signs them.

Record attendance and advancement before you leave the building. The Scouts put the room back in order — Wolf is den-run and cleanup is theirs now.

Send home with families

Do the activities in How to Protect Your Children From Child Abuse: A Parent’s Guide together and return the signed slip at the next meeting. That is requirement 7 and only a parent or legal guardian can complete it.

Practice the Scout Oath and Scout Law at the dinner table. Ask your Scout to teach it to you rather than the other way round.

Meeting 2: Our den’s Code of Conduct

Goal: The den chooses and signs a Code of Conduct they will actually keep, and every Scout tells a story about doing their best.

Covers requirements 4 and 6, and collects 7

Before the meeting

- Print the Wolf Bobcat 4 Code of Conduct Choice Sheet from the Wolf adventure resources on scouting.org — filestore.scouting.org, filed as Wolf Bobcat 4 Code of Conduct Choice Sheet. Print each rule on the colored paper it calls for and cut them all out before the meeting.
- Have poster board, glue sticks, markers and stickers on one table, ready to go. The gluing takes longer than you think with second graders.
- Think of your own Do Your Best story ahead of time and make it a small one. You go first, and if your story is a marathon nobody will follow it.
- Collect the parent acknowledgement slips at the door as Scouts arrive.

Supplies

- Printed Code of Conduct choice sheet, rules cut out on blue, yellow and red paper — two sheets of each color
- One piece of poster board
- Glue stick and scissors
- Assorted markers and stickers
- The Scout Oath and Scout Law posters, still on the wall
- Parent acknowledgement slips checklist

Run of show

Time	What happens
10 min	Gathering: clothespin race, twelve points against the clock
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
25 min	Activity 1: Code of Conduct Collage
15 min	Activity 2: Do Your Best Showcase
10 min	Activity 3: Bobcat check and sign-off
5 min	Closing

Activity 1 — Code of Conduct Collage (25 min)

Code of Conduct Collage — scouting.org/cub-scout-activities/code-of-conduct-collage/

Spread all the cut-out rules on a table. Tell the den plainly what they are doing: choosing the rules for their own den meetings, five to seven of them, as a group.

Let them read through and argue. Your job is to make them agree on a number and stop, not to steer them to the rules you would have picked. If they choose one you think is silly, let it on the poster — a rule they chose is a rule they enforce.

Once five to seven are settled, they glue them to the poster board together and decorate it with markers and stickers. Then every Scout signs it, and you sign it, and the assistant den leader signs it.

Say the part that makes the signature mean something before anyone picks up a pen:

Say something like

When you write your name on this, you are telling the whole den you will follow these. Nobody made you pick them. That means when someone forgets, it is not me who has to say something — it is you.

Bring the poster to every meeting for the rest of the year and hang it up. When the room comes apart in February, point at it instead of raising your voice. That is what it is for.

Alternative: Code of Conduct Wolf — scouting.org/cub-scout-activities/code-of-conduct-wolf/

Activity 2 — Do Your Best Showcase (15 min)

Do Your Best Showcase — scouting.org/cub-scout-activities/do-your-best-showcase/

Sitting in a circle. Explain that everyone is going to tell about a time they did their best, and give examples first so they know how small a story is allowed to be:

- I did my best when my mom was teaching me to fold clothes.
- I did my best on my last spelling test.
- I did my best when I was learning to ride my bike.

You go first. Then go around to every Scout who wants to share. Do not force a Scout who does not want to talk — requirement 6 says den or family, so a Scout can tell theirs at home and a parent can confirm it.

Second graders will offer stories where they did their best and still lost. Those are the good ones. Say so out loud: doing your best is the motto, not winning.

Alternatives: Do Your Best Shield — scouting.org/cub-scout-activities/do-your-best-shield/ · Do Your Best Talking Neckerchief — scouting.org/cub-scout-activities/do-your-best-talking-neckerchief/

Activity 3 — Bobcat check and sign-off (10 min)

Go around the circle once. Each Scout says the Scout Oath with the den, names a couple of points of the Law and what they mean, and demonstrates the sign, salute and handshake. Tick them off as they go.

Confirm you have the parent slip for requirement 7 from every family. Chase the missing ones this week by text with the parent, not by asking the Scout again.

Enter Bobcat in Scoutbook the same night. Advancement that was earned and never recorded does not exist — not on the Scout's record, and not in the award order.

Say something like

Today you strengthened your start as a Wolf Scout — learning names, practicing respect, and showing how the Scout Oath and Law guide your choices every day. You talked with your family about staying safe and discovered how doing your best helps your whole den grow stronger. Keep being kind, keep trying hard, and keep living the values you practiced today. Your Wolf journey is already off to a great start.

Send home with families

Nothing new. If the parent booklet slip has not come back, it is due now.

Ask your Scout what rules the den picked and why. They will remember, because they chose them.

Leader notes

- Wolf is the first den-run year. Adult partners are welcome but not required, and the activities above assume the Scouts do them without a grown-up attached to each one. Say that to parents at meeting 1 so nobody is surprised.
- The Code of Conduct poster is the most useful object you will make all year. Laminate it if you can, and hang it every week.
- A Scout who joins mid-year earns Bobcat first, whatever the calendar says. Run a short catch-up with them and a parent rather than making them wait.
- Do not drill the Oath and Law. Say them at every opening and they arrive on their own.
- Requirement 7 belongs to the family. Your job is to hand out the booklet, say why it matters, and collect the slip.

Safety

Before this adventure

Two registered adults, both with current Safeguarding Youth Training, at every den meeting and activity. SYT is valid 12 months — check your own expiry date before the program year starts. If your den includes girls, one of those adults must be a registered female 21 or over.

No one-on-one contact between an adult and a Scout who is not their own child, in person, online, or by text. Include a parent on every message.

The relay is a running game indoors. Clear the floor and set the turnaround point away from a wall.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7

Scout	1	2	3	4	5	6	7

Paws on the Path

Required adventure • Outdoors

If you read nothing else

Two meetings. Meeting 1 is all the preparation — Six Essentials, buddies, clothing, Outdoor Code. Meeting 2 is the 30-minute walk itself.

The walk can be urban, suburban or rural, and it can start at your regular meeting place. It does not need a trailhead. Thirty minutes outside is the requirement.

If the walk is anywhere other than your usual meeting location, you need the Scouting America Annual Health and Medical Record parts A and B for every participant, youth and adult, in hand before you go — filestore.scouting.org/filestore/HealthSafety/pdf/680-001_AB.pdf. Send the form home three weeks ahead.

Every Scout brings their own Six Essentials to meeting 2. Say it twice and put it in writing, or half of them will arrive with nothing.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Identify the Cub Scout Six Essentials. Show what you do with each item.
- ☐ 2. Learn about the buddy system and how it works in the outdoors. Pick a buddy for your walk.
- ☐ 3. Identify appropriate clothes and shoes for your walk outside. Do your best to wear them on your walk.
- ☐ 4. Learn about the Outdoor Code and Leave No Trace Principles for Kids.
- ☐ 5. With your den, pack, or family, take a walk outside for at least 30 minutes to explore nature in your surroundings. Describe four different animals, domestic or wild, that you could see on your walk.

Meeting 1: Getting ready to walk

Goal: Every Scout can name the Six Essentials and say what each one is for, has a buddy, knows what to wear, and has worked through the Outdoor Code and Leave No Trace Principles for Kids.

Covers requirements 1, 2, 3 and 4

Before the meeting

- Print the Outdoor Code Emoji worksheet and the Leave No Trace Principles for Kids Emoji worksheet, one of each per Scout. Both are in the Wolf adventure resources on scouting.org, filed as Wolf Paws on the Path 4 Outdoor Code Emoji and Wolf Paws on the Path 4 Leave No Trace Principles for Kids Emoji.

- Print the Cub Scout Six Essentials Clue cards — Wolf Paws on the Path 1 Cub Scout Six Essentials Clue. Each card set is a different color matched to one essential.
- Collect two or three items of outdoor clothing, two or three pairs of walking shoes, and two or three accessories for each of the four seasons. Ask parents to lend what you are missing.
- Deliberately mix in some bad choices for the clothing relay — high heels, a swimsuit, dress clothes. The wrong answers are what makes this activity work.
- Pick your walk location now and tell families at the end of this meeting, in writing, with the address and the start time.
- If the walk is off-site, send the Annual Health and Medical Record home tonight and start collecting.

Supplies

- Outdoor Code Emoji and Leave No Trace Principles for Kids Emoji worksheets, one each per Scout
- Pencils and pens
- Wolf handbooks — the Outdoor Code and the Leave No Trace Principles for Kids are in the front
- Cub Scout Six Essentials Clue cards, printed and sorted by color
- A complete set of Six Essentials to show: filled water bottle, small first aid kit, whistle, flashlight, sun protection, trail food
- Two to three clothing items, pairs of shoes and accessories per season, plus the deliberately wrong ones
- Blank Annual Health and Medical Record forms for anyone who has not returned one

Run of show

Time	What happens
10 min	Gathering: Outdoor Code and Leave No Trace Emoji
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call, walk logistics
15 min	Activity 1: Cub Scout Six Essentials Clue
10 min	Activity 2: 1-2 Buddies
20 min	Activity 3: Seasonal Clothing Relay
5 min	Closing

Gathering — Outdoor Code and Leave No Trace Emoji (10 min)

Outdoor Code and Leave No Trace Emoji — scouting.org/cub-scout-activities/outdoor-code-and-leave-no-trace-emoji/

As Scouts arrive, read the Outdoor Code and the Leave No Trace Principles for Kids together out of the front of the Wolf handbook. Then hand out both emoji sheets.

Scouts look at each emoji and write next to it what they think it stands for. Let them guess wrong; guessing is the activity. Help any Scout who is stuck on a word rather than the idea.

Then go through the sheet one emoji at a time as a den and let Scouts give their answers. Correct the ones that missed and make sure everyone hears the right version before you move on.

Finish by reading the Outdoor Code and the Leave No Trace Principles for Kids aloud together, with the emoji sheet in front of them as the cue. Let them keep the handbook open — this is requirement 4 and it is learning, not testing.

Activity 1 — Cub Scout Six Essentials Clue (15 min)

Cub Scout Six Essentials Clue — scouting.org/cub-scout-activities/cub-scout-six-essentials-clue/

Hand out one color set of clue cards. Scouts take turns reading their clue aloud, and when all the clues in the set have been read the den guesses which essential it is. Repeat for each of the six sets.

With a small den, give a Scout more than one card. With a big den, buddy them up on a card.

Then do the second half of the requirement, which the card game does not cover on its own: show what you do with each item. Hold up the real thing and have a Scout do it.

- Filled water bottle — drink before you are thirsty. Have someone take a drink now.
- First aid kit — open it and show what is inside. A bandage for a scrape.
- Whistle — three short blasts means I need help. Every Scout blows three, once, and then the whistles go away before you lose the room.
- Flashlight — turn it on and point it at the ground on the path, not in a face.
- Sun protection — hat and sunscreen. Someone puts a hat on.
- Trail food — food you can carry that will not squash. Check allergies before you hand any out.

Alternatives: Cub Scout Six Essentials Scavenger Hunt — scouting.org/cub-scout-activities/cub-scout-six-essentials-scamenger-hunt/ · What Cub Scout Essential Am I — scouting.org/cub-scout-activities/what-cub-scout-essential-am-i/

Activity 2 — 1-2 Buddies (10 min)

1-2 Buddies — scouting.org/cub-scout-activities/1-2-buddies/

Line the den up in alphabetical order by first name. Count off down the line, one, two, one, two. Each one and two pair up. That is a buddy, and that is the buddy for the walk.

The alphabetical line is doing something on purpose: it stops best friends pairing up and it stops you from having to pick. Do not let them renegotiate.

Then teach what the buddy actually does outdoors, because requirement 2 asks how the buddy system works, not just who your buddy is:

- You stay where you can see each other the whole time. Not the same room — the same few steps.
- If your buddy stops, you stop. If your buddy is hurt, you stay and you shout for an adult. You do not go for help alone.
- When a leader calls “buddy check,” you grab your buddy’s hand and hold it up. Practice it twice now so it works on the trail.

Alternatives: Buddy Circle Game — scouting.org/cub-scout-activities/buddy-circle-game/ · Popsicle Stick Buddies — scouting.org/cub-scout-activities/popsicle-stick-buddies/

Activity 3 — Seasonal Clothing Relay (20 min)

Seasonal Clothing Relay — scouting.org/cub-scout-activities/seasonal-clothing-relay/

Pile every item of clothing, every pair of shoes and every accessory on the floor at least twenty feet from the two teams.

Call a season. One Scout from each team races to the pile, finds one item appropriate for that season, and runs it back. The next Scout goes. Keep going until every Scout on the team has fetched something, then call the next season, until all four have been played.

The high heels and the swimsuit in the pile are the whole point. Somebody will grab them, everyone will laugh, and that is the moment the lesson lands.

When both teams finish, go through every item and ask the Scout who picked it why. That review is requirement 3 — the running is just how you get there.

Spend the last two minutes on shoes specifically, because shoes are what actually ruins a walk. Closed toes, something they have already worn, socks. New shoes on walk day means blisters at minute fifteen.

Alternatives: Clothing Store Visit — scouting.org/cub-scout-activities/clothing-store-visit/ · Sketchy Weather Wardrobe — scouting.org/cub-scout-activities/sketchy-weather-wardrobe/

Closing (5 min)

Give the walk details out loud and on paper: address, parking, start time, end time. Everyone brings their Six Essentials and wears the shoes we just talked about.

Collect health forms at the door if the walk is off-site. A Scout without one does not come.

Send home with families

Put together your Scout's Six Essentials in a small pack they can carry themselves, and send it to the next meeting: filled water bottle, small first aid kit, whistle, flashlight, sun protection, trail food.

Check the shoes. Closed toes, already broken in, with socks.

Return the Annual Health and Medical Record parts A and B if the walk is away from our usual meeting place.

Meeting 2: The walk

Goal: The den walks outside for at least 30 minutes with buddies and Six Essentials, and every Scout can describe four animals, wild or domestic, they could see along the way.

Covers requirement 5, and verifies 1, 2 and 3

Before the meeting

- Print the Outdoor Scavenger Hunt card, one per Scout — Wolf Paws on the Path 5 Outdoor Scavenger Hunt in the Wolf adventure resources.
- Walk the route yourself in the last week. Check the surface, the road crossings, the bathrooms and whether it is closed.
- If you are off-site, bring copies of the Annual Health and Medical Record for every participant, youth and adult, and read them for restrictions before you go — not after someone struggles.
- Check the forecast the morning of and text families what to wear. Use your rain date if you have one; a miserable first outdoor experience costs you Scouts.
- Carry the den first aid kit, a roster with emergency numbers, a trash bag and a charged phone.

Supplies

- Outdoor Scavenger Hunt cards, one per Scout
- Pencils or markers — pencils travel better
- Each Scout's own Cub Scout Six Essentials
- Copies of the Annual Health and Medical Record for every participant, if off-site
- Den first aid kit and a roster with parent phone numbers
- Trash bag for anything you pick up
- Spare water and spare sunscreen — someone will forget

Run of show

Time	What happens
10 min	Gathering: gear check and buddy check
5 min	Opening: Outdoor Code and Leave No Trace Principles for Kids
10 min	Activity 1: name four animals before we go
35 min	Activity 2: the walk and the scavenger hunt
10 min	Activity 3: the animal share, sitting down
5 min	Closing

Gathering — Gear check and buddy check (10 min)

Every Scout opens their pack and shows their Six Essentials. Fill the empty bottles, hand out spare sunscreen, and deal with the wrong shoes now rather than at minute twenty. This verifies requirements 1 and 3 by looking rather than by asking.

Buddies from last meeting, same pairs. Call a buddy check and make them find each other and put hands up. Do it once now and they will do it on the trail.

Opening (5 min)

Say the Outdoor Code and the Leave No Trace Principles for Kids together from the emoji sheets they filled in last week. Then hand them the one-sentence version they will actually use:

Say something like

Everything we carry in, we carry out. If we do this right, the next family who walks here will not be able to tell we came through.

Activity 1 — Four animals, before we go (10 min)

Outdoor Scavenger Hunt — scouting.org/cub-scout-activities/outdoor-savenger-hunt/

Hand out the scavenger hunt cards. Before anyone moves, every Scout writes on the back of their card at least four different animals they might see on this walk — wild or domestic, both count.

Doing this first rather than last is deliberate. It gives them something to look for on the walk instead of asking how much further, and it means requirement 5 is met even if nothing shows up.

Push past “dog, cat, bird.” Ask what kind of bird, and what lives in that tree, and what is under a rock. Second graders will name a squirrel, a robin, an ant, a neighbor’s dog — all four count.

Activity 2 — The walk (35 min)

Thirty minutes minimum outside. An adult leads, an adult sweeps at the back. Nobody passes the front, nobody falls behind the back, and buddies stay together.

Scouts work the scavenger hunt as they go. Stop twice for a water break and a buddy check, and use each stop for one thing:

- First stop — choose the right path. Point out where the trail is widening because people walked around a puddle, and then walk straight through the middle of it.
- Second stop — leave what you find. Somebody will have pocketed a rock or picked a flower. Use it. Ask who else was going to use that, and put it back.

Pick up any litter you pass into the bag. The bag does more for Leave No Trace than the poster did.

Watch wild animals, never approach them, and never approach a dog you do not know even if it looks like somebody’s pet.

Activity 3 — The animal share (10 min)

Sit down at the end, before anybody gets in a car. Each Scout reads their four animals and says which ones they actually saw and which ones they only could have seen. Both satisfy the requirement — the wording is animals you could see.

Ask one follow-up each: where would that animal live around here, and what would it be eating?

Alternatives if you want the animal work back indoors instead: Sketch Animals — scouting.org/cub-scout-activities/sketch-animals/ · Wild or Domestic Collage — scouting.org/cub-scout-activities/wild-or-domestic-collage/

Say something like

Today you showed what it means to be a Wolf on the trail — using the Outdoor Code, hiking with a buddy, and paying attention to the world around you. Every step you took showed responsibility, curiosity, and respect for nature. Keep exploring new paths, keep noticing the wonders outdoors, and keep being a Wolf who hikes with confidence and care.

Send home with families

Take the same walk again as a family this month. Your Scout knows the route now and will want to lead it.

Keep the Six Essentials pack assembled by the door. It is needed for most of the rest of the Wolf year.

Leader notes

- Thirty minutes is the requirement. Do not stretch it into a four-mile hike to make it feel real — you will lose the Scouts who are not outdoor kids yet, and those are the ones this adventure exists to reach.
- The walk counts whether it is a park, a greenway, a neighborhood loop or the field behind your meeting place. Pick the one you can reach without a caravan of cars.
- Requirement 5 says animals you could see. A Scout who saw nothing but two squirrels still completes it by describing four.
- Buddies are assigned by the alphabet, not chosen. It takes ten seconds and it prevents the one Scout left standing alone.
- Requirement 1 says show what you do with each item, not name it. Handle the real objects.

Safety**Before this adventure**

Two registered adults with current Safeguarding Youth Training on the walk, minimum, and more if there is a road crossing. If your den includes girls, one of those adults must be a registered female 21 or over.

Annual Health and Medical Record parts A and B on file for every participant, youth and adult, before any walk away from your regular meeting location. Read them for restrictions beforehand.

Check the route yourself in the week before. Know where the bathrooms are, where a car could reach you, and whether you have cell signal — and say so out loud to the other adults before you start.

Check the forecast the morning of. Heat, lightning and ice all cancel; use a rain date rather than pushing through.

Check for allergies before handing out any trail food.

Check with your council for any local activity notification requirement before an off-site den activity.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5

Running with the Pack

Required adventure • Personal Fitness

If you read nothing else

Two meetings. Meeting 1 is food and teeth; meeting 2 is the moving, the personal exercise and the relaxing activity.

Requirement 6 is a conversation between the Scout and their parent or legal guardian about the Scout's own health form. Run it at the door of meeting 1 while parents are still there, or send it home — either way, you confirm it happened, you do not read the form out.

Meeting 2 needs a gym, a field or a big room, and it needs a guest if you want the personal trainer visit. Invite them two weeks out.

Ask every family about food allergies in writing before meeting 1 and adjust the snack plate accordingly. Then do the same about toothpaste — it catches people out.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Sample three different foods that are naturally three different colors. The food must be a protein, vegetable, fruit, dairy, or a grain.
- ☐ 2. Demonstrate the proper way to brush your teeth.
- ☐ 3. Be active for 30 minutes with your den or at least one other person. That includes both stretching and moving.
- ☐ 4. Be active for 10 minutes doing personal exercises.
- ☐ 5. Do a relaxing activity for 10 minutes.
- ☐ 6. Review your Scouting America Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.

Meeting 1: Colors on the plate, and clean chompers

Goal: Every Scout tries three naturally different-colored foods from at least two food groups, brushes their teeth properly for a full two minutes, and has reviewed their health form with a parent.

Covers requirements 1, 2 and 6

Before the meeting

- Ask every family in writing about food allergies and restrictions a week ahead, and adjust the snack list rather than making one Scout sit out. Ask about toothpaste sensitivities in the same message.

- Contact a local dentist for toothbrushes and toothpaste — most will hand over a box for a den. Otherwise ask parents to send a brush and paste with their Scout, labeled.
- Slice the strawberries and hard-boil and slice the eggs the night before.
- Set out tables and chairs for writing, and have blank Annual Health and Medical Record forms for any family that has not filed one.
- Have the American Dental Association brushing video queued on a screen, and pick a song about two minutes long for the brushing itself.

Supplies

- Per Scout: half a hard-boiled egg, two raw green beans, one strawberry, two carrot sticks, one cherry tomato, two grapes, two blueberries, two saltine crackers, two cheese cubes, one date
- Small plates, napkins
- Toothbrush and toothpaste per Scout
- A sink and running water, paper cups, paper towels
- Device to stream the ADA video and play music
- Annual Health and Medical Record for each Scout — scouting.org/health-and-safety/ahmr/ — plus blanks and pens

Run of show

Time	What happens
10 min	Gathering: health form review with parents
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
20 min	Activity 1: Colorful Snack Plate Challenge
20 min	Activity 2: Clean Chompers
5 min	Closing

Gathering — Health form review (10 min)

Scouting America Annual Health and Medical Record Wolf — scouting.org/cub-scout-activities/scouting-america-annual-health-and-medical-record-wolf/

Schedule this at the door so parents are still in the building. Ask each Scout and their parent or legal guardian to sit together with the family's form — completed if you have it, blank if you do not.

The parent reviews the form with their Scout and talks about anything the Scout should not do, and anything the adult leaders need to know for safety. Then you collect the forms.

That is requirement 6, and the conversation is the requirement. Do not read a Scout's medical information aloud, do not discuss it in front of the den, and do not ask a Scout about it directly.

Any family who cannot stay does it at home this week and sends the form back. Follow up individually afterward on anything you need to understand — an inhaler, a food allergy, a limit on running.

Activity 1 — Colorful Snack Plate Challenge (20 min)

Colorful Snack Plate Challenge — scouting.org/cub-scout-activities/colorful-snack-plate-challenge/

Lay out all ten foods. Give every Scout a small plate and tell them what they are building: at least three foods that are naturally three different colors, from at least two different food groups.

Naturally is the operative word and worth saying out loud. A blue frosted cupcake is not a blue food.

Encourage every Scout to try at least one thing they have never eaten. Do not make it a condition — a second grader who is talked into a food they hate will remember the pressure, not the vitamin.

Then go around and ask each Scout three questions: what colors did you choose, which food groups are those, and which one did you like best?

Finish with the reason, in one sentence: different colors carry different vitamins, which is why a plate with a lot of colors on it does more for you than a plate with one.

Alternatives: Tasting Colors — scouting.org/cub-scout-activities/tasting-colors/ · Trail Mix — scouting.org/cub-scout-activities/trail-mix/ · Wolf Potluck — scouting.org/cub-scout-activities/wolf-potluck/

Activity 2 — Clean Chompers (20 min)

Clean Chompers — scouting.org/cub-scout-activities/clean-chompers/

Show the American Dental Association brushing video, then demonstrate yourself. Small circles, brush angled at the gumline, outside surfaces, inside surfaces, chewing surfaces, and the tongue.

Have the den practice the motions dry — no toothpaste, no water, just the brush and the pattern. Second graders scrub side to side and skip the inside of the bottom teeth entirely. Fix that now while nothing is in their mouths.

Then the real thing. Every Scout puts a small amount of toothpaste on their brush, you start the song or the two-minute timer, and they brush for the whole two minutes using the pattern they just practiced.

Two minutes is much longer than any of them think. That is the actual lesson of the activity — they will all stop at forty seconds the first time and be surprised the song is still going.

Rinse with the paper cups, spit in the sink, wipe faces with paper towels. Labeled brushes go home.

Alternatives: A Giant's Toothbrush — scouting.org/cub-scout-activities/a-giants-toothbrush/ · Tooth Experts — scouting.org/cub-scout-activities/tooth-experts/

Closing (5 min)

Tell them what next week is: we are moving for half an hour, so wear shoes you can run in and bring a water bottle.

Follow up privately with any family whose health form raised a question about participation, before that meeting rather than during it.

Send home with families

If the health form review did not happen at the meeting, sit down with your Scout this week, go through the Annual Health and Medical Record together, and talk about anything they should not

do at den and pack activities. Send the form back. That is requirement 6.
 Two minutes of brushing, twice a day. Use the song.
 Let your Scout pick the vegetable at the store this week. They will eat the one they chose.

Meeting 2: Move, exercise, and settle

Goal: Thirty minutes of stretching and moving together, ten minutes of the Scouts' own exercises, and ten minutes of something genuinely relaxing.

Covers requirements 3, 4 and 5

Before the meeting

- Book a gym, a field or a big room. This meeting does not work in the small room at the back of the church.
- One to two weeks ahead, invite an exercise professional from your community — a trainer, a PE teacher, a physical therapist, a high school coach. Ask for fifteen minutes of talking and ten minutes of leading the Scouts through exercises.
- Print the Chat with a Personal Trainer worksheet, one per Scout — Wolf Running with the Pack 4 Chat with a Personal Trainer, in the Wolf adventure resources.
- Have a backup for the guest cancelling: you lead the ten minutes yourself with the same worksheet. This happens more often than not.
- Pick your relaxing music beforehand and listen to it. Ten minutes of guided quiet is harder to run than thirty minutes of ball games.
- Check your health forms for anything that limits running before you start.

Supplies

- An open area, indoors or out
- One soccer ball or playground ball per pair of Scouts
- Chat with a Personal Trainer worksheets and pencils
- A timer
- Device and speaker with relaxing music on it
- Water for everyone, and a shaded or indoor spot on a warm day
- A thank you card for the den to sign for the guest

Run of show

Time	What happens
5 min	Gathering: free play with the balls
5 min	Opening: Pledge, Scout Oath, Scout Law
30 min	Activity 1: stretch and move — Toss and Catch

Time	What happens
20 min	Activity 2: Chat With a Personal Trainer, and ten minutes of exercises
10 min	Activity 3: Listen to Music
5 min	Closing

Activity 1 — Stretch and move (30 min)

Toss and Catch — scouting.org/cub-scout-activities/toss-and-catch/

Requirement 3 asks for thirty minutes containing both stretching and moving, so build it as one unbroken block and keep the clock running:

- Five minutes of stretching to start. Arm circles, toe touches, reach for the sky, walking lunges, roll the ankles and the neck. Do it with them.
- Twenty minutes of Toss and Catch. Buddies from Paws on the Path if you have them, one ball per pair. They toss and catch, and each time both partners catch cleanly they each take one step back. Reset when they drop it.
- Five minutes of cool-down stretches, held this time, thirty seconds each, no bouncing. Hamstrings, calves, shoulders.

When the tossing gets stale after ten minutes, change one rule rather than changing the game: catch one-handed, catch after a clap, catch sitting down, count how many in a row the whole den can do without a drop.

Every Scout is moving for the whole thirty. Do not use a game with elimination — the Scout sitting on the sideline is the one who most needed the thirty minutes.

Alternatives: Kickball — scouting.org/cub-scout-activities/kickball/ · Ride a Bike — scouting.org/cub-scout-activities/ride-a-bike/

Activity 2 — Chat With a Personal Trainer (20 min)

Chat With a Personal Trainer — scouting.org/cub-scout-activities/chat-with-a-personal-trainer/

Set the expectations for a guest before they walk in: hands up to ask, no running around, listening ears. Thirty seconds, and it saves the visit.

Give the guest about ten minutes to talk about why exercise matters and how a person builds a workout plan, then five minutes of questions from the Scouts.

Then the part that completes requirement 4: the guest — or you, if they cancelled — leads the den through ten minutes of personal exercises, each Scout working on their own rather than in a game. Jumping jacks, push-ups on knees, squats, a plank hold, running in place, a stretch to finish.

Every Scout works at their own level and nobody is compared to anybody. Push-ups on knees count. A wall sit for ten seconds counts.

Fill in the worksheet together while it is fresh, and have a Scout thank the guest. Sign a card as a den and send it — the guest will come back next year.

Alternatives: Circuit Exercises — scouting.org/cub-scout-activities/circuit-exercises/ · Go For A Walk — scouting.org/cub-scout-activities/go-for-a-walk/

Activity 3 — Listen to Music (10 min)

Listen to Music — scouting.org/cub-scout-activities/listen-to-music/

Lights down if you can, everyone lying on the floor or sitting against a wall, and put the relaxing music on for ten minutes. That is requirement 5 and it is a requirement in its own right, not a wind-down.

Then ask whether anyone has music that relaxes them, and play a bit of it if you can find it. A second grader naming their own calming song is the point of the activity — it makes the skill theirs rather than yours.

Expect the first two minutes to be giggling. Wait it out and do not scold. By minute four most of them are genuinely still, and one or two will tell you afterward it was their favorite part of the night.

Alternative: Story Time — scouting.org/cub-scout-activities/story-time/

Say something like

Today you showed what it means to run with the pack — pushing yourself, staying active, and learning how healthy choices make you stronger every day. You proved that being a Wolf isn't just about speed or strength, but about doing your best and taking care of your body. Keep moving, keep trying, and keep running with confidence and pride.

Send home with families

Ten minutes of the exercises from the worksheet, a few times this week. The worksheet is the Scout's, not the den's.

Find ten minutes of quiet as a family. Same music, same idea.

Leader notes

- Every Scout moves at their own level and nobody is compared out loud. Never weigh a Scout, never comment on body size, and never single one out as an example either way.
- If a Scout raises a worry about their own body, listen, do not diagnose, and tell their parent.
- Requirement 6 belongs to the Scout and their parent. You confirm the conversation happened and you keep the form; you do not read it to anyone.
- The personal trainer visit is worth chasing but it is not required — requirement 4 is ten minutes of the Scout's own exercises, and you can lead that yourself.
- Naturally three different colors rules out anything that got its color from a dye or a frosting. Say it once at the start and you will not have to argue about it.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting. A guest speaker who is not a registered leader is never alone with Scouts. If your den includes girls, one of those adults must be a registered female 21 or over.

Ask every family in writing about food allergies before the snack plate meeting and adjust the food rather than excluding a Scout. Ask about toothpaste sensitivities in the same message.

Annual Health and Medical Record parts A and B on file before the activity meeting, and read for restrictions before anyone runs.

Water available throughout the active meeting, real breaks, and shade or indoors on a warm day.

Toothbrushes are labeled and never shared. Hands washed before the snack plate.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6

Council Fire

Required adventure • Citizenship

If you read nothing else

Three meetings. Meeting 1 is the flag and the Scout Law skits; meeting 2 is the building night; meeting 3 is the service project.

Requirements 3, 4 and 5 build on each other with the same materials — the Scout's model home, then a model of a building they visit, then all of the models pushed together into one neighborhood. Run all three in the same meeting, in that order. That continuity is the best thing in this adventure and splitting it across weeks throws it away.

Tell families two weeks ahead to send a photo of their home, and a photo of a building the Scout visits. The models are much better when the Scouts are looking at something real.

Borrow a United States flag if your den does not have one — your school, your pack, a local troop, the library or the fire department will usually lend one.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Learn how to properly care for and fold the United States flag. With your den or pack, participate in a flag ceremony.
- ☐ 2. Identify three points of the Scout Law that are important to being a good neighbor.
- ☐ 3. Build a model of your home.
- ☐ 4. Using the same materials from requirement 3, create a model of a building that you visit.
- ☐ 5. Using the models built in both requirements 3 and 4, create a neighborhood.
- ☐ 6. Participate in a service project. Explain how your volunteering is helpful to your neighborhood.

Meeting 1: The flag, and what makes a good neighbor

Goal: Every Scout helps fold the flag properly, takes part in a flag ceremony, and can name three points of the Scout Law that matter to being a good neighbor.

Covers requirements 1 and 2

Before the meeting

- Get a flag. If your den does not have one, borrow from your school, your pack, a local troop, the library or the fire department.
- Watch the Scout Life video “How to Display and Fold the American Flag” — scoutlife.org/video-audio/145871/how-to-display-and-fold-the-american-flag/ — and fold it once yourself before the meeting. Folding a flag badly in front of the den is worse than not folding one.

- Arrange the flag ceremony. The cleanest option is for your den to post the colors at the next pack meeting; if that is weeks away, run a den ceremony tonight so the requirement is genuinely done.
- Collect props and costumes for the skits — a box of hats, scarves, sunglasses and old jackets is plenty.
- Ask families to send a photo of their home to the next meeting, and a photo of a building the Scout visits. Assign each Scout a different building so the neighborhood is not six grocery stores.

Supplies

- A United States flag
- Screen to play the Scout Life folding video
- Paper, pencils and erasers
- Props and costumes box
- Flag stand and, if you have them, den flag and pack flag for the ceremony

Run of show

Time	What happens
15 min	Gathering: Fold the Flag
10 min	Opening: flag ceremony, Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
30 min	Activity 1: Scout Skit Showcase
10 min	Activity 2: choose the service project
5 min	Closing

Gathering — Fold the Flag (15 min)

Fold the Flag — scouting.org/cub-scout-activities/fold-the-flag/

Show the Scout Life video first, then do it in pairs, taking turns, so every Scout gets hands on the flag. A pair holds it at waist level between them.

Fold it in half lengthwise, then in half lengthwise again, keeping the blue field on the outside every time. One Scout holds the blue field while the other makes triangular folds from the opposite end, all the way down, until only the blue field is left. Tuck the last of the fabric into the fold so the triangle is clean.

Teach the care rules while their hands are on it, because this is the half of requirement 1 that a folding demonstration alone skips: the flag never touches the ground, it is not used as a tablecloth or a costume, it comes down in bad weather unless it is an all-weather flag, and a worn-out flag is retired in a dignified ceremony rather than thrown away.

Second graders will not get a neat triangle on the first try. Have them do it twice.

Opening — Flag ceremony (10 min)

Requirement 1 asks the Scout to participate in a flag ceremony with the den or pack, so give every Scout a job and rotate them if you run it more than once: color bearer, two color guards, the Scout who calls the commands, and the Scout who leads the Pledge.

Commands, in order: “Color guard, attention. Scouts, attention. Color guard, advance. Scouts, salute. Please join me in the Pledge of Allegiance.” Then Scout Oath and Scout Law.

If your den is posting colors at the pack meeting instead, run it here as the rehearsal and note the requirement as complete after the pack meeting, not before.

Activity 1 — Scout Skit Showcase (30 min)

Scout Skit Showcase — scouting.org/cub-scout-activities/scout-skit-showcase/

Split into groups of three or four. Each group picks three points of the Scout Law that they think matter most to being a good neighbor, and builds a short skit that shows those three points in action.

Every Scout in the group has a character. Give them ten minutes to plan and pick props, five to rehearse, and then perform for the den.

Expect helpful, friendly, kind and courteous to come up in every group. That is fine. Ask the follow-up that makes it requirement 2 rather than a skit night: why does that one matter to a neighbor specifically? What does it look like when the person next door is being trustworthy?

Write each group’s three points on the board as they announce them. The list on the board is the record that the requirement is done.

Alternatives: Scout Law in Song — scouting.org/cub-scout-activities/scout-law-in-song/ · Sketching the Scout Law — scouting.org/cub-scout-activities/sketching-the-scout-law/

Activity 2 — Choose the service project (10 min)

Requirement 6 is a service project, and it goes best when the den picks it. Bring two or three options your committee has already cleared so you are not vetoing their favorite idea in front of them.

The plan in meeting 3 is 10,000 for the Troops — holiday cards for service members. Other options that work well for Wolves: Helping Our Four Legged Friends —

scouting.org/cub-scout-activities/helping-our-four-legged-friends/ · Scouting for Food Wolf — scouting.org/cub-scout-activities/scouting-for-food-wolf/ · Toys for Tots Toy Drive — scouting.org/cub-scout-activities/toys-for-tots-toy-drive/

Set the date now and put it on the pack calendar.

Close by telling families what to send next week: a photo of your home, and a photo of the building we assigned you.

Send home with families

Send a photo of your home to the next meeting, on paper or on a phone the Scout can hold.

Send a photo of the community building your Scout was assigned — the school, the fire station, the library, the grocery store, your place of worship.

Take a walk around your block and count how many different kinds of building you pass.

Meeting 2: Build a home, build a neighborhood

Goal: Each Scout builds a model of their own home, then a model of a building they visit out of the same materials, and the den arranges every model into one neighborhood.

Covers requirements 3, 4 and 5

Before the meeting

- Print the paper house template, one per Scout — Wolf Council Fire 3 Build a Paper Home, in the Wolf adventure resources on [scouting.org](https://www.scouting.org).
- Decide your material and use the same one for both builds — that is what requirement 4 means by the same materials. Paper templates are the fastest; shoeboxes and cardboard are the most satisfying; building bricks work if your den has a bin of them.
- Have extra photos of local community buildings on hand for the Scouts who forget theirs. A phone with the school and the fire station on it is enough.
- Clear a big table or a stretch of floor for the neighborhood. You need it all laid out at once, so do not plan to build on the same surface you assemble on.
- Confirm each Scout has a different community building assigned. Six identical grocery stores makes a poor neighborhood.

Supplies

- Paper house templates, one per Scout
- Scissors, one pair per Scout
- Glue or glue sticks
- Crayons, markers and coloring materials
- Photos of the Scouts' homes and of the assigned community buildings
- Spare paper for planning sketches
- A large table or floor space kept clear for the neighborhood

Run of show

Time	What happens
5 min	Gathering: what is on my street?
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
20 min	Activity 1: Build a Paper Home
20 min	Activity 2: Community Buildings — same materials
15 min	Activity 3: Building My Neighborhood
5 min	Closing

Activity 1 — Build a Paper Home (20 min)

Build a Paper Home — scouting.org/cub-scout-activities/build-a-paper-home/

Every Scout looks at the photo of their own home, or thinks about it, and says out loud one or two things about it they want in the model — the red door, the porch, the tree in front, the number on the mailbox, the balcony on the third floor.

Then they draw and color the template, cut it out, and glue it together. Help with the cutting and let them do the folding.

Homes look different and every one of them is right. An apartment, a duplex, a trailer, a grandparent's house — do not let anyone's model get compared to anyone else's, and start that norm in the first two minutes by saying so.

When everyone is finished, each Scout shows their home and says one thing about it. Then set them aside carefully. They are needed twice more tonight.

Activity 2 — Community Buildings (20 min)

Community Buildings — scouting.org/cub-scout-activities/community-buildings/

Same materials, same instructions, different building. Say that out loud, because it is what the requirement asks for: the model of the building you visit gets made the way the model of your home did.

Each Scout looks at their photo and talks through the parts they want — the flagpole, the big glass doors, the bell, the drive-through, the sign. Then they draw a simple plan on scrap paper before they build. The plan takes ninety seconds and it makes the model twice as good.

Then build it out of the same template, cardboard or bricks you used for the homes. If you are on shoeboxes, take off the lid, use the box as the base, cut walls and a roof, glue the walls to the base, then cut out doors and windows. If you are on building toys, start with the main structure and add the details — windows, doors, a chimney, a sign — once it stands up.

Keep the buildings different from each other. School, fire station, police station, grocery store, library, place of worship, doctor's office, the barber. Ask each Scout what happens inside theirs and who works there.

Activity 3 — Building My Neighborhood (15 min)

Building My Neighborhood — scouting.org/cub-scout-activities/building-my-neighborhood/

This is the payoff and it is why the last two activities used the same materials. Clear the big table. The den works as one group and arranges every home and every community building into a single neighborhood.

Do not organize it for them. Let them argue about where the fire station goes.

While they arrange, ask the questions that turn a craft into citizenship — one at a time, and wait for answers:

- What else does a neighborhood need that nobody built? Roads, a park, a bus stop, a crossing, a mailbox.
- Why did you put that community building there? Why is the school in the middle?
- Why did you put the homes where you put them?
- What do you like about your real neighborhood?

- What makes a bunch of buildings into a neighborhood, instead of just buildings?

If there is time, let Scouts add anything the den decided was missing out of the leftover materials. Leave the neighborhood standing where they can see it next week — it is the backdrop for the service project conversation.

Closing (5 min)

Announce the service project: date, place, what to bring, what we are doing.

Photograph the neighborhood before it gets bumped, and send the picture to families. It is the best photo you will take all year.

Send home with families

Ask your Scout to walk you through the neighborhood the den built and say which building is theirs.

Talk about who in your neighborhood does something for other people — the crossing guard, the mail carrier, the neighbor who shovels the walk.

Meeting 3: The service project

Goal: Every Scout takes part in a service project and can explain in their own words how what they did helps their neighborhood.

Covers requirement 6

Before the meeting

- Read the instructions at militaryholidaycardchallenge.com/how-to-send/ before you plan anything, and make one sample card yourself so the Scouts have something to look at.
- Cards for the 10,000 for the Troops drive must reach the Scouting America National Service Center by the published deadline — for the 2026 drive, November 6, 2026. Work backwards from that date when you schedule this meeting.
- If your den picked a different project, this meeting is that project instead. Keep the structure: do the work, then sit down and hold the neighborhood conversation.
- Bring the neighborhood models from meeting 2 and set them out again. The closing discussion lands much harder with them on the table.
- Tell your committee the date so the service hours get logged in Scoutbook.

Supplies

- 8½ x 11 construction paper in various colors
- 8½ x 11 white copy paper
- Crayons, markers and scissors, enough to share
- Decorative stickers
- A camera, and a device to email photos to Scouting America
- The den's neighborhood models from meeting 2

- A large envelope or box for mailing the cards in one package

Run of show

Time	What happens
5 min	Gathering: set out the neighborhood again
5 min	Opening: Pledge, Scout Oath, Scout Law
10 min	Activity 1: what this project is, and who it reaches
30 min	Activity 2: make the cards
10 min	Activity 3: how does this help a neighborhood?
5 min	Closing

Activity 1 — What this project is (10 min)

10,000 for the Troops Wolf — scouting.org/cub-scout-activities/10000-for-the-troops-wolf/

Tell them plainly who the cards go to and why: people serving in the military who cannot get home for the holidays, and this is how we tell them somebody was thinking about them.

Then walk the rules of a card, because they are specific and the drive will reject cards that break them:

- Address it to “Dear Warrior.”
- Write a holiday or gratitude greeting. Our troops keep many different holidays and beliefs, so keep the greeting one that fits anybody.
- Write a personal note — how your family celebrates, what you remember about a holiday. The recipients say this is their favorite part.
- Sign your first name only, plus your town, your state and your pack number. No last name, no address.
- No bigger than a sheet of 8½ x 11 paper folded in half.

That first-name-only rule is youth protection, not paperwork. Say why, once: we are being friendly to a stranger, and a stranger does not need to know where you live.

Activity 2 — Make the cards (30 min)

Fold, draw, write, decorate. Every Scout makes as many as they have time for — some will do one careful card and some will do six, and both are fine.

Circulate and read over shoulders as they write, kindly. You are catching last names and street addresses before the cards go in the envelope, and you are helping the Scout who has run out of things to say.

Prompts for the stuck ones: what do you eat at your favorite holiday, what do you do first thing in the morning that day, who comes to your house.

Photograph the den with the finished stack for the pack. Gather everything into one package and mail it to: 10,000 for the Troops, Scouting America, 1325 West Walnut Hill Lane, Irving, TX 75015-2079.

Activity 3 — How does this help a neighborhood? (10 min)

The second half of requirement 6 is the Scout explaining how their volunteering helps, and it is the half that gets skipped. Do not skip it. Sit down with the neighborhood models from last week in the middle of the circle.

Ask it straight: the people who get these cards do not live on our street. So how does this help our neighborhood?

Let them work at it. The answers you are steering toward, without saying them first: somebody from our town serves and their family is here; a neighborhood is people, not buildings; the crossing guard and the firefighter and the person overseas are all doing something for other people, and this is us doing something back.

Then go around the circle and have every Scout finish the sentence out loud in their own words: “What I did today helps because...” That sentence, from each Scout, is the requirement.

Log the service hours in Scoutbook this week. It takes two minutes and it counts toward the pack’s service total for the year.

Say something like

Today you discovered that every Wolf has a place in the circle — a chance to share ideas, help the den, and make the community stronger. By listening, leading, and working together, you showed that even small actions can spark big change. Keep using your voice, keep offering your help, and keep building the kind of community you’re proud to be part of. Your Council Fire shines brighter because of you.

Send home with families

Ask your Scout who they wrote to and what they said.

Do one more service thing together this month, small — a neighbor’s trash can, a card for someone who is sick, litter on the way to school.

Leader notes

- Requirements 3, 4 and 5 are one meeting, in order, with the same materials. The continuity is the lesson: my house, a building I go to, and both of them together make the place I live.
- Every Scout gets a different community building. Assign them rather than letting them choose, or you will get six grocery stores and no neighborhood.
- Homes are not compared. Apartments, trailers, duplexes and shared houses all get modeled, and you set that tone in the first thirty seconds of the build.
- Requirement 1 has two halves — caring for and folding the flag, and taking part in a ceremony. A den that folded a flag but never posted colors has not finished it.
- The service project can be shared with the pack, but every Scout has to actually participate and every Scout has to explain how it helped.
- Log the service hours in Scoutbook. Packs lose credit for service they did and never recorded.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting and at the service project. If your den includes girls, one of those adults must be a registered female 21 or over.

First name, town, state and pack number only on the cards. No last names, no addresses, no photos of individual Scouts sent with them.

Scissors and glue supervised. Use blunt-tipped scissors with second graders and keep the cutting on the table.

If your service project is off-site, follow the SAFE Checklist for the site — gloves, closed shoes, no sharps, and no roadside work.

Photo permission before posting pictures of the den with the project.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6

Safety in Numbers

Required adventure • Personal Safety

If you read nothing else

Two meetings. Meeting 1 is the Protect Yourself Rules video and the safe touch discussion; meeting 2 is the buddy system and playground safety.

Requirement 1 needs written permission from a parent or legal guardian before the Scout watches the video, and the notification has to go out ahead of time. Send the Safety in Numbers 1 Parent Notification home at least two weeks before meeting 1.

Invite parents to watch the video with the den. Many will want to, and the video is built for it. A family who would rather watch it at home can do that instead — both satisfy the requirement.

Meeting 2 needs an actual playground. Requirement 4 says demonstrate proper use of playground equipment, and you cannot demonstrate a slide in a church basement.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Wolf rank.
- ☐ 2. Discuss “safe touch” as seen in the Protect Yourself Rules video.
- ☐ 3. Learn about the buddy system and demonstrate how it works.
- ☐ 4. Review common safety rules and demonstrate the proper use of playground equipment.

Requirement 1 requires parent or legal guardian permission in writing before the Scout watches the video. A Scout whose family declines is never singled out — have an alternative activity and another adult ready in a separate room, and say nothing about it to the den.

Meeting 1: Protect Yourself Rules, and No — Go — Tell

Goal: Scouts watch the Wolf Protect Yourself Rules video with permission, and can use a strong voice to say no, go and tell.

Covers requirements 1 and 2

Before the meeting

- Send the Safety in Numbers 1 Parent Notification home at least two weeks ahead — it is in the Additional Resources for requirement 1 — and get written permission back. Follow up with the families who do not reply.

- Watch the whole video yourself first. It runs about 13 minutes: Protect Yourself Rules Wolf, vimeo.com/325064564. You need to know what is coming so you can handle a Scout who reacts to it.
- Test the screen and the sound in the actual room. If the internet at your meeting place is unreliable, download the video onto a device beforehand.
- Print the scenarios — Wolf Safety in Numbers 2 I Know What to Say Scenarios, in the Wolf adventure resources.
- Invite parents to stay and watch with the den. Say in the invitation that they are welcome and that a family may watch at home instead.
- Have a parallel activity and a second adult ready for any Scout without permission, in another room, arranged quietly beforehand.

Supplies

- Computer or smart device, screen and speakers
- Internet, or the video downloaded onto the device beforehand
- Signed permission slips, checked at the door
- Printed I Know What to Say scenarios
- Chairs arranged so everyone can see, with room to stand up afterward

Run of show

Time	What happens
10 min	Gathering: strong voice warm-up
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
15 min	Activity 1: Protect Yourself Rules video
25 min	Activity 2: I Know What to Say
5 min	Closing

Gathering — Strong voice warm-up (10 min)

Check permission slips at the door as families arrive. This is the one meeting where you do not let it slide.

While you wait for everyone, get the room used to being loud on purpose. Ask what a strong voice is and let them show you. Show me a silly voice. Now show me a strong voice. Now a whisper. Now a strong voice again.

Ask when a person might need a strong voice. Take every answer. Then land the one that matters: we use a strong voice to keep ourselves safe.

This is deliberately playful and it is doing real work. The video is calm and serious; the Scouts need to have already practiced being loud before you ask them to use their voice for something that matters.

Activity 1 — Protect Yourself Rules (15 min)

Protect Yourself Video Wolf — scouting.org/cub-scout-activities/protect-yourself-video-wolf/

Watch the Wolf-level video together, all the way through, with parents in the room if they came. Sit where you can see the Scouts' faces rather than the screen.

Do not pause it to comment and do not add to it. It is written for this age and it is enough on its own.

A family who watched it at home with their Scout has completed requirement 1. Confirm it with the parent, not by asking the Scout in front of the den.

If a Scout tells you something during or after this meeting: listen, do not interrogate, do not promise to keep it secret, and report it the same day to your Scout executive and to local authorities. Know that obligation before you run this meeting, not during it.

Activity 2 — I Know What to Say (25 min)

I Know What to Say — scouting.org/cub-scout-activities/i-know-what-to-say/

Everyone stands up. Give them the three steps and have them chant it back:

- Say NO — hand out like a stop sign.
- GO away — turn and run in place.
- TELL a grown-up you trust — hand to mouth like you are calling.

Run the call and response, faster each round: "What do we say?" — NO. "What do we do?" — GO. "Then what?" — TELL.

Then work the printed scenarios one at a time. Keep the tone light and empowering rather than frightening — a scared second grader freezes, a confident one shouts. Never make a Scout act one out; let them volunteer, and praise the effort every time: "That was a strong voice."

Talk about safe touch in the words the video used. Your body belongs to you. There are parts of your body no one should touch. It is always okay to say no to a touch you do not want, even from someone you know, even from a grown-up.

Finish with the two questions that matter most, and take real answers:

- Who are the trusted adults you could tell? Get each Scout to name more than one, and at least one who does not live in their house.
- What if the first person does not listen?

The answer to the second one is the thing they must leave with: keep telling until someone helps you.

Alternatives: Safe Touch Poster — scouting.org/cub-scout-activities/safe-touch-poster/ · Run Shout and Tell Relay — scouting.org/cub-scout-activities/run-shout-and-tell-relay/

Closing (5 min)

Close calmly and normally. Do not end this meeting on a heavy note — say what is happening next week, do your usual closing, and send them out.

Tell parents at pickup, in one sentence, what the den talked about and what the three words were, so the conversation can continue at home.

Send home with families

Ask your Scout to teach you No — Go — Tell. They will do the motions.

Agree on who your family's trusted adults are, and make sure your Scout can name at least one outside your household.

Next meeting is at the playground. Send closed shoes.

Meeting 2: Buddies and the playground

Goal: Every Scout can demonstrate the buddy system, and can show and explain the safe way to use a slide, a swing and climbing equipment.

Covers requirements 3 and 4

Before the meeting

- Book a playground. Your meeting place, a school, or a park — walk it beforehand and check the equipment for anything broken, hot metal, or a surface that is worn through.
- Identify a start and finish line for the buddy race and ask another adult or a den chief to stand at the finish.
- Print the Heads Down Thumbs Up trivia questions. The set below is the one from the activity.
- Bring a neckerchief for each buddy pair — an old one, not a Scout's good one.
- If the playground is not your regular meeting place, you need Annual Health and Medical Records and the usual off-site adult ratio.

Supplies

- A neckerchief for each buddy pair
- Printed trivia questions
- Cones or two markers for the start and finish line
- Den first aid kit
- Water, and shade on a warm day

Run of show

Time	What happens
5 min	Gathering: buddy up and buddy check
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: Buddy Legged Race
20 min	Activity 2: Heads Down Thumbs Up
20 min	Activity 3: on the playground, for real
5 min	Closing

Activity 1 — Buddy Legged Race (15 min)

Buddy Legged Race — scouting.org/cub-scout-activities/buddy-legged-race/

Pair every Scout with a buddy and make them say their buddy's name out loud. Give one Scout in each pair a neckerchief.

Then scatter them — skipping and hopping around the space, away from their buddy. When you shout “Go,” each Scout finds their buddy, they run together to the start line, tie the neckerchief around their two adjacent ankles, and three-legged walk or run to the finish where the other adult is waiting.

Help the pairs who cannot manage the knot rather than letting them give up on it. Nobody is racing until everyone is tied.

The game is funny and it teaches the actual thing, so name it at the end: the first thing you did when I shouted go was find your buddy. That is the buddy system. You go together, you stay together, you come back together.

Then say what a buddy does when it stops being a game: if your buddy is hurt or lost, you stay with them and you shout for an adult. You never go looking on your own. That, with the demonstration, is requirement 3.

Alternatives: Buddy Check Game — scouting.org/cub-scout-activities/buddy-check-game/ · Buddy Games — scouting.org/cub-scout-activities/buddy-games/

Activity 2 — Heads Down Thumbs Up (20 min)

Heads Down Thumbs Up — scouting.org/cub-scout-activities/heads-down-thumbs-up/

Read a question, give them a moment to think, then call “heads down, thumbs up.” Walk around and tap three Scouts, then call “heads up, thumbs down” and have the three you picked come to the front and give their answers. Reveal the right answer and say briefly why. From then on, any Scout who got it right picks the next three.

Work through the questions:

- What should you do before going down a slide? (Look — make sure the bottom is clear.)
- Where should you sit on a swing? (In the middle of the seat, holding on with both hands.)
- What is the safest way to climb playground equipment? (Both hands on, facing the equipment, one person at a time on a ladder.)
- What should you do if someone falls and gets hurt? (Stay with them, shout for an adult, do not move them.)
- How many people should go down the slide at one time? (One.)
- What should you do before running on the playground? (Look where you are going, and check what is behind you.)
- What kind of shoes are best for the playground? (Closed toes, tied laces. No flip-flops, no bare feet.)
- If playground equipment is broken, what should you do? (Do not use it, and tell an adult.)
- Is it safe to walk in front of someone who is swinging? (No. Walk well around, behind or wide.)
- What should you keep to yourself on the playground? (Your hands and feet.)

- Is it safe to slide down feet first? (Yes — feet first, sitting up, never head first and never standing.)
- What should you throw on the playground? (Nothing — not mulch, not sand, not rocks.)
- There is a playground away from where your grown-up is and you really want to play on it. What do you do? (Ask first, and take a buddy. Never go where an adult cannot see you.)

That last question is the one worth spending an extra minute on. It is the one that comes up in real life.

Alternative: Playground Rules — scouting.org/cub-scout-activities/playground-rules/

Activity 3 — On the playground, for real (20 min)

Requirement 4 says demonstrate, so go out and do it. Walk the den to the equipment and take it one piece at a time, with buddies still paired.

- Slide — check the bottom is clear, climb the ladder one at a time with both hands, sit down, feet first, and get out of the way at the bottom.
- Swings — sit in the middle, hold both chains, and walk wide around anybody who is swinging. Have every Scout walk the safe path around an occupied swing once.
- Climbing equipment — face it, both hands, one at a time, and come down the way you went up rather than jumping off the top.

Every Scout does each one while you watch. That is what demonstrate means, and it is the difference between this requirement and the trivia game.

Then let them play for the last few minutes with the rules in force, and correct the first violation out loud and cheerfully so everyone hears it.

Say something like

Today you learned one of the most important lessons in Scouting: we are safer and stronger when we look out for one another. By practicing the buddy system, learning who safe adults are, and paying attention to your surroundings, you showed responsibility and courage. Keep staying aware, keep sticking with your buddy, and keep making choices that help everyone stay safe. That's how Wolves lead the way.

Send home with families

Next time you are at a playground, let your Scout tell you the rules before they run off. They will remember more than you expect.

Practice a buddy check at the store or the park — call it and see how fast they find their person.

Leader notes

- Parent permission for the Protect Yourself Rules video is required, in writing, before the Scout watches. A family may decline, and a family may prefer to watch at home. Both are fine and neither is discussed in front of the den.
- Keep the tone of meeting 1 light and empowering. The goal is a Scout who feels capable of speaking up, not a Scout who is frightened.

- Never make a Scout act out a scenario. Volunteers only, and praise the ones who try.
- You are a mandatory reporter in practice. If a Scout tells you something, report it the same day to your Scout executive and to local authorities. Do not investigate it yourself and do not tell other parents.
- Requirements 3 and 4 both say demonstrate. A Scout who answered trivia correctly but never went down a slide has not completed requirement 4.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting — and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Written parent or legal guardian permission before any Scout watches the Protect Yourself Rules video.

Walk the playground before the Scouts arrive. Check for broken equipment, hot metal on a sunny day, worn surfacing under the swings, and anything sharp in the mulch.

Annual Health and Medical Record parts A and B on file if the playground is away from your regular meeting location, plus your usual off-site adult ratio.

Water and shade on a warm day. Metal slides in direct sun burn.

Den first aid kit within reach of the equipment, not in a car.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

Footsteps

Required adventure • Family and Reverence

If you read nothing else

One den meeting plus a short share-back, and one requirement done with the family.

Requirement 1 has two halves: the conversation with a parent or legal guardian happens at home, and the craft happens at the den meeting. Send the family letter two weeks ahead so the conversation comes first and the Scout arrives knowing what they want to make.

Requirement 2 is a family activity — attending a religious service or another gathering that shows how the family expresses reverence. Families with no religious tradition complete it through their own gathering and their own values, and the family letter should say so in those words.

This is the most sensitive adventure in the Wolf year. Handled well, every family feels their tradition belongs in this den. Handled carelessly, you lose someone.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With your parent or legal guardian, talk about your family's faith traditions. Identify three holidays or celebrations that are part of your family's faith traditions. Make a craft or work of art of your favorite family's faith tradition holiday or celebration.
- ☐ 2. With your family, attend a religious service or other gathering that shows how your family expresses reverence.
- ☐ 3. Carry out an act of kindness.
- ☐ 4. Listen to or read Aesop's fable "The Boy Who Cried Wolf." With your den or family, discuss why being truthful is important.

Requirements 1 and 2 belong to the family. The den meeting supplies the craft table and the share-back; the conversations and the gathering happen at home. Write the family letter so that a family with no religious tradition knows plainly that their own celebrations and values complete these requirements.

Meeting 1: Sun catchers, kindness and the boy who cried wolf

Goal: Every Scout makes an artwork of a holiday or celebration from their family's tradition, fills a kindness jar they will actually use, and can say why telling the truth matters.

Covers requirements 1, 3 and 4, and sends home 2

Before the meeting

- Send the family letter two weeks ahead. Ask families to talk about their faith traditions, identify three holidays or celebrations, and have the Scout bring a simple silhouette of a symbol from their favorite one — printed or drawn is fine.
- Write the letter carefully. Some families in your den are deeply religious, some are not religious at all, and both belong here. “Your family’s faith traditions, or the celebrations and values your family holds” covers everyone without singling anybody out.
- Ask every Scout to bring a small jar, box or can for the kindness jar. Bring five spares — somebody always forgets, and a Scout without a container will sit out an activity they should not sit out.
- Cut the tissue paper into small pieces or strips ahead of time, and pre-cut the contact paper slightly larger than a silhouette. Peeling contact paper is a two-adult job with second graders.
- Prepare a list of kind jobs to prompt the Scouts who go blank, and print or bookmark the fable — Wolf Footsteps 4 Boy Who Cried Wolf Story, in the Wolf adventure resources, or read it out of the Wolf handbook.

Supplies

- Black paper, and each Scout’s silhouette
- Colored tissue paper, torn or cut into small pieces
- Clear contact paper, pre-cut
- Scissors, ribbon or string, tape
- A jar, small box or can per Scout, plus spares
- Large popsicle sticks, five or six per Scout
- Ribbons, stickers, glue, paper, pens and thin markers for decorating
- The Wolf handbook, or the printed fable

Run of show

Time	What happens
20 min	Gathering: Sun Catcher
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
20 min	Activity 1: Kindness Jar
20 min	Activity 2: The Boy Who Cried Wolf
5 min	Closing

Gathering — Sun Catcher (20 min)

Sun Catcher — scouting.org/cub-scout-activities/sun-catcher/

Scouts trace their holiday symbol onto black paper, then draw a second outline of the same symbol about an inch inside the first. Cut out both lines and what is left is a black border of the symbol.

You peel the contact paper — one piece per Scout, slightly larger than their border — and hold it sticky side up. The Scout lays their black border onto it. Tell them before they do it that they get one try, because lifting it off tears the paper.

Then they fill the space inside the border with tissue paper pieces in whatever colors they want, until none of the sticky is showing. Trim the leftover contact paper from the outside, add a loop of string, and it hangs in a window.

While they work, ask each Scout what their symbol is for. That question is the requirement — the craft is a way of getting them to tell the den about a celebration that matters at their house.

Expect real variety, and treat every one of them the same way: a menorah, a cross, a crescent, a diya, an egg, a marigold, a birthday candle, a turkey, a flag on a family holiday. A family with no religious tradition making a symbol from a harvest meal or a family reunion has fully completed the requirement.

The conversation with a parent about three holidays or celebrations happens at home and cannot happen here. Say so plainly so nobody thinks tonight finished requirement 1 on its own.

Alternatives: Faith Tradition Collage — scouting.org/cub-scout-activities/faith-tradition-collage/ · Holiday Mosaic — scouting.org/cub-scout-activities/holiday-mosaic/

Activity 1 — Kindness Jar (20 min)

Kindness Jar — scouting.org/cub-scout-activities/kindness-jar/

Hand out five or six large popsicle sticks per Scout. On each stick they write one kind job they could do for a neighbor, a friend or someone in their family. Use your prepared list for the Scouts who freeze: write a poem for a parent or a sibling, play a board game with a sibling, give a compliment, help clear the dinner table, do a chore without being asked, send a homemade card to a grandparent.

Anything the Scout genuinely thinks is kind counts. Do not edit their ideas down to your ideas.

Then they decorate their container with the ribbons, stickers and paper, and drop their sticks in.

Requirement 3 is carrying out an act of kindness, not planning one, so close the loop before they leave: every Scout pulls a stick out of their own jar now and says out loud which one they are going to do, and when. Follow up next meeting and ask how it went.

Some Scouts will want to do theirs at the meeting. Let them — writing a card for someone, or cleaning up the room without being asked, counts.

Alternatives: Kindness Rocks — scouting.org/cub-scout-activities/kindness-rocks/ · Sing with the Elderly — scouting.org/cub-scout-activities/sing-with-the-elderly/

Activity 2 — The Boy Who Cried Wolf (20 min)

Boy Who Cried Wolf — scouting.org/cub-scout-activities/boy-who-cried-wolf/

Read Aesop's fable aloud out of the Wolf handbook or the printed version. Read it properly, with the voices. Second graders will sit still for a story told well and fidget through one read flatly off a page.

Then discuss the moral, and let them say it before you do. Somebody will get there: when you lie, people stop believing you — including when you need them.

Two questions that turn a story into requirement 4:

- How would this story go if it happened today? Let them update it — a fire alarm, a phone, a group chat, a kid who keeps saying someone is hurt.
- Why does being truthful matter in a den? What happens on a campout if we cannot believe each other?

Tie it back to the Scout Law they handled in Bobcat. A Scout is trustworthy is the first point, and this is what it costs when it goes.

Do not let it turn into confession time. Nobody has to share a time they lied.

Closing (5 min)

Explain requirement 2 to the Scouts and put it in writing for families: attend a religious service or another gathering with your family that shows how your family expresses reverence, and tell the den one thing about it next time.

Say the inclusive version out loud, to the Scouts, so no Scout in the room thinks they are the odd one out:

Say something like

Some of your families go to a church or a synagogue or a mosque or a temple. Some of your families do something else — a big dinner, a family gathering, a walk somewhere that matters to you. All of those count for this. What we are asking is that you go and do it with your family, and then tell us one thing about it.

Send home with families

Talk with your Scout about your family's faith traditions, or the celebrations and values your family holds, and identify three holidays or celebrations that are part of them. That conversation is requirement 1, and only you can do it.

Attend a religious service or another gathering that shows how your family expresses reverence, together. A family with no religious tradition completes this through your own gathering — a holiday meal, a memorial, a family celebration. That is requirement 2.

Ask your Scout which stick they pulled out of their kindness jar and whether they have done it yet.

Meeting 2: Share-back

Goal: Each Scout says one thing about the gathering they attended with their family, and the den hears how many different ways reverence looks.

Covers requirement 2 completed at home; verified here

Before the meeting

- This is a fifteen-minute block at the start of your next regular den meeting, not a whole meeting. Say so in the family letter so nobody plans a party.
- Set out a table for the sun catchers if Scouts finished them at home, and hang a few in the window.

- Collect any outstanding completion slips at the door.
- Invite parents to stay for it. Several will want to.

Supplies

- A table or a window for the sun catchers
- Completion slips

Run of show

Time	What happens
15 min	Share-back circle
—	Then continue with your next adventure

Share-back circle (15 min)

Each Scout gets about a minute: what did you go to with your family, and one thing about it. That is the verification for requirement 2, and it is also the whole value of the adventure.

Set the rule before the first Scout speaks and enforce it the first time: we listen, we do not compare, and nobody's family does it wrong. You will only have to say it once.

A Scout may say very little, and that is their right. Never ask a Scout to explain or defend what their family believes.

Finish with one question to the whole circle: what did you hear tonight that was the same at two different houses? Somebody will say food, somebody will say family, somebody will say saying thank you. That common ground is what the adventure is for.

The den resources for this requirement, if a family wants a starting point: Attend a Religious Service — scouting.org/cub-scout-activities/attend-a-religious-service/ · Let's Celebrate Together — scouting.org/cub-scout-activities/lets-celebrate-together/

Say something like

Today you explored the footsteps of helpers in your community and learned how your own choices can make a difference. Keep noticing the people who help, keep following good paths, and keep leaving footsteps that lead to kindness and service.

Leader notes

- Scouting asks a Scout to do their duty to God and does not define God for them. A family with no religious affiliation completes requirements 1 and 2 through their own values, celebrations and gatherings — say that in the family letter, in those words, before anyone has to ask you.
- Never ask a Scout to explain or justify their family's beliefs. They share what they choose to share, and a short answer is a complete answer.
- If your pack is chartered to a religious organization, be deliberately welcoming to families of other traditions and of none. The chartered organization provides the meeting space; it does not set the Scouts' beliefs.

- Requirement 3 says carry out an act of kindness, not plan one. The jar is a great craft and it does not finish the requirement on its own — make sure every Scout actually does one and tells you about it.
- Religious emblems programs exist for most faiths and are earned outside Scouting through the family's own faith group. Mention them to families; this adventure is a natural on-ramp.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every den meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Scissors are blunt-tipped and stay on the table. Contact paper is peeled by an adult.

Check for allergies before any food comes in with a family tradition, and label anything that does.

Photo permission before posting anything from the share-back. Some families will not want their traditions online.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Bear Adventures

Bobcat

Required adventure • Character and Leadership

If you read nothing else

Every Cub Scout earns Bobcat first, at every rank. The Bear version is where two things arrive that shape the rest of the year: the denner position and the den Code of Conduct.

Two den meetings. Requirement 8 is done at home with a parent or legal guardian and cannot be completed at a den meeting — hand the booklet out at meeting 1 and collect the slip at meeting 2.

Bear is the first year the den genuinely runs itself, in small ways. Third graders can take attendance, lead an opening, and hold each other to a code they wrote. Set that up now and you will spend the rest of the year leaning on it.

Start this the first week of the program year. Nothing else counts toward rank until Bobcat is done.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Get to know members of your den.
- ☐ 2. Recite the Scout Oath and Law with your den and den leader.
- ☐ 3. Learn about the Scout Oath. Identify the three points of the Scout Oath.
- ☐ 4. With your den, create a den Code of Conduct.
- ☐ 5. Learn about the denner position and responsibilities.
- ☐ 6. Demonstrate the Cub Scout sign, Cub Scout salute and Cub Scout handshake.
- ☐ 7. Share with your den, or family, a time when you demonstrated the Cub Scout motto “Do Your Best.”
- ☐ 8. At home, with your parent or legal guardian, do the activities in the booklet *How to Protect Your Children From Child Abuse: A Parent’s Guide*.

Requirement 8 is a family activity. Hand the booklet out at meeting 1 and collect the signed acknowledgement at meeting 2 — do not attempt to run it as a den activity.

Meeting 1: Oath, signs, and doing your best

Goal: Scouts learn each other properly, say the Scout Oath and Scout Law out loud, name the three points of the Oath, and demonstrate the sign, salute, and handshake.

Covers requirements 1, 2, 3, 6 and 7, and sends home 8

Before the meeting

- Print the Scout Oath and Scout Law large enough to read from across the room. Tape them to the wall and leave them up all year.
- Print the charades signage for the three points of the Scout Oath from the Bear adventure resources. Cut the three large pieces and tape them to the wall; cut the small slips and put them in a bowl.
- Review the Cub Scout Sign, Salute, and Handshake reference sheet in the Bear adventure resources on filestore.scouting.org before you demonstrate anything. You will be copied exactly.
- Print one copy of How to Protect Your Children From Child Abuse: A Parent's Guide per family, plus the acknowledgement slip.
- Clear the floor. Three of the four activities need Scouts up and moving.
- Ask two parents to stay. You need a second registered adult in the room, and the relay needs a person at the far end for each team.

Supplies

- Scout Oath and Scout Law posters
- Scout Oath charades signage, cut into three wall pieces and small slips
- Bowl for the charades slips, and a timer
- Tape
- Cub Scout Sign, Salute, and Handshake reference sheet
- Bear handbooks
- Parent booklets and acknowledgement slips

Run of show

Time	What happens
10 min	Gathering: Bear Line Up
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
15 min	Activity 1: Bear Charades — three points of the Oath
15 min	Activity 2: Bobcat Relay — sign, salute, handshake
10 min	Activity 3: Do Your Best Showcase
5 min	Closing: hand out family booklets

Gathering — Bear Line Up (10 min)

Bear Line Up — scouting.org/cub-scout-activities/bear-line-up/

Clear a strip of floor. Tell the Scouts they are going to line up in different orders and that they will have to talk to each other to work it out. Then call the orders: alphabetical by first name, then alphabetical by last name, then by birthday.

The birthday round is the one that does the work. They cannot do it without asking each other a real question, and by the third round they are talking to Scouts they arrived not knowing.

That is requirement 1 and it takes ten minutes. Do not skip it because they “already know each other” — Bear dens absorb Scouts from two or three Wolf dens plus new families, and the Scout who knows nobody in September is the Scout who quits in November.

Opening (5 min)

Recite the Oath and Law Bear — scouting.org/cub-scout-activities/recite-the-oath-and-law-bear/

Pledge of Allegiance first, then the Scout Oath and the Scout Law together as a den, reading from the posters. You say it with them — that is what requirement 2 asks for, the den and the den leader together.

Nobody is memorizing anything tonight. They are reading it out loud with a group, which is how it eventually gets memorized.

Activity 1 — Bear Charades (15 min)

Bear Charades — scouting.org/cub-scout-activities/bear-charades/

The three points of the Scout Oath are already on the wall, which is deliberate: their guess is always going to be one of those three, so nobody is stuck.

Split the den into two teams. A Scout from team one draws a slip, gets two minutes on the timer, and acts out the phrase for their own team using hands and body only — no words, no sounds. Correct guess inside two minutes is a point. Then team two goes. Keep going until every Scout has acted out at least one of the three points.

Seed a few ideas before you start or the first Scout will freeze:

- Duty to God and country — praying, saluting.
- Duty to other people — helping someone ride a bike, holding a door.
- Duty to self — jogging in place, reading a book.

Then close it out plainly: point at each of the three signs on the wall and have the den name them. That is requirement 3 — identify the three points. A third grader saying “God and country, other people, and myself” has completed it.

Alternatives: Lights Camera Action — scouting.org/cub-scout-activities/lights-camera-action/ · Scout Oath Poster — scouting.org/cub-scout-activities/scout-oath-poster/

Activity 2 — Bobcat Relay (15 min)

Bobcat Relay Bear — scouting.org/cub-scout-activities/bobcat-relay-bear/

Demonstrate all three yourself first, slowly, and say what each one is for. The sign gets attention — see it, stop, listen. The salute shows respect to the flag. The handshake is how Cub Scouts greet each other: two fingers, left hand.

Then run it. Two teams lined up at one end, an adult or den chief at the far end for each team. First Scout runs down, the adult asks for the sign, the salute, or the handshake. Correct, and they run back and tag the next Scout. Not correct, and they run back to their team for help, then return and do it again.

That last rule is the point of the game — the fix comes from their own den, not from you. Do not shortcut it by correcting them at the far end.

Every Scout does all three correctly at least once before you call requirement 6 done. It is a demonstration, not a discussion.

Alternative: Flag Opening — scouting.org/cub-scout-activities/flag-opening/

Activity 3 — Do Your Best Showcase (10 min)

Do Your Best Showcase — scouting.org/cub-scout-activities/do-your-best-showcase-2/

Sit down in a circle. Tell them you are going to ask each of them about a time they did their best, and give a few examples first so the bar is visibly low: I did my best when my mom was teaching me to fold clothes. I did my best on my last spelling test. I did my best learning to ride my bike.

An adult goes first — you or your assistant. Then hands up, and call on every Scout who wants to share.

Take the small answers seriously. A third grader who says “I did my best cleaning my room” is watching your face to find out whether ordinary effort counts. It does, and that is the whole requirement.

That is requirement 7. A Scout who will not talk in front of the group can share it at home with their family instead — the requirement says den or family, and a quiet Scout is not a failing Scout.

Closing (5 min)

Put the parent booklet in a Scout’s hand, not in their bag, and tell the parents directly at pickup what it is and that you need the slip back next meeting.

Announce next meeting and close with the Living Circle.

Say something like

Tonight you took your first steps as a Bear — you learned the den, you said the Oath and the Law, and you showed the signs that connect you to Scouts everywhere. Next week you write the rules this den lives by, in your own words. Bring the booklet slip back for me.

After the meeting, record attendance and advancement while it is fresh. You and your assistant den leader talk through next week while the Scouts and the host parent put the room back in order — start that habit at meeting one.

Send home with families

Do the activities in How to Protect Your Children From Child Abuse: A Parent’s Guide together, and return the signed slip at the next meeting. That is requirement 8 and only a parent or legal guardian can complete it.

Child Abuse Protection Review Bear — scouting.org/cub-scout-activities/child-abuse-protection-review-bear/

Practice the Scout Oath and Scout Law at home. Ask your Scout to teach you the sign, the salute, and the handshake.

Meeting 2: The denner and the den Code of Conduct

Goal: The den learns what a denner does, agrees five denner jobs in their own words, and writes and signs a Code of Conduct they will be held to all year.

Covers requirements 4 and 5, and collects 8

Before the meeting

- Read up on the denner before you teach it. A denner is a Cub Scout who helps the den leader during a den meeting. You decide how the denner is chosen and how long they serve, and every Scout should get at least one turn. The denner is not in charge of the other Scouts and is never put in charge of them — that distinction matters and third graders will test it.
- Decide your rotation before the meeting and be ready to say it out loud. A month each works well in a den of six to eight; six months with an assistant denner works in a bigger den. Pick one and stick to it.
- Buy or borrow a denner cord — the yellow cord worn over the left shoulder, passed from one denner to the next. It costs a few dollars and it is the reason the job feels real.
- Have a starter list of denner jobs ready to prime the discussion: help set up, lead the flag ceremony, clean up after, bring a snack, welcome Scouts at the door.
- Cut poster board for two posters — the denner jobs and the Code of Conduct. The Scout Shop den Code of Conduct poster works if you would rather not start from blank.
- Collect the parent acknowledgement slips at the door and tick them off a roster. Do not try to remember who handed one in.

Supplies

- Two pieces of poster board, 22" x 28"
- One sheet of paper per Scout
- Markers and pens
- Colored paper and decorations for the posters
- Denner cord
- Scout Oath and Scout Law posters from meeting 1
- Roster for checking off the parent acknowledgement slips

Run of show

Time	What happens
5 min	Gathering: Scout Law word scramble
5 min	Opening: Scout Oath and Scout Law, led by a Scout
5 min	Welcome, roll call, announcements
20 min	Activity 1: Denner Jobs
25 min	Activity 2: the den Code of Conduct
10 min	Activity 3: Bobcat check and sign-off

Time	What happens
5 min	Closing

Activity 1 — Denner Jobs (20 min)

Denner Jobs — scouting.org/cub-scout-activities/denner-jobs/

Explain the job in one minute: the denner is the official helper at a den meeting. Then get out of the way and let them define it.

Give every Scout a piece of paper and have them write down three jobs they think a denner should do. Then go around and have each Scout read their list. Write everything on the board, including the silly ones — you can drop those in the next step without anybody feeling shut down.

Now the den agrees on five. Argue it out as a group; five is a hard enough limit that they have to actually choose. Those five become the denner's job at every meeting for the rest of the year.

Write the five on the poster board and let them decorate it. Print a small copy for each Scout so they know what the job is when their turn comes.

Say the two things they need to hear about the role, out loud:

- The greatest responsibility of a denner is to set an example — being friendly to everyone in the den and helping a Scout who needs it. That is leadership by example, and it is the actual job.
- The denner is not the boss of the den and is never put in charge of the other Scouts. Say this plainly the first time, because somebody will try it.

Present the denner cord to your first denner tonight, over the left shoulder, in front of everybody. Then announce the rotation so nobody spends the year waiting.

That is requirement 5 — learn about the position and responsibilities. A Scout does not have to hold the job to complete it.

Alternative: A Bear Denner — scouting.org/cub-scout-activities/a-bear-denner/

Activity 2 — The den Code of Conduct (25 min)

Code of Conduct Bear — scouting.org/cub-scout-activities/code-of-conduct-bear/

This has to be theirs. If you write it, they follow it for three weeks. If they write it, they enforce it on each other, which is the actual goal and the reason the requirement exists.

Open it the way the Bear program suggests — as a discussion about how friends act toward one another, not a discussion about rules. Ask three questions and write down what they say in their own words:

- What makes a den meeting good?
- What ruins one?
- What should happen when someone breaks the code?

Third graders will bring you safety, respect for property, and how people treat each other, in some order. What they will not bring up on their own is put-downs and physical aggression — neither is ever acceptable, so if it does not come from them, put it on the list yourself.

Group their answers into five or six rules and push toward positive phrasing: “we listen when someone else is talking” beats “no interrupting.” Tie at least two of them out loud to points of the Scout Law so they see where this comes from.

Then add the part that is easy to skip. Rules are only half of it — ask them what the den should be known for. Caring about each other, including the new kid, nobody eats alone. Write those on the poster too. Scouts this age can judge their own behavior by more than whether they broke a rule, but only if you ask them to.

Everyone signs it — Scouts, you, and the assistant den leader. Bring it to every meeting for the rest of the year and point at it instead of raising your voice. Send a photo of it to the parents, because it is also how families learn what is expected.

Say something like

This is not my list of rules for you. This is your list, you all signed it, and that means when somebody forgets, it is not me who reminds them. It is you.

A few rules are enough to start. They can add more later, and they will.

Activity 3 — Bobcat check and sign-off (10 min)

Go around the circle. Each Scout says the Scout Oath with the den, names the three points, and demonstrates the sign, salute, and handshake. Tick them off as they go.

Confirm you have the parent acknowledgement slip from every family for requirement 8. Chase the missing ones this week by text to the parent — do not let it sit until December.

Record Bobcat in Scoutbook the same night if you can. It is the first advancement of the year, and packs lose credit for it because nobody entered it.

Send home with families

Nothing new. If the parent booklet slip has not come back, it is due now.

Ask your Scout what is on the den Code of Conduct and whether they would add anything.

Leader notes

- Bobcat comes first at every rank, but the Bear version is not a repeat. The denner and the Code of Conduct are new this year and they are the two things that make the den run itself.
- The Code of Conduct poster is the most useful thing you will make all year. Laminate it if you can, and photograph it in case it gets lost.
- Rotate the denner and mean it. A Scout who never gets a turn learns exactly the lesson you did not intend.
- A Scout joining mid-year earns Bobcat first, whatever the calendar says. Run a short catch-up with them and a parent rather than making them wait until next September.
- Requirement 8 belongs to the family. Your job is to hand out the booklet, explain why, and collect the slip.

Safety

Before this adventure

Two registered adults, both with current Safeguarding Youth Training, at every den meeting and activity. SYT is valid 12 months — check your own expiry date before the program year starts. If your den includes girls, one of those adults must be a registered female 21 or over.

No one-on-one contact between an adult and a Scout who is not their own child, in person, online, or by text. Include a parent on every message.

The relay is a running game indoors. Clear the floor, define the turnaround, and stop it if it gets rough.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7	8

Bear Habitat

Required adventure • Outdoors

If you read nothing else

Nine requirements — the biggest adventure in the Bear year. Three meetings: two indoors to prepare, then the one-mile walk itself.

Requirements 3 through 8 are each named for one of the Leave No Trace Principles for Kids. That is not decoration, it is the teaching structure — keep the principle names on the board and say them out loud, because on the walk you will be calling them by name.

Two things need booking early: the guest who knows your path (requirement 3) and the walk date itself. Invite the path expert three to four weeks out and pick your route before meeting 1, because the route is what every other requirement hangs on.

The walk does not need a mountain. A mile in a city park, a greenway, a neighborhood loop, or around the block from your meeting place all count. Pick something you can reach without a caravan.

If your walk starts from your regular meeting place, meetings 2 and 3 can be run as one longer outdoor session — teach the four principles, then walk. Split them if you have to drive somewhere.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Prepare for a one-mile walk by gathering the Cub Scout Six Essentials and weather-appropriate clothing and shoes.
- ☐ 2. Know Before You Go — Identify the location of your walk on a map and confirm your 1-mile route.
- ☐ 3. Choose the Right Path — Learn about the path and surrounding area you will be walking on.
- ☐ 4. Trash Your Trash — Make a plan for what you will do with your personal trash or trash you find along the trail.
- ☐ 5. Leave What You Find — Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.
- ☐ 6. Be Careful with Fire — Determine the fire danger rating along your path.
- ☐ 7. Respect Wildlife — From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, or reptiles.
- ☐ 8. Be Kind to Other Visitors — Identify what you need to do to be kind to others on the path.
- ☐ 9. With your den, pack, or family, go on your 1-mile walk while practicing your Leave No Trace Principles for Kids.

Requirements 5, 7 and 8 are taught at meeting 2 and completed on the walk. Requirement 6 is taught at meeting 2 and checked again against the real conditions on walk day.

Meeting 1: Pack it, map it, know the path

Goal: Every Scout can name and show the Six Essentials, the den picks its actual one-mile route on a map, hears from someone who knows the path, and makes a trash plan.

Covers requirements 1, 2, 3 and 4

Before the meeting

- Pick the area for the walk before this meeting. The Scouts choose the route within it — you choose the area, because you are the one vetoing the highway crossing.
- Identify who owns and maintains your path, then invite someone from that organization to speak. Parks department staff, a trail association volunteer, a county naturalist, or the person who mows it all work. Three to four weeks of notice, and tell them you want fifteen minutes on the path, its history, its surface, and who takes care of it.
- Watch the four-minute Cub Scout Six Essentials video at vimeo.com/498051015 and review the Six Essentials in the front of the Bear handbook, so you can explain each item rather than read a list.
- Pack your own day bag with the Six Essentials and bring it. You are the worked example.
- Tell families a week ahead: bring a day bag with your Six Essentials, and wear the shoes and clothes you plan to wear on the walk. This meeting does not work if they come empty-handed.
- Print the Paths for Everyone worksheet from the Bear Habitat adventure resources on filestore.scouting.org, one per Scout.
- Print and cut two sets of the Trash Timeline and Trash Timeline Cards from the Bear Habitat resources, on cardstock. Keep the Trash Timeline Key for yourself.
- Round up mapping devices — one per pair of Scouts. Apple Maps, Google Maps, Footpath Route Planner, Komoot, and Plotaroute all do what you need. If devices are a problem, run Paper Paths instead: scouting.org/cub-scout-activities/paper-paths/

Supplies

- A day bag packed with a complete set of Cub Scout Six Essentials: filled water bottle, whistle, flashlight, sun protection (sunscreen, hat, sunglasses), trail food, small first aid kit
- Clothing for the current weather to show and discuss: jacket, rain jacket, hat, gloves, sunglasses, closed-toe shoes, socks
- Bear handbooks
- Smart device with a mapping app, one per two Scouts
- Paths for Everyone worksheets, one per Scout
- A printed map of the walk area
- Two sets of Trash Timeline cards and timeline strips on cardstock, plus the answer key
- Timer
- Outdoor Code and Leave No Trace Principles for Kids emoji worksheets, one each per Scout
- Thank you card for the guest speaker

Run of show

Time	What happens
10 min	Gathering: Outdoor Code and Leave No Trace emoji sheets
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law; announcements
15 min	Activity 1: Backpack Packing Challenge — the Six Essentials
15 min	Activity 2: Digital Path Finding — Know Before You Go
15 min	Activity 3: Ask the Path Expert — Choose the Right Path
10 min	Activity 4: Trash Timeline Game — Trash Your Trash
5 min	Closing

Gathering — Outdoor Code and Leave No Trace emoji (10 min)

Outdoor Code and Leave No Trace Emoji — scouting.org/cub-scout-activities/outdoor-code-and-leave-no-trace-emoji/

Hand out both emoji sheets as Scouts arrive and let them write next to each emoji what they think it stands for. Handbooks open on the table — the Outdoor Code and the Leave No Trace Principles for Kids are in the front and they are allowed to look.

When most of the den is in, go through them one at a time and let Scouts share their guesses. Correct the ones that landed wrong, then read the Outdoor Code and the seven principles together as a den with the sheets in front of them.

Do this properly, because the next six requirements are literally named after those seven principles. Ten minutes here saves you explaining “Trash Your Trash” twice later.

Activity 1 — Backpack Packing Challenge (15 min)

Backpack Packing Challenge — scouting.org/cub-scout-activities/backpack-packing-challenge/

Scouts line up with their day bags and lay the contents out on the floor in front of them. Then work the Six Essentials one item at a time: everyone picks up their water bottle, you talk about why it matters, they put it back. Whistle, flashlight, sun protection, trail food, first aid kit — same pattern.

A Scout who is missing something is not in trouble. Note it, and either lend them one for the walk or tell the parent tonight what to buy. Better now than at the trailhead.

Then clothing for the weather you will actually have:

- Sun — hat, light-colored clothing, sunglasses.
- Rain — rain jacket with a hood, or a hat.
- Cold — warm jacket, hat, gloves, scarf.

Then shoes, and spend real time here, because footwear is the single most common reason a walk with third graders goes badly. Closed-toe always, for every Scouting activity. Sneakers or walking shoes are fine on pavement; a rugged path wants a harder sole and more ankle support. Shoes fit snug and laces get tied properly.

Socks are not optional. Good socks keep feet dry and pull moisture away, which is what stops the itching and the smell. If feet get wet on the walk, shoes and socks come off afterward and feet get dried out.

That is requirement 1, and it is “gather,” so every Scout leaves knowing exactly what is going in the bag on walk day.

Activity 2 — Digital Path Finding (15 min)

Digital Path Finding — scouting.org/cub-scout-activities/digital-path-finding/

Assign buddies and give each pair a device with the mapping app already open on your walk area. Show them the scale bar — usually bottom right, and it changes as they zoom. A mile has to mean something on the screen before they can plan a mile.

Each pair works out a one-mile route, then shares it. Look at all of them as a den and pick the one the den will actually walk. Let them do the choosing; your job is to veto the unsafe one and say why.

Then have them mark the route up: highlight the start, find the end, and pin the things that matter on the way — bathrooms, water fountains, a scenic spot, a shelter.

Now hand out the Paths for Everyone worksheet and sit them around a table. Work these questions as a den, out loud:

- Which of these paths is most appropriate for our den?
- Is there anyone in our den who might have a hard time on any of these paths?
- What are the safety concerns for each type of path?
- Does the route we picked contain any of these paths?
- What kind of terrain should our route have — and does ours have terrain that is too advanced for us?

That second question is the one worth sitting with. A den that plans around the Scout who cannot do stairs has learned something the requirement does not say out loud.

That is requirement 2 — Know Before You Go. Save the map. You are distributing it to families before the walk.

Alternative: Paper Paths — scouting.org/cub-scout-activities/paper-paths/

Activity 3 — Ask the Path Expert (15 min)

Ask the Path Expert — scouting.org/cub-scout-activities/ask-the-path-expert/

Before the guest starts, remind the den how to host a speaker: hands up for questions, stay seated, listen. Thirty seconds, and it changes the next fifteen minutes.

Ask the guest to cover the path itself, its surface, its history, and who maintains it. Have Scouts ask questions — seed a few in advance if your den goes quiet in front of strangers: Who takes care of this path? What is it made of? What was here before? What is the hardest part of your job?

This is requirement 3, Choose the Right Path, and hearing it from the person who maintains it is worth more than anything you could tell them. A Scout who knows someone mows that trail edge treats it differently.

If no one can come, take the den to the path and walk a short section with the map, or run No Two Trails Alike instead — scouting.org/cub-scout-activities/no-two-trails-alike/

Have the denner thank the speaker, sign a card as a den, and send it this week.

Activity 4 — Trash Timeline Game (10 min)

Trash Timeline Game — scouting.org/cub-scout-activities/trash-timeline-game/

Clear space to move. Two teams, one set of Trash Timeline cards each, five minutes on the timer — the timer is half of this block, so set it and mean it. Each team places their cards on the timeline where they think that item finishes decomposing.

When time is up, walk the timeline with the key, call each one right or wrong, and put every item in its actual place. Most correct wins. Ask whether anything surprised them — it will. Third graders reliably guess an aluminum can at a few years, and the real number lands.

Now get to the requirement, which is a plan and not a fact: what are we going to do with our own trash on the walk, and what do we do with trash we find? Pin it down concretely — who carries the bag, where the wrappers go, whether we pick up what other people left, and what we do not touch (anything sharp, anything with liquid in it, anything gross — you tell an adult instead).

Write the plan on the board and keep it. That is requirement 4, and the walk is where they execute it.

Closing (5 min)

Announce the walk date, the meeting-2 date, and remind them that the map is coming home this week.

Say something like

A great adventure starts long before your first step on the trail. Tonight you packed the Six Essentials, learned your route, met the person who takes care of the path, and made a plan for your trash. That is what being prepared actually looks like.

After the meeting, record attendance and advancement, and send the guest speaker the thank you card.

Send home with families

Check that your Scout owns and can find all six of the Cub Scout Six Essentials before walk day. Tell the den leader now if something is missing.

Break in the shoes your Scout will wear on the walk. Walk a mile in them this week.

Make sure the Scouting America Annual Health and Medical Record parts A and B are on file with the den leader — needed before the walk.

Meeting 2: Four principles for the trail

Goal: Scouts learn the fire danger rating scale, know what wildlife signs to look for, agree how the den will treat other people on the path, and know what they are taking pictures or drawings of.

Covers requirements 5, 6, 7 and 8

Before the meeting

- Print and cut the Fire Danger Matching Game cards from the Bear Habitat adventure resources on filestore.scouting.org. Shuffle them and keep the answer sheet for yourself.

- Research the animals actually common along your route — mammals, birds, insects, reptiles, and the domesticated ones too — and the signs each leaves behind. Ten minutes on a county parks or state wildlife page is enough, and it makes you credible on the walk.
- Look up the current fire danger rating for your area so you can compare their card sorting against the real number. Most state forestry and county fire sites post it daily.
- Remind families to bring a camera or a phone, or a sketchbook and pencils, to this meeting and to the walk.
- Confirm health forms are in for every Scout and every adult coming on the walk, and review them for anything that affects participation. Do this now, not on the morning of.
- Distribute the route map from meeting 1 to every family, along with the walk date, start time and expected finish time.

Supplies

- Fire Danger Matching Game cards, cut and shuffled, plus the answer sheet
- Sketchbooks and pencils, or cameras and smart devices — one per Scout
- Crayons or markers
- Printed pictures of local animal tracks, scat, nests and burrows
- The route map from meeting 1
- Board or easel paper for the be-kind list
- Bear handbooks

Run of show

Time	What happens
5 min	Gathering: name the seven Leave No Trace principles
5 min	Opening and announcements
15 min	Activity 1: Fire Danger Matching — Be Careful with Fire
15 min	Activity 2: Wildlife Snapshot — Respect Wildlife
15 min	Activity 3: Consider Others — Be Kind to Other Visitors
10 min	Activity 4: Take Only Memories — what you will record
5 min	Closing: walk logistics

Activity 1 — Fire Danger Matching (15 min)

Fire Danger Matching — scouting.org/cub-scout-activities/fire-danger-matching/

Lay the five level cards out in order, face up: Low, Moderate, High, Very High, Extremely High. Everything else goes face down in a deck.

Explain the rating system first — what each level means in terms of how easily a fire starts and how fast it spreads. Then go around the den: draw a card, read it out, place it in the pile you think it belongs to. Play until the deck is gone, then correct the piles together.

Finish with the question that makes it matter: at what fire danger level should we not do this walk at all? Let them argue and then give them the real answer for your area.

Then show them where the number comes from — the state forestry site, the county fire page, the sign at the park entrance. That is what requirement 6 is really asking: not that they memorize a scale, but that they know how to find the rating for their own path.

On walk day they check it again for real. That is when the requirement completes.

Activity 2 — Wildlife Snapshot (15 min)

Wildlife Snapshot — scouting.org/cub-scout-activities/wildlife-snapshot/

Tell them what lives along your route, and be specific — the actual birds, the actual mammals, the actual insects, the neighbor's dog. Then ask what you left out. They will know things you do not.

The requirement is signs, not animals, and that is the part to teach. Six signs is easy once they know what counts:

- Sounds — not just the call, but the sound of something moving through leaves.
- Where they live — a nest, a burrow, a hole in a tree, a web.
- What they eat — bite marks on a leaf, chewed nuts, a raided trash can.
- Scat. Different animals leave different scat, and third graders will pay closer attention to this than to anything else you say tonight.
- Tracks — especially in mud after rain.

Then the safe-distance part, which is the actual point of "Respect Wildlife." We look, we do not approach, we do not feed, we do not touch, and we do not chase for a photo. Ask them why, and let them get there themselves.

Every Scout is looking for six signs on the walk, up, down, and around. Say that number out loud now so nobody spends the walk counting squirrels.

Activity 3 — Consider Others (15 min)

Consider Others — scouting.org/cub-scout-activities/consider-others/

Ask the den how they can be kind and considerate to other people on the path, and write what they say. Then fill the gaps from the Bear handbook list until you have all of this on the board:

- Know your right of way. Walk on the right, not the left, and read the signs on the path.
- On a path only wide enough for one, step aside for anyone coming uphill. On the flat, be the first to step aside and let others pass.
- Bicyclists yield to walkers — but do not count on it.
- If you must step off the path, watch what you are stepping on.
- Make yourself known. A friendly hello to people you meet. Coming up behind someone, say so calmly before you pass.
- Stay on the path. Going off it damages plants and the systems around the trail.
- Leave rocks, plants, and anything you find where they are, for the next person.
- Do not disturb wildlife. They need their space and so do you.
- Watch the conditions. Too wet, muddy or slippery means turn back or pick another day — that is a real decision the den is allowed to make.
- Take time to listen. Devices off, noise down.

- Be aware of what is around you. Know the rules for your path.

Now turn the list into the den's plan for walk day: single file where, hello to whom, who calls out a bike. That is what requirement 8 asks — identify what you need to do — and you are going to hold them to it in two days.

Activity 4 — Take Only Memories (10 min)

Take Only Memories — scouting.org/cub-scout-activities/take-only-memories/

Every Scout picks their method now: camera or phone, or sketchbook and pencils. Have them label the sketchbook or make a folder on the phone so the five things do not get lost among four hundred other pictures.

The rule is the requirement: we leave what we find. The rock stays, the flower stays, the feather stays. What comes home is five pictures or five drawings of things they want to remember.

Ask them to name one thing they expect to want to record. Then tell them it will probably be something else entirely, which is the point.

They complete requirement 5 on the walk and share their five afterward.

Closing — walk logistics (5 min)

Confirm the date, the start time, the finish time, and where families park. Repeat the packing list: Six Essentials, closed-toe shoes, weather-appropriate clothes, camera or sketchbook.

Tell them what happens if the weather turns. You check the forecast three days out, and severe weather means you reschedule rather than push through it.

After the meeting, confirm you have a health form for every person coming, youth and adult.

Send home with families

Charge the camera or pack the sketchbook and pencils in the day bag now, not on walk morning.

Look up the fire danger rating for your area together this week and find where it is published. Your Scout has to be able to find it, not just be told it.

Walk the route on a map with your Scout so they arrive knowing where they are going.

Meeting 3: The one-mile walk

Goal: The den walks its planned mile practicing all seven Leave No Trace Principles for Kids, and completes the wildlife signs, the memories, the kindness plan, and the fire danger check on the trail.

Covers requirement 9, and completes 5, 7 and 8

Before the meeting

- Distribute the route to every Scout, parent and legal guardian ahead of time, based on the map the den made at meeting 1.
- Give a copy of the route to one adult who is not coming, along with your start time and expected finish time. Do this every time you take a den off site.

- Check the weather three days out. Severe weather in the forecast means you reschedule — a miserable first outdoor experience costs you Scouts for years.
- Carry health forms for every participant, youth and adult, if the walk is away from your regular meeting place, and review them beforehand for anything affecting participation.
- Walk the route yourself in the last week if you can. Paths close, get flooded, and get resurfaced.
- Remind families the day before: date, time, location, Six Essentials, closed-toe shoes, camera or sketchbook.
- Confirm your adult coverage. Two registered adults with current SYT is the floor; you want more if the route crosses a road.

Supplies

- Every Scout's Cub Scout Six Essentials: filled water bottle, whistle, flashlight, sun protection, trail food, small first aid kit
- Den first aid kit, including an elastic bandage and moleskin
- Health forms for every participant, youth and adult
- Roster with parent phone numbers
- Trash bag and a pair of gloves for whoever carries it
- The marked route map, carried by the denner
- Cameras or sketchbooks and pencils
- Extra water and extra snacks — somebody will forget
- Charged phone

Run of show

Time	What happens
10 min	Gathering: gear check, buddies, health forms
5 min	Opening: Outdoor Code and the seven principles
40 min	The one-mile walk, with three teaching stops
15 min	Debrief: five memories, six signs, how we did
5 min	Closing

Gathering — Gear check (10 min)

Every Scout opens their bag and shows the Six Essentials. Fix what is wrong now: fill the empty bottles, hand out spare sunscreen, swap a Scout out of the wrong shoes if you brought a spare pair. This is requirement 1 verified, not assumed.

Assign buddies. Nobody walks alone and buddies check on each other at every stop.

Say the route out loud, name the hazards on it and how you are avoiding them, and tell them where the bathrooms and the water are — they marked those on the map themselves, so ask them instead of telling them.

Opening (5 min)

Leave No Trace Walk — scouting.org/cub-scout-activities/leave-no-trace-walk/

Read the Outdoor Code together, then the seven Leave No Trace Principles for Kids in their own words: know before you go, choose the right path, trash your trash, leave what you find, be careful with fire, respect wildlife, be kind to other visitors.

Point out that they have now done six of the seven in a meeting, and the last hour is where they do all seven at once.

Say something like

Everything we carry in, we carry out. If we do this right, the next family that walks here will not be able to tell we came through.

The walk (about 40 min)

A mile is roughly thirty to forty minutes at a third grader's pace with stops. Denner leads at the front with an adult and the map; an adult sweeps at the back. Nobody passes the front, nobody drops behind the back.

Three stops, water and buddy check at each, one principle at each:

- Stop one — Be Careful with Fire. Find the fire danger rating for today, at the sign, on a phone, or from what you looked up. Ask what level it is and what it would take for the answer to change the plan. That completes requirement 6 against real conditions.
- Stop two — Respect Wildlife. Everyone counts what they have got so far toward six signs, up, down, and around. Somebody will be at two, which is why you stop halfway rather than asking at the end.
- Stop three — Choose the Right Path and Trash Your Trash. Point out where the trail is widening because people walked around a puddle, and walk through the middle of it. Check the trash bag and ask what has gone in it.

Be Kind to Other Visitors is not a stop — it is the whole walk. Every time you meet someone, the plan from meeting 2 is in force: step aside, say hello, announce yourself before passing. Say “that is Be Kind to Other Visitors” out loud the first two times, then stop and let them run it.

Leave What You Find is also running throughout. Scouts take their five pictures or drawings as they go. When someone picks something up — and someone will — use it. Ask why that rock is worth more where it is.

If you pass litter, pick it up. The bag makes the principle real in a way the timeline game did not.

Debrief (15 min)

Sit down at the end, before anyone gets in a car. This is where three requirements actually close.

Go around the circle. Each Scout shows or describes their five memories and says why those five. Do not rush this — the reasons are more interesting than the pictures.

Then wildlife: each Scout names their six signs. If someone has four, the den helps them count back through the walk. Nobody is failed for being at four; they are helped to six.

Then the kindness plan: how did we do? Who did we meet, what did we do, what would we change? That closes requirement 8 with evidence rather than intention.

Last question, and it is worth the two minutes: what did we leave behind, and what did we take?

Say something like

Today you showed what it really means to care for the outdoors — noticing what is beautiful without disturbing it, watching the fire danger, respecting wildlife from a safe distance, and being kind to everyone who shares the trail. On your one-mile walk you proved that Scouts leave only memories and take responsibility for the world around them. Keep carrying those Leave No Trace principles wherever you go, because every step you take can help protect the places we love.

Record attendance and advancement the same night. This adventure has nine requirements and they will blur together by Thursday.

Send home with families

Ask your Scout to show you their five memories and tell you about each one.

Ask what six wildlife signs they found. The answer is usually better than you expect.

If your Scout enjoyed this, the Bear elective adventures Champions for Nature and A Bear Goes Fishing build straight off it.

Leader notes

- One mile is the requirement. Do not stretch it to three to make it feel like a real hike — you will lose the Scouts who are not outdoor kids yet, and this adventure exists partly to recruit them.
- Requirements 5, 7, 8 and 9 all happen on the same walk. That is by design and it is why the walk gets its own meeting.
- The Leave No Trace principle names are the teaching structure. Say them by name every time, at both meetings and on the trail, and the den will be using them without you by the third stop.
- The path expert is worth chasing. A den that has met the person who maintains their trail behaves differently on it, and the conversation costs you one email.
- If your route is away from your normal meeting place, health forms and your council's activity notification requirements both apply. Check before you go, not after.
- This adventure can be combined with a pack campout or a pack hike, but the route has to be the den's own planned route and the debrief has to be the den's own.

Safety**Before this adventure**

Two registered adults, both with current Safeguarding Youth Training, at every meeting and on the walk. More adults if the route crosses a road. If your den includes girls, one of those adults must be a registered female 21 or over.

Scouting America Annual Health and Medical Record parts A and B on file for every participant, youth and adult, and reviewed for anything that affects participation before you leave.

Check the weather three days before the walk and again that morning. Severe weather means reschedule.

Give the route, the start time, and the expected finish time to one adult who is not coming.

Buddy system throughout, adult at the front and an adult sweeping the back. Know where the nearest hospital is and whether you have cell signal on the route — say so out loud to the other adults before you start.

Closed-toe shoes, always. Turn back rather than walk a path that is too wet, muddy, or slippery.

Scouts do not pick up sharps, broken glass, containers with liquid in them, or anything they are unsure about. They tell an adult.

Wildlife is observed from a distance. No approaching, no feeding, no touching.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7	8	9

Bear Strong

Required adventure • Personal Fitness

If you read nothing else

Two meetings. Meeting 1 is food and the quiet activity; meeting 2 is the active hour with a guest who knows how to run it.

Requirement 1 needs families to prepare a snack at home and bring it. Ask two weeks out and call every family the day before, or you will have three snacks for eight Scouts.

Requirement 5 is a conversation between the Scout and a parent about the Scout's own health form. Bryan runs it as a gathering activity with parents seated alongside their Scouts, which works well — but the form itself is private and never read aloud.

Book the fitness guest for meeting 2 one to two weeks ahead, and book a gym or a field. This adventure needs space.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Sample food from 3 of the following food groups: protein, vegetables, fruits, dairy, and grains.
- ☐ 2. Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.
- ☐ 3. Be active for 15 minutes doing personal exercises that boost your heart rate, use your muscles, and work on flexibility.
- ☐ 4. Do a relaxing activity for 10 minutes.
- ☐ 5. Review your Scouting America Annual Health and Medical Record with your parent or legal guardian.

Requirement 5 belongs to the Scout and their parent or legal guardian. You confirm the conversation happened and you collect the form; you do not read its contents to the den or ask about them.

Meeting 1: Food groups and ten quiet minutes

Goal: Every Scout samples food from three different food groups, reviews their health form with a parent, and does ten genuinely relaxing minutes of yoga.

Covers requirements 1, 4 and 5

Before the meeting

- Two weeks out, tell every family: prepare a snack at home and bring it to share. The snack needs ingredients from at least three different food groups — protein, vegetables, fruits, dairy, grains.
- Ask every family in writing about food allergies and restrictions before this meeting, and pass the answers on to the other families when you ask them to cook. Then plan around them rather than making one Scout eat something different.
- Call or text every parent the day before to confirm their snack is coming. Do not skip this — this is the requirement that fails on logistics, not on content.
- Ask parents or legal guardians to arrive with their Scout and stay for the first ten minutes for the health form review, or to send the reviewed form in if they cannot.
- Have blank Annual Health and Medical Records available for families who have not filed one, and the filed ones ready to hand back for review.
- Print or load the Yoga Salutation Poses worksheet from the Bear Strong adventure resources, and practice the poses yourself first. Leading yoga you have never done in front of eight third graders goes exactly how you would expect.
- Tell families to send comfortable clothes and a water bottle.

Supplies

- Plate and napkin for each Scout
- Serving utensils and a table for the shared snacks
- Allergy list, printed and visible
- Annual Health and Medical Record forms, blank and filed copies
- Pens
- Tables and chairs set up for writing
- Yoga Salutation Poses worksheet
- Mats, towels, or clean floor
- Water bottles

Run of show

Time	What happens
10 min	Gathering: health record review, families sitting together
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
25 min	Activity 1: Fun and Food — sample and sort
15 min	Activity 2: Yoga Salutation — ten quiet minutes
5 min	Closing

Gathering — Health record review (10 min)

Scouting America Health Medical Record Review Bear — scouting.org/cub-scout-activities/scouting-america-health-medical-record-review-bear/

Scouts and their parent or legal guardian sit together at a table. Hand back the completed forms; hand blank ones to families who have not filed yet.

The parent reviews the form with their Scout and talks about two things: anything the Scout should not take part in, and anything adult leadership needs to know for safety. That is the entire requirement, and it is a family conversation held in the same room, not a den activity.

Collect the forms as families finish. Read them yourself after the meeting and follow up privately with any family whose form raises a question about participation.

A Scout whose parent could not come does this at home this week and brings the form back. Do not run it with the Scout alone.

Never read a form aloud, never discuss its contents with other parents, and never let a Scout read another Scout's. That is requirement 5 done properly.

Activity 1 — Fun and Food (25 min)

Fun and Food — scouting.org/cub-scout-activities/fun-and-food/

Lay the snacks out on one table with the allergy list posted where every adult can see it. Give each Scout a plate and a napkin.

Before anybody eats, walk the table. Each Scout says what they brought and what is in it. Then, as a den, sort each snack into food groups out loud — protein, vegetables, fruits, dairy, grains.

Then they eat. Requirement 1 is “sample food from three of the food groups,” so as they go, have each Scout name the three groups on their own plate. That is the check, and it takes ten seconds per Scout.

Do not turn this into a lecture about bad food. Ask what they actually ate yesterday and work from there. A Scout who says “pizza” is not wrong — ask what groups are already on a pizza, and what would go next to it.

A Scout who forgot their snack still eats and still completes the requirement. Bring a backup: cheese sticks, apple slices, and crackers cover three groups by themselves.

Alternatives: Apple Delights — scouting.org/cub-scout-activities/apple-delights/ · Fiesta Pizza — scouting.org/cub-scout-activities/fiesta-pizza/

Activity 2 — Yoga Salutation (15 min)

Yoga Salutation — scouting.org/cub-scout-activities/yoga-salutation/

Circle up on the floor, lights down if you can. Tell them this is a way of relaxing their mind, and that the ten minutes are a requirement in their own right — not a cool-down, not filler.

Teach the breathing first, because it is what makes it relaxing rather than just stretching: in through the nose going into a pose, out through the mouth coming out of it, and slow deep breaths while holding.

Then lead the poses from the Salutation worksheet, one at a time, and let each Scout copy you to whatever level their body does. Nobody is corrected, nobody is compared, and a Scout who cannot do a pose does the nearest thing they can.

Expect the first two minutes to be giggling. Wait it out rather than scolding. By minute four most of them are genuinely still, and several will tell you afterward it was their favorite part of the night.

That is requirement 4. Ten minutes, and it has to actually be ten.

Alternatives: Listening to Music — scouting.org/cub-scout-activities/listening-to-music/ · Reading Escape — scouting.org/cub-scout-activities/reading-escape/

Closing (5 min)

Remind them what meeting 2 needs: comfortable clothes, closed-toe shoes, a full water bottle, and the field or gym location if it is different.

Confirm you have a reviewed health form from every family before anyone leaves.

Send home with families

If the health form review did not happen at the meeting, do it this week and send the form back. That is requirement 5.

Ask your Scout to name the three food groups on their plate at one meal this week.

Send comfortable clothes, closed-toe shoes, and a filled water bottle to the next meeting.

Meeting 2: Thirty minutes hard, fifteen minutes their own

Goal: The den is active for a full thirty minutes with stretching and moving, then each Scout does fifteen minutes of personal exercise covering heart rate, muscles, and flexibility.

Covers requirements 2 and 3

Before the meeting

- Book a flat open field or a gym, free of obstacles. Walk it beforehand for holes, sprinklers and glass.
- One to two weeks out, invite an exercise professional from your community — a personal trainer, a PE teacher, a high school coach, a physical therapist. Tell them you need fifteen to twenty minutes leading third graders through exercise that covers heart rate, muscles, and flexibility.
- Review the rules of Ultimate at usultimate.org/youth/how-to-play/ so you are not learning them in front of the den.
- Set the field: markers at each end to make two end zones. A full Ultimate field is 70 yards by 40 with 20-yard end zones — scale it to your space and your Scouts, and make it smaller than you think.
- Tell families: comfortable clothes, closed-toe shoes, water bottle.
- Have water available throughout and know your plan if it is hot.

Supplies

- A frisbee, plus a spare
- Cones or markers for the end zones
- Water for everyone, plus extra

- A timer
- Den first aid kit
- Health forms and roster
- Thank you card for the guest

Run of show

Time	What happens
5 min	Gathering: free play with the frisbee
5 min	Opening and announcements
30 min	Activity 1: stretch, play Ultimate, cool down
20 min	Activity 2: Fitness Expert — fifteen minutes of personal exercise
5 min	Questions and thank you
5 min	Closing

Activity 1 — Ultimate (30 min)

Ultimate Frisbee — scouting.org/cub-scout-activities/ultimate-frisbee/

Requirement 2 asks for thirty minutes that include both stretching and moving, so build it as one block and keep the clock running:

- Five minutes — dynamic warm-up. Arm circles, high knees, walking lunges, toe touches. Moving stretches, not held ones.
- Twenty minutes — play Ultimate.
- Five minutes — cool down and held stretches. Hamstrings, calves, shoulders, thirty seconds each, no bouncing.

Explain the game before you split teams. The defense throws off to the offense. The offense advances the disc by throwing it — no running with it, no contact. A point is scored when someone catches it in the other team's end zone. Dropped, intercepted, or out of bounds, possession changes. Play to whatever number fits your time.

Before the first throw, ask which points of the Scout Law apply to how they play. Friendly, courteous, and kind will come out of them, and Ultimate is genuinely self-refereed at every level, so the question is not rhetorical.

Referee the no-contact rule hard and early. Third graders and a floating disc produce collisions.

Everybody plays the whole time. No elimination, no sitting out, no keeping score in a way that leaves a Scout on the sideline — a Scout on the sideline is not being active for thirty minutes.

Do it with them. A den leader on the sideline with a clipboard teaches the opposite of this adventure.

Alternatives: Basketball Challenge — scouting.org/cub-scout-activities/basketball-challenge/ · Tennis Titans — scouting.org/cub-scout-activities/tennis-titans/

Activity 2 — Fitness Expert (20 min)

Fitness Expert — scouting.org/cub-scout-activities/fitness-expert/

Before the guest starts, set expectations with the den: hand up to speak or ask a question, stay seated while they are talking unless asked to stand, listening ears on.

The guest leads fifteen to twenty minutes of exercise and talks about why it matters. Ask them ahead of time to cover all three things the requirement names — something that boosts the heart rate, something that uses the muscles, and something that works on flexibility — because a guest who only does one will leave you short.

This is requirement 3 and the operative word is personal. It is the Scout's own exercise, not the team game they just played. Every Scout works at their own level: push-ups on knees count, wall sits count, a Scout with a health limitation does what they can do. The requirement is to be active, not to hit a standard.

Teach them to find their pulse at the wrist or the neck and count for fifteen seconds. Check it before and after the heart-rate work so they can feel the difference themselves — that is the thing they take home.

Questions at the end, then thank the guest. Send a written thank you note this week.

If your guest cancels the morning of, run it yourself as a five-station circuit: jumping jacks or shuttle runs, push-ups, plank or sit-ups, squats or wall sits, sit-and-reach plus a shoulder stretch. Three minutes a station.

Alternatives: Dance Memory Grooves — scouting.org/cub-scout-activities/dance-memory-grooves/ · Energizing Workout — scouting.org/cub-scout-activities/energizing-workout/

Closing (5 min)

Say something like

Being Bear Strong means taking care of your whole self — choosing good food, staying active, stretching and moving your body, and taking the time to relax. You also took responsibility for your own health by reviewing your medical record with your family. Keep making smart choices, keep moving, and keep listening to what your body needs. That is how Bears grow stronger every day.

Record attendance and advancement. Send the guest's thank you note this week.

Send home with families

Fifteen minutes of the personal exercises, a few times a week. The point of requirement 3 is that your Scout can do it without a den around them.

Ask your Scout to teach you one of the yoga poses and one of the stretches.

Leader notes

- Every Scout moves at their own level. Push-ups on knees count. A Scout with a health limitation does what they can do.

- Never compare Scouts out loud, never weigh them, and never comment on body size. If a Scout raises a concern about their own body, listen, do not diagnose, and tell a parent.
- The snack requirement lives or dies on the reminder call the day before. Make it.
- Requirement 5 is between the Scout and their parent. You confirm it happened and you keep the form; you do not read its contents to anyone.
- This adventure sets up the Webelos Stronger, Faster, Higher adventure directly — same themes, higher bar, and next year they cook the meal instead of bringing a snack.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Ask families in writing about food allergies before the snack meeting, post the list where adults can see it, and label everything that comes in.

Annual Health and Medical Record parts A and B on file and reviewed before the active meeting.

Water available throughout and real breaks. Watch for heat on a warm day.

Walk the field before the den does. Closed-toe shoes for the game, no contact, and stop the play if it gets rough.

The fitness guest is not a registered leader. Two registered adults stay present throughout and the guest is never alone with Scouts.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5

Scout	1	2	3	4	5

Paws for Action

Required adventure • Citizenship

If you read nothing else

Three meetings: the flag, the nonprofit visit, and the service project. Two of them need somebody outside your den to say yes, so start asking early.

For the flag, invite a VFW or American Legion post or a high school JROTC instructor four to six weeks out. They do this constantly and they are good at it. Ask them to bring flags for folding practice.

The nonprofit visit is a field trip. Health forms, transport, and your council's activity notification requirements all apply.

Requirement 4 is a service project. Log the hours in Scoutbook — it counts toward the pack's service total for the year, and packs lose the credit by simply not recording it.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Familiarize yourself with the flag of the United States of America including the history, demonstrating how to raise and lower the flag, how to properly fold and display it, and United States flag etiquette.
- ☐ 2. Identify three symbols that represent the United States. Pick your favorite and make a model, work of art, or other craft that depicts the symbol.
- ☐ 3. Learn about the mission of any non-profit. Find out how they fund their activities and how volunteers are used to help.
- ☐ 4. Participate in a service project.

Meeting 1: The flag, and the symbols we choose

Goal: Scouts hear the history of the flag from someone who lives it, fold one themselves, raise and lower one, and make something that depicts a symbol of the United States.

Covers requirements 1 and 2

Before the meeting

- Four to six weeks out, ask a community organization to present on the flag — Veterans of Foreign Wars, American Legion, or a high school Jr. ROTC instructor. Ask specifically for the history, how to display it, how to fold it, and flag etiquette.
- Ask the guest to bring flags for practice, or borrow enough for one per group of three from your chartered organization or the school.

- Find a flagpole you can use. If there is not one, a rope and two Scouts holding a broom handle will teach raise-and-lower well enough — but a real pole is better and your chartered organization probably has one.
- Brief your denner and assistant den leader before the meeting: they help demonstrate the fold, so they need to know it cold.
- Set out craft supplies before Scouts arrive so activity 2 starts the second activity 1 ends.
- Have a thank you card ready for the den to sign at the closing.

Supplies

- United States flags for folding practice, one per group of three
- A flagpole and halyard, or a stand-in
- Colored pencils, crayons, markers
- Paper, one sheet per Scout, plus card and craft materials for Scouts who would rather build than draw
- Thank you card for the guest speaker
- Bear handbooks

Run of show

Time	What happens
10 min	Gathering: what do you already know about the flag?
5 min	Opening: Pledge of Allegiance
30 min	Activity 1: Patriotic Guest Speaker — history, folding, raising and lowering
20 min	Activity 2: USA Symbols Drawing
5 min	Closing: sign the thank you card

Activity 1 — Patriotic Guest Speaker (30 min)

Patriotic Guest Speaker — scouting.org/cub-scout-activities/patriotic-guest-speaker/

Tell the den at the start exactly what they are going to learn: the history of the flag, how to display it, how to fold it, and how to raise and lower it. Then remind them how to host a guest — hands up for questions, listen while someone is talking.

Welcome the guest and let them talk. Then get to the hands-on part, which is where the requirement actually lives.

Demonstrate the fold first, with the denner, the den chief, or the assistant den leader holding the other end. Go slowly and name each step. Then split into groups of three with a flag each and let them practice until every group has done it properly at least once. Third graders will not get it the first time and that is fine — the second time is usually the one.

Then move to the flagpole. With two Scouts helping, demonstrate raising and lowering. Say the rule as you do it: the flag goes up quickly and comes down slowly. Ask them why, and let them work it out — the answer is respect, and they get there on their own.

Cover etiquette while the flag is in their hands and it is concrete rather than abstract: never let it touch the ground, never fly it in the dark unless it is lit, always the highest point when flown with other flags, and a worn flag is retired with dignity rather than thrown out.

That is requirement 1, and “demonstrating” is the word that matters. Every Scout folds, and every Scout has a hand on the halyard.

Alternative: Outdoor Flag Ceremony — scouting.org/cub-scout-activities/outdoor-flag-ceremony/

Activity 2 — USA Symbols Drawing (20 min)

USA Symbols Drawing — scouting.org/cub-scout-activities/u-s-a-symbols-drawing/

Ask the den what symbols represent the United States and write everything they say on the board. Push for three from each Scout — the requirement asks them to identify three, so make sure everybody names three rather than letting the loudest Scout name all of them.

If they stall, offer: the eagle, the Liberty Bell, the Statue of Liberty, the national anthem, Uncle Sam, the White House. The flag itself counts too, and somebody will say it.

Then each Scout picks their favorite and makes something that depicts it. Drawing is the default and it works, but the requirement says model, work of art, or other craft — so a Scout who would rather build the Liberty Bell out of card and foil should build it.

Share at the end. Each Scout holds theirs up and says which symbol it is and why they picked that one. The “why” is the part that is actually about citizenship.

Closing (5 min)

The den signs the thank you card before anyone leaves. Mail it this week.

Announce the nonprofit visit: date, location, what time, who is driving, and that health forms are needed.

Send home with families

Ask your Scout to show you how to fold a flag. If you have one at home, let them do it.

Look at how flags are displayed on the way to school this week and talk about which ones follow the etiquette rules.

Get the Annual Health and Medical Record in to the den leader before the nonprofit visit.

Meeting 2: The nonprofit visit

Goal: Scouts learn what one nonprofit does, how it pays for it, and what its volunteers actually do.

Covers requirement 3

Before the meeting

- Contact a local nonprofit and ask whether they will host the den and have someone talk to them. Food banks, animal shelters, humane societies, libraries, hospices, community gardens, and habitat groups all say yes more often than you expect.

- Give the host the three things the requirement needs, in writing, before the visit: what is your mission, how do you fund your activities, and how do you use volunteers. A host who knows the questions gives useful answers.
- Ask whether a tour is possible and how long they need. Third graders learn more in ten minutes of walking around than thirty minutes of sitting.
- Tell parents and legal guardians about the visit — where, when, transport, and pickup.
- Gather health forms for every participant, youth and adult, and review them for anything affecting participation.
- Check your council for any activity notification requirement before taking the den off site.
- If nobody can host you, invite a nonprofit to your meeting place instead, or run Groups That Help — scouting.org/cub-scout-activities/groups-that-help/

Supplies

- Health forms for every participant, youth and adult
- Roster with parent phone numbers
- Question cards, one per Scout, written at the gathering
- Pencils
- Thank you card for the host
- Den first aid kit

Run of show

Time	What happens
10 min	Gathering at the site: roll call, expectations, write question cards
5 min	Opening: Pledge of Allegiance
35 min	Activity 1: Nonprofit Visit — mission, funding, volunteers
10 min	Activity 2: the tour, if the host offers one
5 min	Activity 3: thank the host and sign the card
5 min	Closing

Gathering — Question cards (10 min)

Gather the den outside the space before you go in. Roll call, buddies, and a plain reminder of what respectful looks like here: hands up for questions, stay with the group, do not touch what is not yours.

Every Scout writes one question on a card. Three questions are mandatory across the den and you assign them before anyone free-writes: what is your mission, how do you get the money to do it, and what do your volunteers do. Those three are requirement 3 and they need real answers.

Activity 1 — Nonprofit Visit (35 min)

Nonprofit Visit — scouting.org/cub-scout-activities/nonprofit-visit/

Let the host talk, then work the question cards. Have the denner ask the first mandatory question so the den sees a Scout starting it rather than you.

Listen for the funding answer specifically, because it is the one hosts gloss over and the one third graders find most surprising. Donations, grants, memberships, a thrift shop, a fundraiser they have all been to. Ask a follow-up if the answer is vague: where did the money for this building come from?

The volunteer answer is the one that changes behavior. Ask how many hours volunteers give, what jobs only volunteers do, and whether a family could help. Some of your families will follow up, and that is the point of the requirement.

Keep an eye on the clock and the Scouts. If the room is losing them, ask the host to move to the tour.

Activity 2 — The tour (10 min)

Take the tour if it is offered. Warehouse, kennels, kitchen, sorting room — whatever they have.

Buddies stay together, everyone stays with the group, and the host sets the rules about what can be touched.

Ask one question while you walk: what happens in this room when we are not here?

Activity 3 — Thank the host (5 min)

A Scout thanks the host out loud, by name, in front of everyone. The den signs the card before you get back in the cars.

Write and send a thank you note this week. If the visit went well, tell your committee — that organization is now a candidate for next year's service project.

Send home with families

Ask your Scout what the organization does and where its money comes from. If they can explain the funding, they have requirement 3.

Talk about whether your family could volunteer there. Several of these organizations take families.

Meeting 3: The service project

Goal: The den carries out a real service project together and the hours get logged.

Covers requirement 4

Before the meeting

- Read the instructions at militaryholidaycardchallenge.com/how-to-send/ before the meeting so you know the rules on names and card size.
- Make a sample card yourself. Third graders start faster when they can see one.
- Check the deadline. Cards for the current season need to reach the Scouting America National Service Center by early November — confirm the year's date before you commit the den to this one.

- Gather supplies in quantity. Scouts will make more cards than you expect once they get going.
- Clear the project with your committee first so the hours get logged and so it is not colliding with a pack-wide project.
- If the timing does not work for holiday cards, pick another and clear it the same way. All of these are real service: Eyeglasses Donation Drive — scouting.org/cub-scout-activities/eyeglasses-donation-drive/ · Plant Trees — scouting.org/cub-scout-activities/plant-trees/ · Scouting for Food Bear — scouting.org/cub-scout-activities/scouting-for-food-bear/

Supplies

- Construction paper, 8½" x 11", assorted colors
- White copy paper, 8½" x 11"
- Crayons and markers, enough to share
- Scissors, enough to share
- Decorative stickers
- A sample card
- Camera or smart device for photos
- A box and packing tape for mailing

Run of show

Time	What happens
5 min	Gathering: sample cards on the table
5 min	Opening: Pledge of Allegiance
10 min	Activity 1: why we are doing this, and the rules for the cards
35 min	Activity 2: make and decorate cards
5 min	Activity 3: count them, box them, address the package
5 min	Closing

Activity 1 — Why, and the rules (10 min)

10,000 for the Troops Bear — scouting.org/cub-scout-activities/10000-for-the-troops-bear/

Tell them plainly what this is: people in the military are sometimes away from home over the holidays, and these cards tell them somebody was thinking about them. That is enough. Do not oversell it.

Then the rules, because they are not optional and a card that breaks them cannot be sent:

- Address it “Dear Warrior.”
- Write a holiday or gratitude greeting. Our troops hold many different beliefs and celebrate different holidays, so keep the greeting welcoming to all of them.
- Write a personal note — how you celebrate the holidays, a family memory. The warriors say this is their favorite part of receiving a card.

- Sign your first name only, plus your town and state and your pack number. No last name, no address, no school.
- No bigger than an 8 x 11 sheet folded in half.

That first-name-only rule is a youth protection rule as much as a mailing rule. Say why, briefly, and check every card against it before it goes in the box.

Activity 2 — Make the cards (35 min)

Let them make as many as they want in the time. Some Scouts will make one careful card and some will make nine; both are fine and both are service.

Circulate and read what they are writing, kindly. You are checking two things: that the personal note is actually personal, and that nobody has written their last name or their address.

A Scout who freezes on what to write gets a prompt, not a script: what did you do last December? What food does your family make? What is the best present you ever gave somebody?

Photograph the den at work if you have photo permission on file. Those pictures are what the pack newsletter and the committee want.

Activity 3 — Count, box, address (5 min)

Count the cards out loud as a den and write the number on the board. Third graders should see the total they made together.

Box them and address the package with the den watching:

- 10,000 for the Troops · Scouting America · 1325 West Walnut Hill Lane · Irving, TX 75015-2079

Mail it this week, and confirm the current year's deadline before you post.

Log the service hours in Scoutbook the same night. It is two minutes and it counts on the pack's service record for the year.

Closing (5 min)

Say something like

Today you showed what it means to be a Bear who cares — learning our nation's symbols, finding out how the helpers in our community make a difference, and then taking action yourself. Keep showing respect, keep helping others, and keep finding small ways to make your community stronger. That is how Bears lead with pride and purpose.

Thanks are due to the Holiday Cards 4 Our Military Challenge at militaryholidaycardchallenge.com and to Boots for Troops at boots4troops.org, who make this project possible.

Send home with families

Ask your Scout what they wrote in their card and who they think will read it.

If your family wants to do more, the nonprofit you visited almost certainly takes family volunteers.

Leader notes

- Stay neutral on politics. This adventure is about the flag, the symbols, and service — not about parties or candidates. If a Scout brings politics into the room, redirect to what the symbol means rather than shutting the Scout down.
- The flag guest is the easiest yes in Scouting. VFW and American Legion posts have people who do flag education as a matter of course and will usually bring their own flags.
- Requirement 1 says demonstrating. A Scout who watched somebody else fold the flag has not completed it.
- The service project can be shared with the pack, but each Scout must actually participate.
- Log the service hours in Scoutbook. Packs lose credit for service they actually did, every single year, for no reason other than nobody typed it in.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting and on the visit. A guest speaker or host who is not a registered leader is never alone with Scouts. If your den includes girls, one of those adults must be a registered female 21 or over.

Health forms for every participant, youth and adult, for the off-site visit, reviewed for anything affecting participation. Check your council for activity notification requirements before you go.

Follow the SAFE Checklist for any service project site — gloves, closed shoes, no sharps, and no roadside work without high-visibility vests and adult spotters.

Scissors and craft knives: adult supervision, blunt scissors for third graders, and no throwing.

Photo permission on file before posting pictures of Scouts, and first names only on anything that leaves the room.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

Standing Tall

Required adventure • Personal Safety

If you read nothing else

Two meetings. Meeting 1 is a family night — the Protect Yourself Rules video, the Personal Space Bubble worksheet, and the family digital device policy all want a parent in the room.

Requirement 1 needs written parent permission, obtained in advance. Send the Standing Tall 1 Parent Notification home at least two weeks ahead and get it back. A family may decline, and a Scout whose family declines is never singled out — have a parallel activity ready in another room with an adult.

Requirement 3 can be completed at home instead. If you run it at the meeting, parents must attend — a Scout cannot set a family policy alone.

Meeting 2 is a kitchen. Book one, and check allergies before anyone bakes anything.

Run this early in the program year. It is the adventure that pays off if something actually happens.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Bear rank.
- ☐ 2. Complete the Personal Space Bubble worksheet that is part of the Protect Yourself Rules resources.
- ☐ 3. With your parent or legal guardian, set up a family policy for digital devices.
- ☐ 4. Identify common personal safety gear for your head, eyes, mouth and nose, hands, and feet. List how each of these items protect you. Demonstrate the proper use of personal safety gear for an activity.

Requirement 1 requires parent or legal guardian permission in writing, in advance. Requirement 3 requires a parent or legal guardian to take part, whether it is done at the meeting or at home.

Meeting 1: Family night: the video, the bubble, and the device policy

Goal: Scouts watch the Bear Protect Yourself Rules video with permission, map who belongs in each of their personal spaces, and sign a digital device policy with their own family.

Covers requirements 1, 2 and 3

Before the meeting

- Send the Standing Tall 1 Parent Notification home at least two weeks out. It is in the Bear Standing Tall adventure resources on filestore.scouting.org and it tells families exactly what is in the video. Get written permission back and tick it off a roster.
- Invite parents and legal guardians to attend the whole meeting, and tell them requirement 3 needs them in the room. Many will want to watch the video with their Scout anyway, and the video is designed for that.
- Preview the video yourself. The Bear video runs about thirteen minutes and is at vimeo.com/325064786. You need to know what is coming so you can handle a Scout who reacts.
- Test the screen and the sound before anyone arrives, and download the video if the meeting place has unreliable internet.
- Print the Personal Bubble worksheet, one per Scout, and the Digital Safety Pledge, one per family. Both are in the Bear Standing Tall adventure resources.
- Set the room with tables and chairs so families can sit and write together.
- Know your reporting obligation before you run this meeting. If a Scout discloses anything to you, you report it to your Scout executive and to local authorities the same day.

Supplies

- Screen and speakers, and the Bear Protect Yourself Rules video ready to play
- Signed permission slips, checked at the door against a roster
- Personal Bubble worksheets, one per Scout
- Digital Safety Pledge, one per family
- Pencils, one per Scout, plus pens for the adults
- Colored pencils or crayons, enough to share
- Tables and chairs set for families to write together

Run of show

Time	What happens
5 min	Gathering: permission slips at the door, families seated together
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
20 min	Activity 1: Protect Yourself Rules video and discussion
15 min	Activity 2: Personal Space Bubble worksheet
20 min	Activity 3: family digital device policy
5 min	Closing

Activity 1 — Protect Yourself Rules (20 min)

Protect Yourself Rules Video Bear — scouting.org/cub-scout-activities/protect-yourself-rules-video-bear/

Check permission slips at the door. A Scout without written permission does something else in another room with an adult. No exceptions, no pressure on the family, and no comment about it in front of the den.

Watch the Bear-level video together, parents in the room. It runs about thirteen minutes.

Afterward, keep the discussion short, calm, and factual. Do not press for personal stories and do not let the den turn it into either a joke or a horror session. Three things to land:

- Your body belongs to you, and there are parts no one should touch.
- A secret that makes you uncomfortable is not a secret you have to keep — from anyone, including an adult who tells you to keep it.
- Tell a trusted adult. If they do not listen, tell another one, and keep telling until somebody does.

Have each Scout name three trusted adults, on paper or silently. At least one should be outside their household.

If a Scout discloses anything: listen, do not interrogate, do not promise confidentiality, and report it to your Scout executive and local authorities immediately. That is your obligation and it is not a judgment call.

Activity 2 — Personal Space Bubble (15 min)

Personal Bubble — scouting.org/cub-scout-activities/personal-bubble/

Hand out the worksheet and a pencil each. Explain the four spaces in order, and demonstrate the distances physically rather than describing them — stand at each distance from a volunteer adult so they can see what a foot and six feet actually look like.

- Intimate space — right against us. This one is just for us, though we may also let family in.
- Personal space — out as far as our fingertips reach. Usually friends and family.
- Social space — where we are comfortable hanging out and talking in a group.
- Public space — where we are comfortable with strangers and people out in public.

Scouts write names into each circle. Friends and family in the personal circle; the mail carrier, a neighbor, a stranger in the public one.

Then ask the question the worksheet exists for: why are we more comfortable with some people closer than others? Let everyone who wants to answer.

Then say the part that makes it a safety requirement, plainly: knowing where your bubbles are is what lets you tell someone they are too close. If someone comes into your personal space and you do not want them there, you can tell them politely to move away — and if they do not listen, you can be forceful about it. Everyone has the right to feel safe, and everyone has to respect everyone else's bubble.

That is requirement 2. The worksheet goes home with the Scout.

Activity 3 — Family digital device policy (20 min)

Family Digital Device Policy — scouting.org/cub-scout-activities/family-digital-device-policy/

Parents or legal guardians sit next to their own Scout and each family gets a Digital Safety Pledge.

Have Scouts take turns reading the items aloud, one at a time. After each one, three questions to the room:

- Why do you think it is important to have a rule about this?

- Does your family already have a rule about it?
- What should you do if somebody asks you for personal information?

Then each family fills in the form and signs it. This is their policy, not yours — a family that wants stricter rules or different ones than the sheet suggests is doing the requirement correctly.

The signed pledge goes on the refrigerator when they get home. Say that out loud; it is the difference between a worksheet and a policy.

A family who could not attend does this at home this week and sends the signed sheet back. Requirement 3 says with your parent or legal guardian, and there is no den-only version of it.

Closing (5 min)

Tell families what meeting 2 needs: closed-toe shoes, hair tied back, and let you know about food allergies this week if you do not already have them.

Thank the parents for coming. This meeting does not work without them and they should hear that.

Send home with families

Put the signed digital device pledge on the refrigerator where everyone can see it.

Talk about your family's trusted adults and whether your Scout knows how to reach them without a phone.

If the digital policy did not get done at the meeting, do it this week and send the signed sheet back. That is requirement 3.

Meeting 2: Safety gear, and using it for real

Goal: Scouts name safety gear for head, eyes, mouth and nose, hands and feet, say what each one protects, and then use real safety gear properly in a real activity.

Covers requirement 4

Before the meeting

- Book a kitchen with an oven — a chartered organization kitchen, a school teaching kitchen, or a family home with two registered adults present.
- Ask every family in writing about food allergies at least a week ahead, and check the cookie dough packaging against the answers. Nut and dairy are the ones that catch people out.
- Print the Kitchen Safety worksheet, one per Scout, from the Bear Standing Tall adventure resources, and have the answers sheet to hand.
- Gather the demonstration props: bowl, spoon, a piece of produce, an empty milk jug, meat thermometer, oven mitts, potholders.
- Also gather safety gear that is not kitchen gear — a bike helmet, safety glasses, a dust mask, work gloves, closed-toe boots. The requirement covers five body areas and a kitchen only naturally covers two of them.
- Decide before the meeting who handles the oven. Third graders can put a tray in and take it out with an adult at their shoulder; they should never be alone with a hot oven.

Supplies

- Kitchen Safety worksheets, one per Scout, plus the answer sheet
- Pencils, one per Scout
- Bike helmet, safety glasses, dust mask or particle mask, work gloves, closed-toe shoes or boots
- Bowl, spoon, a piece of produce, empty milk jug, meat thermometer
- Oven mitts and potholders
- Refrigerated cookie dough, enough for two cookies per Scout
- Cookie sheet, parchment paper, spatula, cooling rack
- Knife and cutting board if the dough is a log
- Soap and towels
- First aid kit

Run of show

Time	What happens
10 min	Gathering: Kitchen Safety worksheet
5 min	Opening and announcements
15 min	Activity 1: gear for head, eyes, mouth and nose, hands, feet
10 min	Activity 2: name that rule
25 min	Activity 3: bake, with the gear on
5 min	Closing

Gathering — Kitchen Safety worksheet (10 min)

Kitchen Safety Gear — scouting.org/cub-scout-activities/kitchen-safety-gear/

Worksheet and pencil to each Scout as they arrive. Let them work it while the den assembles, then go over the answers together.

Activity 1 — Safety gear for five body areas (15 min)

Lay the gear out on a table and work through the five areas the requirement names, one at a time. For each, the Scouts name the gear and then say what it protects them from — the second half is the requirement, so do not let them stop at naming it.

- Head — bike or sports helmet, hard hat. Protects the skull and the brain from an impact you do not see coming.
- Eyes — safety glasses, goggles, a face shield. Protects against splashes, dust, and anything that flies off what you are working on.
- Mouth and nose — a dust or particle mask, a mouthguard. Protects your lungs from what is in the air, and your teeth from an impact.
- Hands — work gloves, oven mitts, kitchen gloves. Protects against heat, cuts, splinters, and chemicals.

- Feet — closed-toe shoes, work boots, cleats. Protects against dropped things, sharp things, and slipping.

Have each Scout write their list — the gear and what it protects. That is the “list how each of these items protect you” half of requirement 4, and it is easy to skip past.

Then ask them to name the gear for three activities they actually do: riding a bike, playing a sport, helping in the garage. They will find that the answer changes with the job, which is the real lesson.

Activity 2 — Name that rule (10 min)

Fast round. You hold up an item or do something, and the Scouts call out which kitchen safety rule it represents:

- Set the bowl on the edge of the table — keep items away from the edge of the counter.
- Hold up your hands — wash hands often.
- Lick the spoon and hold it up — wash a utensil if it has touched your mouth.
- Hold up the milk jug — perishable items have a two-hour limit out of the refrigerator.
- Hold up the produce — wash produce before you use it.
- Hold up the meat thermometer — cook meat fully before eating.
- Hold up the oven mitt — use a mitt for anything hot.

It moves fast and it sticks, which is why it is here rather than a second worksheet.

Activity 3 — Bake, with the gear on (25 min)

This is the demonstration half of requirement 4: proper use of personal safety gear for an activity. The activity is baking, and the gear gets used properly or the requirement is not met.

Everyone washes hands first, soap, twenty seconds. Hair tied back, sleeves up.

Have a Scout read the package directions aloud, and another turn the oven on to preheat. Parchment on the cookie sheet.

If the dough is a log, Scouts take turns slicing on the cutting board with an adult at their shoulder. If it breaks apart, they take turns breaking it. Dough onto the sheet.

A Scout puts the sheet in the oven carefully, with an adult right there. When the timer goes, a Scout takes it out wearing the oven mitt and sets it on the potholders. Say the two things out loud as they do it: mitt on both hands, and the sheet is still hot when it is on the counter.

Scouts take turns lifting cookies off with the spatula onto the cooling rack. Remind them the sheet is hot. Then, when the cookies are cool, they eat them.

Check the allergy list one more time before anybody eats. Every time, no exceptions.

Alternatives if a kitchen is not available — both cover the same requirement with different gear: Science Safety Gear — scouting.org/cub-scout-activities/science-safety-gear/ · Sport Safety Gear — scouting.org/cub-scout-activities/sport-safety-gear/

Closing (5 min)

Say something like

Standing tall is not about being the biggest. It is about being brave enough to use your voice, make good choices, and treat other people with respect. When you speak up, when you help somebody, when you choose what is right even though it is hard — that is real strength. Keep

standing tall in your den, at home, and everywhere you go.

Record attendance and advancement. Everything cleaned and put away by the Scouts, not by you.

Send home with families

Ask your Scout to name the safety gear for something they do this week, and why it matters.

Let them help with something in the kitchen using the rules they learned. Supervised, and with the oven mitt.

Leader notes

- Parent permission for the Protect Yourself Rules video is required and must be in writing, in advance. A family that declines is respected without comment and their Scout does something else with an adult.
- Keep the tone of meeting 1 calm. The goal is a Scout who feels capable of speaking up, not a Scout who is frightened.
- You are a mandatory reporter in practice. If a Scout tells you something, report it to your Scout executive and to local authorities the same day. Do not investigate it yourself.
- Requirement 3 has no den-only version. A parent or legal guardian takes part, at the meeting or at home.
- Requirement 4 asks for five body areas: head, eyes, mouth and nose, hands, and feet. A kitchen activity alone will not naturally produce a helmet or safety glasses, so bring them.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training, always, and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Written parent permission before the video. No permission, no viewing.

Food allergies in writing before the baking meeting, checked against the dough packaging and checked again before anyone eats.

An adult at the oven at all times. Kid-safe knives, cutting on a board, and no Scout carrying a hot tray across a room.

First aid kit in the room, and know where the nearest burn-appropriate cold water is.

Closed-toe shoes in the kitchen, hair tied back, sleeves up.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Fellowship

Required adventure • Family and Reverence

If you read nothing else

Two meetings. Meeting 1 is the clay craft and the kindness jars; meeting 2 is the share-back and the conversation about a faith different from your own.

Requirements 1 and 4 are done with a parent or legal guardian, and requirement 2 happens with the family outside den time. The den meeting gives Scouts the workspace and the share-back; the conversations belong to families.

Send the family letter two weeks before meeting 1 so families have talked before the clay comes out. A Scout who arrives without having had the conversation makes a lump of clay and nothing else.

Your job here is to make every family feel their tradition belongs in this den — including families with no religious tradition, who complete these requirements through their own values and celebrations. Say that in the letter, in those words.

The clay needs to air dry between meetings, so you need somewhere safe to leave eight lumpy objects for a week.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With your parent or legal guardian, talk about your family's faith traditions. Identify three holidays or celebrations that are part of your family's faith traditions. Make a craft, work of art, or a food item that is part of your favorite family's faith tradition holiday or celebration.
- ☐ 2. With your family, attend a religious service OR other gathering that shows how your family expresses reverence.
- ☐ 3. Carry out an act of kindness.
- ☐ 4. With your parent or legal guardian, identify a religion or faith that is different from your own. Determine two things that it has in common with your family's beliefs.

Requirements 1, 2 and 4 involve the family directly. The den provides the craft time, the kindness project, and the share-back — the conversations and the service or gathering belong to families.

Meeting 1: Clay and kindness

Goal: Each Scout makes something in clay that represents a family faith tradition, and carries out a real act of kindness for their own family.

Covers requirements 1 and 3

Before the meeting

- Send the family letter two weeks out. Tell families that at this meeting Scouts will make a clay craft representing one of their favorite family faith traditions, and ask parents and legal guardians to help their Scout decide what to make before they arrive. It might be a decoration, a symbol, or a useful object used as part of a celebration.
- Word the letter carefully and generously. Some families in your den are deeply religious and some have no religious tradition at all, and both fully belong here. “Your family’s faith traditions, or the celebrations and values your family holds” covers everyone without singling anyone out.
- Ask Scouts to bring a small jar, box, or can from home for the kindness jar.
- Prepare a list of “kind words” prompts for the jars, so a Scout who freezes has somewhere to start: gives the best hugs, makes great dinners, helps with homework, took me somewhere fun, bakes with me.
- Cover the tables. Air-dry clay gets everywhere.
- Find a safe place for eight clay projects to dry undisturbed for a week, and label them before they go there.

Supplies

- Air-drying clay, about 1 lb per Scout
- A plastic knife, fork and spoon per Scout, and toothpicks to share
- Half a gallon of water in a large bowl
- Table covering
- A jar, small box, or can per Scout — plus spares for the ones who forget
- Ribbons, stickers, paper, glue
- Six 1" x 4" paper slips per Scout
- Pens or fine markers
- Labels or masking tape for naming the drying clay

Run of show

Time	What happens
5 min	Gathering: favorite celebration circle
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
30 min	Activity 1: Clay Celebration
20 min	Activity 2: Kindness Jar
5 min	Closing

Gathering — Favorite celebration circle (5 min)

Quick round the circle as Scouts arrive: name one holiday or celebration your family does, and one thing that always happens at it. The food, the song, the thing your grandmother says, the place you go.

Set the rule before the first Scout speaks: we listen, we do not compare, and nobody's celebration is weird. Enforce it the first time and you will not need to again.

This is also your check on whether the family conversations happened. A Scout who has nothing gets a quiet word and extra help in the next activity.

Activity 1 — Clay Celebration (30 min)

Clay Celebration — scouting.org/cub-scout-activities/clay-celebration/

Ask the den to describe their favorite family holidays and celebrations. Let this run a few minutes — it is where the ideas come from for the Scouts who arrived unsure.

Then tell them what they are making: something that represents one of their family's faith traditions. A decoration, a symbol, or a useful object that gets used at a celebration.

Give each Scout a ball of clay and the plastic tools. Show them the water bowl and tell them that if the clay gets hard to work, a little water fixes it. That one tip prevents most of the frustration.

Expect real variety, and treat all of it the same way: a menorah or a dreidel, an ornament or a crèche figure, a diya for Diwali, a lantern or a crescent for Eid, a marigold for Día de los Muertos, an egg, a bowl for a family recipe. A family with no religious tradition might make something for a birthday, a harvest meal, a national holiday, or a family reunion — that fully satisfies the requirement, and you should say so out loud if a Scout hesitates.

When projects are done, each Scout describes what theirs is and what it is for. That one-sentence description is where the learning happens, more than the clay.

Label each piece and put them somewhere safe to dry until next meeting.

That is the craft half of requirement 1. The conversation half — the three holidays or celebrations — happened at home, and you confirm it at meeting 2.

Alternatives: Beary Happy Turkey Treats — scouting.org/cub-scout-activities/beary-happy-turkey-treats/ · I Heart String Art — scouting.org/cub-scout-activities/i-heart-string-art/

Activity 2 — Kindness Jar (20 min)

Kindness Jar — scouting.org/cub-scout-activities/kindness-jar-2/

Hand each Scout six paper slips. On each one they write something their parent or legal guardian does that means a lot to them. Read your prompt list out if the room goes quiet — third graders often need permission to say the ordinary things.

Then they decorate the jar or box they brought, with ribbon, stickers, paper, and glue, and put the six slips inside.

The jar goes home tonight and gets given to the parent or legal guardian. That is requirement 3, and the giving is the act of kindness, not the making.

Do not let it become a competition over whose jar looks best, and do not photograph it as a display. Ask at the end how they think it will land, and let the quiet answer sit.

A Scout may do their act of kindness somewhere else instead — for a sibling, a neighbor, a teacher. That counts, and so does something they do at home this week rather than in the meeting.

Alternatives: Make a Friend — scouting.org/cub-scout-activities/make-a-friend/ · Thank a Teacher — scouting.org/cub-scout-activities/thank-a-teacher/

Closing (5 min)

Remind families of the two things due next meeting: the conversation about a faith different from your own, and the service or gathering with the family.

Tell them the clay comes back next week, dry, and that they will be showing it.

Send home with families

Talk about your family's faith traditions, or the celebrations and values your family holds, and identify three holidays or celebrations that are part of them. That is the rest of requirement 1.

Attend a religious service together, or another gathering that shows how your family expresses reverence — that is requirement 2, and a family with no religious tradition meets it through the gathering that does it for them.

Attend a Religious Service — scouting.org/cub-scout-activities/attend-a-religious-service-2/ ·
Chartered Partner Celebration — scouting.org/cub-scout-activities/chartered-partner-celebration/ ·
Veterans Day Celebration — scouting.org/cub-scout-activities/veterans-day-celebration/

Before the service or gathering, talk about what it is for, how often it happens, and whether it has different parts. Afterward, talk about how it felt, what stood out, and what part your Scout liked most.

With your parent or legal guardian, pick a religion or faith different from your own and find two things it has in common with your family's beliefs. That is requirement 4 — a conversation, not a research report.

Meeting 2: Share-back and common ground

Goal: Scouts show what they made and say what it is for, and each names two things a different faith has in common with their own family's beliefs.

Covers requirement 4, and collects 1, 2 and 3

Before the meeting

- Print the Common Faith Elements worksheet, one per Scout. It is at scouting.org/wp-content/uploads/2024/10/Bear-Fellowship-4-Common-Faith-Elements.pdf
- Read it through yourself first and decide which faiths you will walk through, so you are not improvising comparative religion in front of third graders.
- Set up a display table with a cloth for the dried clay pieces.
- Invite parents to stay for the share-back. Several will want to see the table.
- Collect the completion slips at the door for requirements 1, 2 and 3.
- Ask about food allergies if any family is bringing a food item instead of a craft, and label anything edible.

Supplies

- The dried clay pieces, on a display table
- Table cloth

- Common Faith Elements worksheets, one per Scout
- Pencils
- Completion slips
- Plates and napkins if food items came in

Run of show

Time	What happens
5 min	Gathering: dried clay onto the display table
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
20 min	Activity 1: share-back — what I made and what it is for
25 min	Activity 2: Common Faith Elements
5 min	Closing

Activity 1 — Share-back (20 min)

Each Scout gets about ninety seconds: show what you made, say which holiday or celebration it belongs to, and name the three celebrations your family talked about at home. Then say one thing about the service or gathering you attended.

Set the rule again before the first Scout speaks: we listen, we do not compare, nobody's tradition is weird.

You will hear things you did not expect about families you thought you knew. That is the adventure working.

This is where requirements 1 and 2 close. Tick them off as Scouts speak, and collect the slips for requirement 3 — the kindness jars went home last week and the parents know whether they arrived.

A Scout who missed last meeting brings a craft or food item from home instead. It counts exactly the same.

Activity 2 — Common Faith Elements (25 min)

Common Faith Elements — scouting.org/cub-scout-activities/common-faith-elements/

Hand out the worksheet. Start by asking each Scout to name what faith or tradition their own family practices — and make clear before you ask that “we do not have one” is a complete and welcome answer, because in most dens somebody needs to hear that.

Then walk through some of the other faiths on the worksheet, one at a time, plainly and without ranking them. Where they worship, what they celebrate, what their main teaching is.

Now the part that is actually the requirement. Each Scout, with what their family talked about at home, names one faith different from their own and two things it has in common with their family's beliefs. Write the commonalities on the board as they come.

The Golden Rule will come up under many names, and it is worth pointing out explicitly: treat other people the way you want to be treated appears in nearly every faith on that worksheet, and it is also what “helpful, friendly, kind” means in the Scout Law.

Finish with the question that makes it land: what did you hear tonight that was the same across two different families in this room?

Say something like

A Scout is reverent does not mean every Scout believes the same thing. It means every Scout takes their own beliefs seriously and takes yours seriously too. Those are different things, and Scouting asks for both.

That is requirement 4. Never ask a Scout to explain or defend their family's beliefs — they share what they choose to share, and that is enough.

Closing (5 min)**Say something like**

Today you showed what fellowship really means — helping one another, working together, and making sure everybody feels included. When we treat each other with kindness and respect, our den gets stronger and every Scout shines a little brighter. Keep looking out for each other, and keep spreading that spirit of fellowship wherever you go.

Record attendance and advancement. Send the crafts home tonight — they belong to families, not to your supply closet.

Send home with families

Ask your Scout what they learned about a faith different from your family's, and what the two things in common were.

Religious emblems programs exist for most faiths and are earned outside Scouting through your own faith group. This adventure is a natural on-ramp — ask your den leader or look them up.

Leader notes

- This is the most sensitive adventure in the Bear year. Handle it with care and every family feels seen; handle it carelessly and you lose someone.
- Scouting requires a Scout to do their duty to God but does not define God for them. A family with no religious affiliation completes every one of these requirements through their own values, celebrations and gatherings. Say so in the family letter, in those words, before anyone has to ask.
- Never ask a Scout to explain or defend their family's beliefs, and never let the den turn a tradition into a curiosity.
- If your pack is chartered to a religious organization, be especially deliberate about welcoming families of other traditions. The chartered organization provides the meeting space; it does not set the Scouts' beliefs.
- The clay needs a full week to dry. Do not schedule these two meetings closer than seven days apart.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Ask about food allergies before any food item is brought in or shared, and label everything.

Air-dry clay is messy, not hazardous, but check the packaging for any allergen warning and wash hands afterwards.

Photo permission before posting anything from the share-back. Some families will not want their traditions online, and you should assume that rather than ask in front of the den.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Webelos Adventures

Bobcat

Required adventure • Character and Leadership

If you read nothing else

Every Cub Scout earns Bobcat first, at every rank. For Webelos this is the year the Scout Oath and Scout Law replace the Cub Scout Promise and the Law of the Pack — that switch is the whole point of the adventure.

Two den meetings. Requirement 7 is done at home with a parent or legal guardian and cannot be completed at a den meeting.

Start this the first week of the program year. Nothing else counts toward rank until Bobcat is done.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Get to know members of your den.
- ☐ 2. Recite the Scout Oath and the Scout Law with your den and den leader. Describe 3 points of the Scout Oath.
- ☐ 3. Learn about the Scout Law.
- ☐ 4. Learn about the denner position and responsibilities.
- ☐ 5. With your den create a den Code of Conduct.
- ☐ 6. Demonstrate the Cub Scout sign, Cub Scout salute and Cub Scout handshake. Show how each is used.
- ☐ 7. At home, with your parent or legal guardian, do the activities in the booklet *How to Protect Your Children From Child Abuse: A Parent's Guide*.

Requirement 7 is a family activity. Hand the booklet out at meeting 1 and collect the signed acknowledgement at meeting 2 — do not attempt to run it as a den activity.

Meeting 1: Oath, Law, and who we are

Goal: Scouts learn each other's names, say the Scout Oath and Scout Law out loud, and can explain three points of the Oath in their own words.

Covers requirements 1, 2, 3 and 6

Before the meeting

- Print the Scout Oath and Scout Law large enough to read from across the room. Tape them to the wall — leave them up all year.
- Print one copy of How to Protect Your Children From Child Abuse: A Parent's Guide per family, plus the acknowledgement slip.
- Write each Scout's name on a card for the name game.
- Ask two parents to stay — you want a second registered adult in the room and helpers for the small groups.

Supplies

- Scout Oath and Scout Law posters
- Index cards and markers
- Ball of yarn or a soft ball for the name game
- Twelve slips of paper, each with one point of the Scout Law
- Parent booklets and acknowledgement slips

Run of show

Time	What happens
5 min	Gathering: Name Toss
5 min	Opening: flag ceremony and the Scout Oath
10 min	Activity 1: three points, three corners
15 min	Activity 2: the Scout Law relay
10 min	Activity 3: sign, salute, handshake
5 min	Closing: hand out family booklets, Living Circle

Gathering — Name Toss (5 min)

Stand in a circle. Toss the ball to a Scout; they say their name and one thing they did over the summer. They toss it on. Second time around, whoever throws has to say the name of the Scout they are throwing to.

This is requirement 1 and it takes five minutes. Do not skip it because the Scouts “already know each other” — Webelos dens usually absorb Scouts from two or three Bear dens, and the ones who do not know anybody are the ones who quit in November.

Opening (5 min)

Denner leads the flag ceremony if you have one appointed; otherwise pick a Scout. Everyone says the Scout Oath together, reading from the poster.

Say something like

Last year you promised to do your best, to do your duty to God and your country, and to help

other people. This year you make the same promise the older Scouts make — the same words a Scout in a troop uses, and the same words an Eagle Scout says. That is the Scout Oath, and from tonight on it is yours.

Activity 1 — Three points, three corners (10 min)

Label three corners of the room: DUTY TO GOD AND COUNTRY, HELP OTHER PEOPLE, KEEP MYSELF. Read a short scenario and have Scouts run to the corner that best fits.

- You see a younger Scout drop his whole plate at the pack picnic. (Help other people.)
- You are up late and you know you have a game tomorrow, so you go to bed. (Keep myself physically strong.)
- Your family goes to services on Saturday and you go too. (Duty to God.)
- You pick up litter in the park nobody saw you drop. (Duty to country — or help other people; let them argue it.)

Then have each Scout pick three points and say what each one means in their own words. That satisfies requirement 2. Accept plain language — “keep myself physically strong means I take care of my body” is a complete answer from a fourth grader.

Activity 2 — Scout Law relay (15 min)

Split into two teams. Put the twelve Law slips in a pile at the far end of the room, shuffled. On “go,” one Scout runs, grabs a slip, brings it back, and the team lays them out in order. First team with all twelve in the right order wins.

Run it twice. The second time, before a team can win, each Scout has to give one example of a person being that point of the Law.

That is requirement 3. The relay is doing the work here — Scouts memorize the Law by handling it, not by reciting it at you.

Activity 3 — Sign, salute, handshake (10 min)

Demonstrate all three yourself first, then have the Scouts mirror you. Then quiz them: “You just walked into the meeting and the flag is posted.” (Salute.) “I raised my hand for quiet.” (Sign.) “You are meeting the Scoutmaster of the troop.” (Handshake, left hand.)

Point out that the Cub Scout handshake uses two fingers and the left hand, and that they will switch to the Scouts BSA handshake next year in Arrow of Light. Fourth graders like knowing something changes ahead of them.

Watch each Scout do all three once. That is requirement 6 and it is a demonstration, not a discussion.

Closing (5 min)

Hand every Scout a parent booklet to take home in their hand, not in their bag. Tell the parents directly at pickup what it is and that you need the slip back next meeting.

Close with the Living Circle.

Send home with families

Do the activities in *How to Protect Your Children From Child Abuse: A Parent's Guide* together, and return the signed slip at the next meeting. This is requirement 7 and only a parent or legal guardian can sign it off.

Practice the Scout Oath and Scout Law at home. Ask your Scout to teach it to you.

Meeting 2: Denner and the den Code of Conduct

Goal: The den elects or appoints a denner, understands the job, and writes a Code of Conduct in the Scouts' own words.

Covers requirements 4 and 5, and collects 7

Before the meeting

- Write the denner responsibilities on a sheet of easel paper ahead of time.
- Have a large sheet of poster board ready for the Code of Conduct — the den will sign it and you will bring it to every meeting all year.
- Collect the parent acknowledgement slips at the door as families arrive.

Supplies

- Poster board and markers
- Easel paper with denner duties
- Denner shoulder cord if your pack uses one
- A watch or timer for the denner to practice with

Run of show

Time	What happens
5 min	Gathering: word scramble on the points of the Law
5 min	Opening: Scout Oath, led by a Scout
15 min	Activity 1: what a denner actually does
20 min	Activity 2: writing the Code of Conduct
10 min	Activity 3: Bobcat check and sign-off
5 min	Closing

Activity 1 — What a denner actually does (15 min)

Show the list, then give the job away. The denner is a real position with real duties, and the fastest way to teach it is to hand a Scout the timer for the rest of the meeting.

- Leads the opening and the Living Circle
- Helps set up before and clean up after

- Takes attendance
- Keeps the meeting on time and tells the den leader when a segment is running long
- Helps a Scout who is behind or new

Elect or rotate. A six-month rotation with an assistant denner works well; so does rotating every month so every Scout gets a turn before crossover. Say which you are doing and stick to it.

That is requirement 4 — learn about the position and responsibilities. The Scout does not have to hold the job to complete it.

Activity 2 — Writing the Code of Conduct (20 min)

This has to be theirs. If you write it, they will follow it for three weeks. If they write it, they will enforce it on each other, which is the actual goal.

Ask three questions and write down what they say, in their words:

- What makes a den meeting good?
- What ruins one?
- What should happen when someone breaks the code?

Group the answers into five or six rules. Push them toward positive phrasing — “we listen when someone else is talking” beats “no interrupting.” Tie at least two of them back to points of the Scout Law out loud so they see the connection.

Everyone signs it, you and the assistant den leader included. Bring it to every meeting for the rest of the year and point at it instead of raising your voice.

Say something like

This is not my list of rules for you. This is your list, and you are all signing it, which means when someone forgets it is not me who reminds them — it is you.

Activity 3 — Bobcat check and sign-off (10 min)

Go around the circle. Each Scout says the Scout Oath, gives three points in their own words, and demonstrates sign, salute, and handshake. Tick them off as they go.

Confirm you have the parent slip for requirement 7 from every family. Chase the missing ones this week — do not let it sit until December.

Record Bobcat in Scoutbook the same night if you can. It is the first advancement of the year and packs lose credit for it because nobody entered it.

Send home with families

Nothing new. If the parent booklet slip has not come back, it is due now.

Leader notes

- Bobcat comes first at every rank, but the Webelos version is not a repeat — the Oath and Law replace the Promise and the Law of the Pack. Say that out loud to the Scouts and to the parents.

- The Code of Conduct poster is the most useful thing you will make all year. Laminate it if you can.
- A Scout joining the pack mid-year earns Bobcat first, whatever the calendar says. Run a short catch-up with them and a parent rather than making them wait for next September.
- Requirement 7 belongs to the family. Your job is to hand out the booklet, explain why, and collect the slip.

Safety

Before this adventure

Two registered adults, both with current Safeguarding Youth Training, at every den meeting and activity. SYT is valid 12 months — check your own expiry date before the program year starts. If your den includes girls, one of those adults must be a registered female 21 or over.

No one-on-one contact between an adult and a Scout who is not their own child, in person, online, or by text. Include a parent on every message.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7

Webelos Walkabout

Required adventure • Outdoors

If you read nothing else

Two meetings and a two-mile walk. Meeting 1 plans the route and teaches the first aid; meeting 2 is the walk itself and the discussion afterward.

The walk does not need a mountain. A two-mile loop from your meeting place, a park trail, or a greenway all count — pick something you can reach without a caravan.

This is the outdoors requirement for Webelos rank and it is the den's outdoor activity for the year. Do it in October or April, not January.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Prepare for a 2-mile walk outside. Gather your Cub Scout Six Essentials and weather appropriate clothing and shoes.
- ☐ 2. Plan a 2-mile route for your walk.
- ☐ 3. Check the weather forecast for the time of your planned 2-mile walk.
- ☐ 4. Review the four points of the Scouting America SAFE Checklist and how you will apply them on your 2-mile walk.
- ☐ 5. Demonstrate first aid for each of the following events that could occur on your 2-mile walk: blister, sprained ankle, sunburn, dehydration and heat related illness.
- ☐ 6. With your den, pack, or family, go on your 2-mile walk while practicing the Leave No Trace Principles for Kids and the Outdoor Code.
- ☐ 7. After your 2-mile walk, discuss with your den what went well and what you would do differently next time.

Meeting 1: Plan the walk, pack the pack, learn the first aid

Goal: The den plans a real two-mile route, each Scout assembles the Six Essentials, and every Scout demonstrates first aid for the four trail injuries.

Covers requirements 1, 2, 3, 4 and 5

Before the meeting

- Print a map of the area around your meeting place at a scale where two miles is visible. Paper, not a phone — they need to draw on it.
- Scout two or three candidate routes yourself beforehand so you can steer them away from a highway crossing.

- Build one complete Six Essentials kit to show, and gather enough loose supplies for Scouts to check theirs against.
- Borrow a first aid kit with real bandages, moleskin, and an elastic wrap. Blister care taught with a picture does not stick.

Supplies

- Printed area maps, one per pair of Scouts
- Highlighters and a piece of string for measuring distance on the map
- A complete Cub Scout Six Essentials kit to display
- Moleskin, adhesive bandages, elastic wrap, triangular bandages
- Water bottles, a bottle of sunscreen, a wide-brim hat
- Printed SAFE Checklist and Leave No Trace Principles for Kids

Run of show

Time	What happens
5 min	Gathering: what is in my pack?
5 min	Opening: Outdoor Code
15 min	Activity 1: plan the route
10 min	Activity 2: Six Essentials and the weather check
20 min	Activity 3: four first aid stations
5 min	Closing: SAFE Checklist walkthrough

Activity 1 — Plan the route (15 min)

Hand out maps in pairs. Give them the string trick: lay the string along the route, then straighten it against the scale bar. Two miles, out and back or a loop.

Let them propose routes and then pressure test each one as a den. Ask the questions you want them asking themselves: Where do we cross a road? Is there water? Where is the bathroom? Where could a car reach us if someone got hurt?

Pick one route as a den and mark it. This is requirement 2 and the Scouts have to do the planning — your job is to veto the unsafe one, not to hand them the answer.

Activity 2 — Six Essentials and weather (10 min)

Lay out your kit and name each item as you go: first aid kit, filled water bottle, flashlight, trail food, sun protection, whistle.

Have every Scout list what they will bring and what they will wear. Talk about shoes specifically — the single most common reason a Webelos walk goes badly is a Scout in brand-new boots or flat-soled slip-ons.

Pull up the forecast for the day and time of your walk on a screen everyone can see. Read the temperature, the chance of rain, and the wind. Ask what changes about the packing list if it is 45

degrees and drizzling versus 85 and sunny. That is requirement 3, and it is worth doing again the night before.

Activity 3 — Four first aid stations (20 min)

Set up four stations, five minutes each, den rotates. Every Scout has to do the skill, not watch it. This is requirement 5 and “demonstrate” is the operative word.

- Blister. Show a hot spot versus a formed blister. Cut moleskin into a doughnut so the hole sits over the blister. Practice on the back of a hand.
- Sprained ankle. Rest, ice, compression, elevation. Wrap an elastic bandage from the toes up, snug but with a finger's room. Have the Scout check the toes for color and warmth after.
- Sunburn. Prevention first — hat, shirt, sunscreen applied 20 minutes before, reapplied every two hours. Then treatment: out of the sun, cool water, do not pop blisters, tell an adult.
- Dehydration and heat illness. Learn the early signs: headache, cramps, no need to use the bathroom, dark urine. Stop, shade, sip water, cool the neck and wrists. Teach them the escalation — if the person stops sweating, is confused, or stops making sense, that is an emergency and an adult calls 911.

Closing — SAFE Checklist (5 min)

Walk the four points against your actual route, out loud, as a den. Supervision: who is coming, what is our ratio. Assessment: what could go wrong on this route. Fitness and skill: can everyone walk two miles, and who has a health form on file. Equipment and environment: the Six Essentials, the shoes, the forecast.

That is requirement 4, and doing it against the real route rather than in the abstract is the difference between a checkbox and a habit.

Send home with families

Break in the shoes your Scout will wear. Walk a mile in them this week.

Make sure the Annual Health and Medical Record parts A and B are on file with the den leader.

Send a filled water bottle and weather-appropriate layers on walk day.

Meeting 2: The two-mile walk

Goal: Walk the planned route, practice Leave No Trace and the Outdoor Code on the way, and hold a real debrief at the end.

Covers requirements 6 and 7

Before the meeting

- Confirm your adult-to-Scout ratio and that every adult has current SYT. Two registered adults minimum, more for a road crossing.
- Recheck the forecast the morning of. Have a rain date and use it — a miserable first outdoor experience costs you Scouts.
- Carry the den first aid kit, a roster with emergency contacts, and a charged phone.

- Walk the route yourself in the last week if you can. Trails close.

Supplies

- Den first aid kit
- Roster with parent phone numbers and health form flags
- Trash bag for anything you pick up
- Extra water and extra snacks — someone will forget
- The marked map from meeting 1, carried by the denner

Run of show

Time	What happens
10 min	Gathering: gear check and buddy assignment
5 min	Opening: Outdoor Code and Leave No Trace for Kids
60 min	The walk, with two teaching stops
15 min	Debrief circle
5 min	Closing: Living Circle

Gathering — Gear check (10 min)

Every Scout opens their pack and shows the Six Essentials. Fix problems now: fill empty bottles, hand out spare sunscreen, swap a Scout out of the wrong shoes if you have a spare pair. This is requirement 1 verified, not assumed.

Assign buddies. Nobody walks alone, and buddies check on each other at each stop.

Opening (5 min)

Read the Outdoor Code together. Then the Leave No Trace Principles for Kids in the Scouts' own words: know before you go, choose the right path, trash your trash, leave what you find, be careful with fire, respect wildlife, be kind to other visitors.

Say something like

Everything we carry in, we carry out. If we do this right, the next family that walks here will not be able to tell we came through.

The walk (about 60 min)

Two miles is roughly an hour at a fourth grader's pace with stops. Denner sets the pace at the front with an adult; an adult sweeps at the back. Nobody passes the front, nobody falls behind the back.

Stop twice for five minutes. Water, buddy check, and one teaching moment each:

- First stop — “choose the right path.” Point out where the trail is widening because people walked around a puddle, and walk through the middle of it instead.
- Second stop — “leave what you find.” Someone will have picked something up. Use it. Talk about why the rock, the flower, or the shell is worth more where it is.

If you pass litter, pick it up. The bag makes the principle real in a way a poster does not.

Debrief circle (15 min)

Sit down at the end. This is requirement 7 and it is a real requirement, not a formality — do it before anyone gets in a car.

Three questions, and let every Scout answer at least one:

- What went well?
- What would you do differently next time?
- What did you carry that you did not need, and what did you wish you had?

Write the answers down. Read them back at the start of the campout planning next year — Scouts remember that you listened.

Send home with families

Talk about the walk at dinner. Ask what your Scout would change.

If your Scout enjoyed this, the Let's Camp Webelos and Aquanaut electives build straight off it.

Leader notes

- Two miles is the requirement. Do not stretch it to four to make it feel like a real hike — you will lose the Scouts who are not outdoor kids yet, and this adventure exists partly to recruit them.
- Combine this with a pack campout if the timing works, but the walk still has to be the den's own planned route with the den's own debrief.
- Requirement 5 says demonstrate. A Scout who watched you wrap an ankle has not completed it.

Safety

Before this adventure

Annual Health and Medical Record parts A and B on file for every participant.

Two-deep leadership, both registered, both with current Safeguarding Youth Training, and a registered female adult 21 or over any time girls are present.

Know where the nearest hospital is and whether you have cell signal on the route. If you do not, say so out loud to the other adults before you start.

Check your council for any local tour or activity notification requirement before an off-site den activity.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7

Stronger, Faster, Higher

Required adventure • Personal Fitness

If you read nothing else

Two meetings. Meeting 1 is cooking and eating a balanced meal together; meeting 2 is the activity block and the relaxing activity.

Requirement 5 is a conversation between the Scout and a parent about their own health form. Send it home — do not read a Scout's medical record at a den meeting.

The cooking requirement wants planning, cooking, and eating. A den kitchen night is the cleanest way to do it, and parents will happily host.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With your den or family, plan, cook, and eat a balanced meal.
- ☐ 2. Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.
- ☐ 3. Be active for 15 minutes doing personal exercises that boost your heart rate, use your muscles, and work on flexibility.
- ☐ 4. Do a relaxing activity for 10 minutes.
- ☐ 5. Review your Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.

Meeting 1: Plan it, cook it, eat it

Goal: The den plans a balanced meal, cooks it themselves, and eats it together.

Covers requirement 1

Before the meeting

- Find a kitchen. A chartered organization kitchen, a family's house with two registered adults present, or a park shelter with camp stoves all work.
- Ask every family about food allergies and restrictions in writing, a week ahead. Then plan around them rather than making one Scout eat something different.
- Pre-portion and pre-wash ingredients so the meeting is about cooking, not prep.
- Decide who handles heat. Fourth graders can use a stove with an adult at their shoulder; they should not be alone with one.

Supplies

- Ingredients for the planned meal
- Cutting boards, kid-safe knives, mixing bowls, tongs
- Plates, forks, cups, napkins
- Soap, towels, and a bin for dishes
- MyPlate diagram printed large

Run of show

Time	What happens
10 min	Gathering: build a plate
5 min	Opening: Scout Oath, focus on physically strong
10 min	Activity 1: plan the meal against MyPlate
30 min	Activity 2: cook it
20 min	Activity 3: eat together and clean up
5 min	Closing

Gathering — Build a plate (10 min)

Put out magazine cutouts or printed food cards. Each Scout builds a plate on paper: half fruits and vegetables, a quarter grains, a quarter protein, plus dairy.

Do not make this a lecture about bad food. Ask what they actually ate yesterday and work from there. A Scout who says “pizza” is not wrong — ask what would go next to it.

Activity 1 — Plan the meal (10 min)

Show the ingredients you brought and let the den decide the menu against MyPlate. Give them a real constraint or two — the budget, the time, the fact that one Scout cannot have dairy.

Something like tacos, a stir-fry, or chili with a salad and fruit works because everyone gets to do a job and the components are visible.

Assign jobs before anyone touches a knife: choppers, mixers, cookers, table setters, dish crew. Write it up where they can see it.

Activity 2 — Cook it (30 min)

Wash hands first, everyone, with soap, twenty seconds. Then work the jobs.

Kitchen rules out loud before you start: knives cut down and away from your hand; pot handles turned in; nobody runs; tell an adult before you touch anything hot.

Rotate so every Scout does more than one job. The Scout who only sets the table has not cooked.

This is the requirement doing double duty — it is also direct preparation for the Arrow of Light Personal Fitness adventure next year, which asks them to cook a camping meal on camp gear.

Activity 3 — Eat together, clean up (20 min)

Sit down and eat as a den. Say a blessing or a reflection if that fits your chartered organization.

While they eat, go around: what is one thing on this plate that helps you be physically strong, and how?

Everyone cleans. The den that cooks together washes together — and it is the same habit they will need at the Arrow of Light campout.

Send home with families

Review the Annual Health and Medical Record together and talk about your Scout's ability to take part in den and pack activities — any limits, medications, or things the den leader should know. That is requirement 5 and it is a family conversation.

Ask your Scout to cook one part of a family meal this month.

Meeting 2: Move, stretch, and settle

Goal: Thirty minutes of active play with stretching, fifteen minutes of personal exercise, and ten minutes of something genuinely relaxing.

Covers requirements 2, 3 and 4; collects 5

Before the meeting

- Book a gym, a field, or a big room. This meeting needs space.
- Print a personal exercise card for each Scout — a simple grid they fill in and take home.
- Confirm you have collected requirement 5 conversations from families.
- Pick your relaxing activity ahead of time and mean it. Ten minutes of guided quiet is harder to run than thirty minutes of dodgeball.

Supplies

- Cones, a couple of playground balls, a jump rope per Scout
- Personal exercise cards and pencils
- A timer
- Yoga mats or towels, or just clean floor
- Music if your relaxing activity uses it

Run of show

Time	What happens
5 min	Gathering: jump rope free play
5 min	Opening
30 min	Activity 1: warm up, play, cool down

Time	What happens
15 min	Activity 2: personal exercise circuit
10 min	Activity 3: the relaxing activity
5 min	Closing

Activity 1 — Warm up, play, cool down (30 min)

The requirement asks for stretching and moving in the same thirty minutes, so build it as one block:

- Five minutes: dynamic warm-up. Arm circles, high knees, walking lunges, toe touches. Moving stretches, not held ones.
- Twenty minutes: hard play. Capture the flag, sharks and minnows, relay races, ultimate with a soft ball. Pick something with no elimination — a Scout sitting on the sideline is not being active for thirty minutes.
- Five minutes: cool down and held stretches. Hamstrings, calves, shoulders, thirty seconds each, no bouncing.

Do it with them. A den leader on the sideline with a clipboard teaches the opposite of this adventure.

Activity 2 — Personal exercise circuit (15 min)

Requirement 3 is about the Scout's own exercise, not the group game. Set up a circuit of five stations, and have each Scout move through at their own pace, filling in their card.

- Heart rate: jumping jacks, or shuttle runs between two cones.
- Muscles, upper: push-ups, on knees or against a wall if needed.
- Muscles, core: plank hold, or sit-ups.
- Muscles, lower: squats or wall sits.
- Flexibility: sit and reach, and a shoulder stretch.

Teach them to find their pulse at the wrist or neck and count for fifteen seconds. Check it before and after the heart-rate station so they can feel the difference themselves.

The card goes home. Tell them the point is to do it again without you.

Activity 3 — The relaxing activity (10 min)

Ten minutes, genuinely relaxing, and it is a requirement in its own right. Pick one and commit:

- Guided breathing lying on the floor, lights down. Four counts in, four hold, four out.
- Read aloud while they lie still with eyes closed.
- Quiet sketching or coloring with no talking.
- Outside, on backs, watching the sky and naming what the clouds look like.

Expect the first two minutes to be giggling. Wait it out; do not scold. By minute four most of them will be genuinely still, and several will tell you afterward it was their favorite part.

Say something like

Being physically strong is not only about how hard you can go. It is also about knowing how to stop. Ten minutes, nothing to do, nowhere to be.

Send home with families

Use the personal exercise card at home. Fifteen minutes, a few times a week.
If the health form conversation has not happened yet, it is due now.

Leader notes

- Every Scout moves at their own level. Push-ups on knees count. A Scout with a health limitation does what they can do — the requirement is to be active, not to hit a standard.
- Never compare Scouts out loud, never weigh them, never comment on body size. If a Scout raises a concern about their own body, listen, do not diagnose, and tell a parent.
- Requirement 5 is between the Scout and their parent. You confirm it happened; you do not read the form contents to the den or ask about them.
- This adventure sets up Arrow of Light Personal Fitness directly — same themes, higher bar. Mention that to the Scouts.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, and a registered female adult 21 or over any time girls are present.
Water available throughout, and real breaks. Watch for heat on a warm day.
Ask families in writing about food allergies before the cooking meeting, and plan the menu around them.
Adult supervision at any heat source. Kid-safe knives only.
Annual Health and Medical Record parts A and B on file before the activity meeting.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5

Scout	1	2	3	4	5

My Community

Required adventure • Citizenship

If you read nothing else

Two meetings plus a service project. Meeting 1 covers voting and the elected official visit; meeting 2 builds the law timeline.

Invite the elected official early — six weeks is not too much. School board members, city council members, and county commissioners say yes far more often than you expect.

Requirement 4 is a service project. Coordinate with your committee so it gets logged in Scoutbook and counts toward the pack's service total.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Learn about majority and plurality types of voting.
- ☐ 2. Speak with someone who is elected to their position. Discover the type of voting that was used to elect them and why.
- ☐ 3. Choose a federal law and create a timeline of the history of the law. Include the involvement of the three branches of government.
- ☐ 4. Participate in a service project.

Meeting 1: How we choose: majority, plurality, and a real official

Goal: Scouts can explain the difference between majority and plurality voting, and hear from someone who was actually elected.

Covers requirements 1 and 2

Before the meeting

- Invite your guest six weeks out. A short, specific ask works best: twenty minutes, ten Scouts, they will ask how you were elected. Offer to come to their office if that is easier.
- Prepare the guest: send the two questions the Scouts must ask so they can answer them concretely — what type of voting elected you, and why is it that way here.
- Print ballots for the voting demonstration.
- Have a backup. If the guest cancels the morning of, run the voting activity long and reschedule the visit.

Supplies

- Printed ballots, three rounds' worth

- A box for a ballot box
- Whiteboard or easel paper to tally
- Name tags for the Scouts, so your guest can use their names
- A thank you card for the Scouts to sign

Run of show

Time	What happens
5 min	Gathering: name tags and question cards
5 min	Opening: Pledge of Allegiance
20 min	Activity 1: the snack election
20 min	Activity 2: the elected official
5 min	Activity 3: thank you and debrief
5 min	Closing

Activity 1 — The snack election (20 min)

Teach this by running it, not defining it. Put four snack options on the board and hold a real vote for the snack at the next meeting.

Round one, everyone votes once. Tally it. Almost certainly nothing gets over half — say, 4, 3, 2, 1 out of ten.

Say something like

Popcorn won with four votes. But six of you wanted something else. Did popcorn really win?

Now define the two words against the result on the board:

- Plurality — the most votes wins, even if it is under half. Popcorn wins with 4 of 10.
- Majority — you need more than half, over 50%. Nobody has it, so nobody has won yet.

Run a runoff between the top two and get a majority. Then ask the real question: which one felt fairer, and which one was faster? Let them argue. Both answers are right, and that tension is the actual content of the requirement.

Mention where each shows up: most US elections for a single seat are plurality; runoffs and many primaries require a majority.

Activity 2 — The elected official (20 min)

Have each Scout ready with a question on a card, written at the gathering. Two are mandatory across the den: what type of voting elected you, and why does your office use that type. That is requirement 2 and it needs a real answer.

Other questions worth seeding if the den goes quiet: What does your job actually do all day? What is something you decided that affected our neighborhood? What is the hardest part? How old were you when you first voted?

Have the denner introduce the guest and a Scout thank them at the end. Fourth graders can do this and it makes the visit theirs.

If no one can come in person, a fifteen-minute video call works, or take the den to a public council meeting and speak with a member afterward.

Activity 3 — Thank you and debrief (5 min)

Sign the card as a den before anyone leaves. Mail it.

Quick round: what surprised you about that person's job?

Send home with families

Ask your Scout which voting type elected our guest, and whether they think it is the fairer way.

Pick a federal law your family finds interesting for next meeting. Suggestions on the handout.

Meeting 2: How a law happens: the timeline

Goal: The den builds a timeline of one federal law showing all three branches of government acting on it.

Covers requirement 3, and plans 4

Before the meeting

- Pick two or three candidate laws with clear, findable histories and a Supreme Court case attached, so all three branches are genuinely involved. Good ones: the Americans with Disabilities Act, the National Park Service Organic Act, the Civil Rights Act of 1964, the Clean Air Act, the 19th Amendment.
- Print a one-page fact sheet on each candidate so Scouts are not searching the open internet during the meeting.
- Cut a long strip of butcher paper for the timeline.
- Have your service project options ready to propose, cleared with the committee.

Supplies

- Butcher paper strip, 6 feet or so
- Markers, sticky notes, tape
- Printed fact sheets on the candidate laws
- Three colors of sticky note, one per branch of government

Run of show

Time	What happens
5 min	Gathering: three branches sort
5 min	Opening

Time	What happens
10 min	Activity 1: pick the law
25 min	Activity 2: build the timeline
10 min	Activity 3: plan the service project
5 min	Closing

Gathering — Three branches sort (5 min)

Cards on the table: makes the laws, enforces the laws, decides what the laws mean; Congress, President, Supreme Court; House and Senate, federal agencies, federal courts. Scouts sort them into three columns.

Keep the three colors straight from here on — legislative, executive, judicial. The timeline uses them.

Activity 1 — Pick the law (10 min)

Read the fact sheets aloud, one paragraph each. Let the den vote — and use majority voting on purpose, then point out loudly that they just used what they learned last meeting.

The Americans with Disabilities Act is the most reliable choice with this age group: the story is concrete, there are Scouts in the room who know someone it affects, and all three branches show up clearly.

Activity 2 — Build the timeline (25 min)

Roll out the butcher paper and draw the line with year marks. Then work through the story, writing each event on the sticky note color for the branch that acted.

Using the ADA as the worked example:

- Before: people with disabilities are denied jobs, buses, and buildings. Advocates push for years. (No branch yet — this is where laws come from.)
- 1988–1990, legislative: the bill is introduced, argued over, amended, and passed by the House and the Senate.
- July 26, 1990, executive: President George H. W. Bush signs it into law.
- After, executive: federal agencies write the rules — what a ramp has to look like, what counts as a reasonable accommodation.
- Since, judicial: courts including the Supreme Court decide what the words actually mean in specific disputes.

Make sure all three colors are on the line before you call it done — that is the part of requirement 3 dens most often miss.

Finish with the question that makes it land: what is something in this building, or on the way here, that exists because of this law? Ramps, the parking spaces by the door, the automatic doors, the elevator braille.

Activity 3 — Plan the service project (10 min)

Requirement 4 is participation in a service project. Let the den choose from options your committee has already cleared, so you are not stuck vetoing their favorite idea.

Options that work for Webelos: a park or trail cleanup, a food drive with sorting at the pantry, flags at a veterans cemetery, a conservation planting, assembling care kits.

Pin the date now and put it on the pack calendar. Tell the committee so the hours get logged in Scoutbook — it counts toward the pack’s service total for the year, and packs lose the credit by simply not recording it.

Send home with families

Service project date and location on the handout. Bring work gloves.
Ask your Scout to tell you the story of the law they picked. If they can tell it as a story, they have it.

Leader notes

- Stay neutral on candidates and parties. Invite officials of any party; if you can invite two of different parties, better. The requirement is about how we choose, not who we chose.
- If a Scout’s family is politically active, expect strong opinions in the room. Redirect to the mechanics — majority versus plurality — rather than shutting a Scout down.
- The service project can be shared with the pack, but each Scout must actually participate.
- Log the service hours in Scoutbook. It is two minutes and it counts on the pack’s service record for the year.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, and a registered female adult 21 or over any time girls are present.
A guest speaker who is not a registered leader is never alone with Scouts. Two registered adults stay in the room throughout.
Follow the SAFE Checklist for the service project site — gloves, closed shoes, no sharps, no roadside work without high-visibility vests and adult spotters.
Get photo permission before posting pictures with an elected official.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

My Safety

Required adventure • Personal Safety

If you read nothing else

Two meetings. Requirement 1 is the Protect Yourself Rules video, which needs parent permission and is best watched with families present.

Requirement 2 happens at home — the Scout walks their own house. Requirement 4 is a worksheet you build in the den for your own region.

Run this early in the year. It is the adventure that pays off if something actually happens.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Webelos rank.
- ☐ 2. Identify items in your house that are hazardous and make sure they are stored properly. Identify where on the package it describes what to do if someone is accidentally exposed to the product.
- ☐ 3. Identify ways you and your family keep your home or your meeting space safe.
- ☐ 4. Complete a “Be Prepared for Natural Events” worksheet for at least two natural events most likely to happen near where you live.

Meeting 1: Protect Yourself Rules and household hazards

Goal: Scouts watch the Webelos Protect Yourself Rules video with permission, and learn to read a product label for exposure instructions.

Covers requirements 1 and 2, and starts 3

Before the meeting

- Send the permission note home at least two weeks ahead, and get it back in writing. A Scout without permission does something else in another room with an adult — no exceptions, no pressure on the family.
- Invite parents to watch with the den. Many will want to, and the video is designed for it.
- Preview the video yourself. You need to know what is coming so you can handle a Scout who reacts.
- Gather empty, rinsed product containers with real labels: household cleaner, bleach, drain opener, bug spray, paint thinner, a medicine bottle. Empty and rinsed — you are teaching label reading, not handling chemicals.

Supplies

- Screen and sound for the video
- Signed permission slips, checked at the door
- Empty rinsed product containers with intact labels
- Magnifying glasses — the warnings are in tiny print, and that is part of the lesson
- Home hazard hunt checklist to take home

Run of show

Time	What happens
5 min	Gathering: safe or not safe sort
5 min	Opening
20 min	Activity 1: Protect Yourself Rules video and discussion
20 min	Activity 2: read the label
5 min	Activity 3: the home hazard hunt assignment
5 min	Closing

Activity 1 — Protect Yourself Rules (20 min)

Check permission slips at the door. Watch the Webelos-level video together, with parents in the room if they came.

Afterward, keep the discussion short, calm, and factual. Do not press for personal stories, and do not let the den turn it into a joke or a horror session. The three things to land:

- Your body belongs to you, and there are parts no one should touch.
- Secrets that make you uncomfortable are not secrets you have to keep — from anyone, including an adult who tells you to keep it.
- Tell a trusted adult. If they do not listen, tell another one, and keep telling until someone does.

Have each Scout name three trusted adults, silently or on paper. At least one should be outside their household.

If a Scout discloses anything to you, listen, do not interrogate, do not promise confidentiality, and report it immediately to your Scout executive and to local authorities. Know that obligation before you run this meeting.

Activity 2 — Read the label (20 min)

Put the containers out with magnifying glasses. Working in pairs, Scouts find on each label:

- The signal word — CAUTION, WARNING, or DANGER — and what the difference is.
- The first aid or exposure section: what to do if swallowed, if it gets in eyes, if it gets on skin, if inhaled.
- Where it should be stored.

That first aid section is the specific thing requirement 2 asks them to locate, so have every Scout point to it on at least two products.

Teach the Poison Control number and have them say it back: 1-800-222-1222. Free, 24 hours, and you call before you panic.

Then talk storage: high or locked, in the original container, never in a drink bottle, never mixed. Bleach and ammonia together is the one to name explicitly.

Activity 3 — The home hazard hunt (5 min)

Hand out the checklist. Requirement 2 is completed at home, with a parent, in their own house — a den meeting cannot do it for them.

Tell them what to look for: under the kitchen sink, the laundry area, the garage, the bathroom cabinet. Anything reachable by a little kid that should not be.

Ask them to bring back one thing they moved or one label they read.

Send home with families

Walk the house together and find the hazardous products. Check that each is stored properly and read the exposure instructions on two of them. That is requirement 2.

Put the Poison Control number on the fridge: 1-800-222-1222.

Talk about your family's trusted adults, and whether your Scout knows how to reach them.

Meeting 2: Keeping our home and our meeting place safe

Goal: Scouts name the real safety systems in their home and meeting space, and complete Be Prepared worksheets for two natural events likely where they live.

Covers requirements 3 and 4

Before the meeting

- Find out which two or three natural events are actually most likely in your area — tornadoes, hurricanes, wildfire, earthquake, blizzard, flood. Teach the ones that happen where you live, and only those. Hurricane prep is wasted on a den a thousand miles from a coast.
- Print the Be Prepared for Natural Events worksheet, two per Scout.
- Walk your meeting space beforehand and find the exits, extinguishers, first aid kit, and the designated shelter area. You will be surprised what you do not know.
- Get permission from your chartered organization before doing a walk-through with the Scouts.

Supplies

- Be Prepared for Natural Events worksheets, two per Scout
- Clipboards and pencils
- Meeting space safety scavenger hunt sheet
- A sample family emergency kit, or pictures of its contents

- A weather radio if you have one

Run of show

Time	What happens
10 min	Gathering: meeting space safety scavenger hunt
5 min	Opening
15 min	Activity 1: how we keep this place safe
25 min	Activity 2: Be Prepared worksheets
5 min	Closing: the family meeting assignment

Gathering — Safety scavenger hunt (10 min)

In pairs, with clipboards, find and mark on the sheet: every exit, the fire extinguishers, the smoke detectors, the first aid kit, the AED if there is one, the shelter area for severe weather, and the address of the building.

That last one matters more than it sounds. Ask them what address they would give a 911 dispatcher from this room right now. Most will not know it.

Activity 1 — How we keep this place safe (15 min)

Debrief the hunt on the board, then extend it to home. This is requirement 3, and the goal is for Scouts to see safety as things people do, not a list they are handed.

Prompt across four areas and let them fill it in:

- Fire — detectors and when the batteries get changed, an escape plan with two ways out of each room, a meeting place outside, never going back in.
- Weather — the shelter spot, the alert on a phone or radio.
- Everyday — locked doors, who is allowed to answer them, what to do when a Scout is home alone, poisons stored high.
- People — knowing the neighbors, the buddy system, telling a parent where you are going.

Ask directly: does your family have a meeting place outside if the house has to be evacuated? Most will not. That becomes the family assignment.

Activity 2 — Be Prepared worksheets (25 min)

Two events, two worksheets, chosen for where you actually live. Work the first one together as a den on the board, then let them do the second in pairs.

For each event, the worksheet walks the same four questions:

- How would we know it is coming? Sirens, phone alert, weather radio, the sky.
- Where do we go, and how fast do we have to get there?
- What do we need with us? Water, flashlight, radio, medicine, shoes, a whistle.
- What do we do after — how do we tell family we are safe, and who is our out-of-state contact?

Tornado is worth doing as the worked example if you are in tornado country: lowest floor, most interior room, away from windows, cover your head. Have them physically walk to the shelter spot in the building. A drill teaches this; a worksheet alone does not.

Both worksheets go home to be finished with the family — that is the point of them.

Send home with families

Hold a fifteen-minute family safety meeting. Agree on the outside meeting place, the out-of-state contact, and the severe weather shelter spot in your home.

Finish both Be Prepared worksheets together and bring them back signed.

Test the smoke detectors while your Scout watches. Let them push the button.

Leader notes

- Parent permission for the Protect Yourself Rules video is required and must be in writing. A Scout whose family declines is never singled out — have a parallel activity ready.
- Keep the tone calm. The goal is a Scout who feels capable, not a Scout who is frightened of their own house.
- You are a mandatory reporter in practice. If a Scout tells you something, report it to your Scout executive and local authorities the same day. Do not investigate it yourself.
- Pick your natural events by where you live, not by what is dramatic.

Safety

Before this adventure

Empty, rinsed containers only. Never bring an actual hazardous product to a den meeting.

Get chartered organization permission before walking the building with the den.

Two registered adults with current Safeguarding Youth Training, always — and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

My Family

Required adventure • Family and Reverence

If you read nothing else

Mostly a home adventure. Requirements 1, 3, and 4 are conversations with a parent or legal guardian; the den meeting supports them and provides the workspace.

One den meeting, plus a share-back at the following meeting. Do not try to run someone's family faith traditions from the front of the room.

Your job here is to make every family feel their tradition belongs in this den — including families with no religious tradition, who fulfill these requirements through their own values.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With your parent or legal guardian, talk about your family's faith traditions. Identify three holidays or celebrations that are part of your family's faith traditions. Make a craft, work of art, or a food item that is part of your family's faith tradition holiday or celebration.
- ☐ 2. Carry out an act of kindness.
- ☐ 3. With your parent or legal guardian, identify a religion or faith that is different from your own. Identify two things that it has in common with your family's beliefs.
- ☐ 4. Discuss with your parent or legal guardian what it means to be reverent. Tell how you practice being reverent in your daily life.

Requirements 1, 3 and 4 are explicitly done with a parent or legal guardian. The den meeting below gives Scouts the craft time and the share-back; the conversations belong to families.

Meeting 1: Kindness, reverence, and making something

Goal: Scouts plan and carry out an act of kindness, talk about what reverent means, and have time and materials to make their family tradition craft or food.

Covers requirement 2, supports 1 and 4

Before the meeting

- Send the family letter home two weeks ahead so requirement 1 conversations happen before this meeting. Ask families to tell you what craft or food their Scout wants to make so you can have materials.

- Be careful and generous with the letter's wording. Some families are deeply religious, some are not religious at all, and both fully belong. "Faith traditions or the values your family holds" covers everyone.
- Gather general craft supplies plus anything specific families asked for.
- Have kindness project options ready that can be done in the meeting: cards for a nursing home or for deployed service members, care kits, a thank you delivery to your chartered organization or a fire station.

Supplies

- General craft supplies: paper, card, markers, glue, scissors, string, beads, paint
- Anything specific families requested
- Card stock for kindness cards
- Envelopes and stamps
- The family letter, second copy for anyone who lost it

Run of show

Time	What happens
5 min	Gathering: kindness chain
5 min	Opening: Scout Law, reverent
15 min	Activity 1: what does reverent mean?
20 min	Activity 2: the act of kindness
15 min	Activity 3: tradition craft workshop
5 min	Closing

Gathering — Kindness chain (5 min)

Each Scout writes one kind thing someone did for them on a paper strip, and one kind thing they could do this week. Loop them into a paper chain and hang it in the meeting space.

It is a simple gathering, and it gets them thinking in the right direction before you ask them to plan anything.

Activity 1 — What does reverent mean? (15 min)

A Scout is reverent. Ask them what they think it means and write down every answer without correcting any of them.

Then offer the frame that holds all of them: reverence is treating what is important with respect — your own beliefs, other people's beliefs, and the world around you.

Ask what being reverent looks like on an ordinary Tuesday. Push past "going to church," which is the answer they think you want. Good answers you may hear: being quiet when someone else is praying, not making fun of what somebody believes, taking care of a place, saying thank you and meaning it, keeping a promise.

Say something like

A Scout is reverent does not mean every Scout believes the same thing. It means every Scout takes their own beliefs seriously, and takes yours seriously too. Those are different things and Scouting asks for both.

This is preparation. Requirement 4 is the conversation the Scout has at home — say that plainly so nobody thinks tonight completed it.

Activity 2 — The act of kindness (20 min)

Requirement 2 is the one thing here the den can complete together, so make it real rather than symbolic. Let them pick, then do it in the room:

- Cards for a nursing home, a children's hospital, or deployed service members — handwritten, not printed.
- Care kits for a shelter: socks, toothbrush, toothpaste, granola bar, a note.
- A thank you delivery to the chartered organization, a fire station, or the school custodians, hand-delivered next week.
- Cleaning and tidying the meeting space properly, without being asked and without telling anyone it was them.

Do not let it become a competition or a photo op. Ask at the end how it felt, and let the quiet answer sit.

A Scout may also do their act of kindness at home instead. Both count.

Activity 3 — Tradition craft workshop (15 min)

This is workshop time for requirement 1. Scouts work on the craft, art, or food item their family identified. You supply table space, materials, and help — not the subject matter.

Expect real variety: a menorah or a dreidel, an Advent wreath or an ornament, a Diwali rangoli, an Eid card or lantern, a Day of the Dead marigold, a family recipe, a decorated egg. A family with no religious tradition might make something for a birthday, a harvest meal, a national holiday, or a family reunion — that fully satisfies the requirement.

Ask each Scout to tell the den the one-sentence version of what theirs is for. That share, not the craft, is where the learning happens.

If a Scout has nothing ready, give them paper and let them start; families can finish at home.

Send home with families

Talk about your family's faith traditions or values, and identify three holidays or celebrations that are part of them. Help your Scout finish the craft or food item. That is requirement 1.

Identify a religion or faith different from your own and find two things it has in common with your family's beliefs. Requirement 3 — this is a conversation, not a research report.

Talk about what reverent means and how your Scout practices it day to day. Requirement 4.

Sign the completion slip and bring it, plus the craft, to the next meeting.

Meeting 2: Share-back

Goal: Scouts show what they made and say what they learned about a faith different from their own.

Covers requirements 1, 3 and 4 completed at home; verified here

Before the meeting

- This is a fifteen-minute block at the start of your next regular den meeting, not a whole meeting. Say so in the family letter.
- Set up a table for the crafts and food items.
- Collect signed completion slips at the door.
- Invite parents to stay for it. Several will want to see the display.

Supplies

- Display table and a cloth
- Plates and napkins if food items came in
- Completion slips

Run of show

Time	What happens
15 min	Share-back circle and display
—	Then continue with your next adventure

Share-back circle (15 min)

Each Scout gets about ninety seconds: show what you made, say which holiday or celebration it belongs to, and name one thing you learned about a faith different from your own.

Set the rule before the first Scout speaks: we listen, we do not compare, and nobody's tradition is weird. Enforce it the first time and you will not need to again.

You will hear things you did not expect about families you thought you knew. That is the adventure working.

Ask one closing question: what did you hear tonight that was the same across two different families? The common ground is requirement 3 in the room rather than on paper.

Say something like

Six families in this room, and I count at least four different traditions. Every one of them has something about being thankful, and every one of them has something about taking care of other people. That is what reverent looks like from the outside.

Leader notes

- This is the most sensitive adventure in the Webelos year. Handle it with care and every family will feel seen; handle it carelessly and you will lose someone.
- Scouting requires a Scout to do their duty to God, but does not define God for them. A family with no religious affiliation completes these requirements through their own values and traditions — say so in the family letter, in those words.
- Never ask a Scout to explain or defend their family's beliefs. They share what they choose to share.
- If your pack is chartered to a religious organization, be especially deliberate about welcoming families of other traditions. The chartered organization sets the meeting space; it does not set the Scouts' beliefs.
- Religious emblems programs exist for most faiths and are earned outside Scouting through the family's own faith group. Mention them to families — this adventure is a natural on-ramp.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, and a registered female adult 21 or over any time girls are present.

Ask about food allergies before any food item is shared, and label everything that comes in.

Photo permission before posting anything from the share-back — some families will not want their traditions online.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

Arrow of Light Adventures

Bobcat

Required adventure • Character and Leadership

If you read nothing else

The Arrow of Light Bobcat is a different animal from every Bobcat before it. The den becomes a patrol, the Scouts elect their own patrol leader, and the signs and handshake change to the Scouts BSA versions.

Two meetings, and meeting 2 is a visit to a Scouts BSA troop. Book that visit before you start.

Requirement 8 is done at home with a parent or legal guardian.

From this adventure on, call them a patrol. The word does real work — it is the first thing that tells a fifth grader that something has changed.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Demonstrate the patrol method by choosing a patrol name and electing a patrol leader. Discuss the benefits of using the patrol method.
- ☐ 2. Get to know members of your patrol.
- ☐ 3. Recite the Scout Oath and Scout Law with your patrol.
- ☐ 4. With your patrol, create a Code of Conduct.
- ☐ 5. Demonstrate the Scouts BSA sign, Scouts BSA salute, and Scouts BSA handshake. Show how each is used.
- ☐ 6. Learn the Scouts BSA slogan and motto.
- ☐ 7. With your patrol, or with your parent or legal guardian, visit a Scouts BSA troop.
- ☐ 8. At home, with your parent or legal guardian, do the activities in the booklet *How to Protect Your Children From Child Abuse: A Parent's Guide*.

Requirement 7 — the troop visit — is the single highest-value thing you will do all year for retention. Do it early, do it more than once, and do not save it for spring.

Meeting 1: Becoming a patrol

Goal: The den elects a patrol leader, picks a patrol name, writes its Code of Conduct, and switches to the Scouts BSA sign, salute, and handshake.

Covers requirements 1, 2, 3, 4, 5 and 6

Before the meeting

- Book the troop visit for meeting 2 now if you have not. Talk to the Scoutmaster and, more importantly, to the senior patrol leader — a visit run by youth lands differently than one run by adults.
- Print the Scout Oath, Scout Law, slogan and motto. Print the Scouts BSA sign, salute and handshake with pictures.
- Print the parent booklet, one per family, plus acknowledgement slips.
- Bring paper and markers for patrol flag design.
- Resist the urge to pick the patrol name yourself, however bad their ideas are.

Supplies

- Scout Oath, Scout Law, slogan and motto posters
- Sign, salute and handshake reference sheets
- Paper ballots and a box
- Poster board, markers, fabric or felt for a patrol flag
- Parent booklets and acknowledgement slips

Run of show

Time	What happens
5 min	Gathering: two truths about me
5 min	Opening: Scout Oath and Scout Law
20 min	Activity 1: the patrol method and the election
15 min	Activity 2: patrol name and flag
10 min	Activity 3: sign, salute, handshake, slogan, motto
10 min	Activity 4: the patrol Code of Conduct
5 min	Closing

Gathering — Two truths about me (5 min)

Each Scout says two true things about themselves that the patrol probably does not know. It is requirement 2, and at this age it works better than a name game — fifth graders know each other's names and are bored by being asked.

Play along yourself. They will remember that you did.

Activity 1 — The patrol method and the election (20 min)

Explain the change first, and be direct about it.

Say something like

Until this year, I ran your den. Starting tonight, you run your patrol and I help. You are going to

elect one of your own to lead, and when we camp and cook and plan this year, they lead it and I stay out of the way unless someone is about to get hurt. That is called the patrol method, and it is how Scouts BSA works.

Discuss the benefits before you vote — that is part of requirement 1. Pull the answers from them: you learn to lead, you learn to follow, decisions get made by the people doing the work, everyone gets a job, a small group can actually do things a big group cannot.

Then hold a real election. Secret ballot, every Scout eligible, count it in front of them. Plurality wins.

Set the term — six months is standard, so most patrols do two leaders across the year. Name an assistant patrol leader too, usually the runner-up.

Give the patrol leader real duties on the spot: leads the opening, runs the meeting plan with you beforehand, assigns jobs, represents the patrol. If you do not actually give the job away, the election was theater and the Scouts will know it.

Activity 2 — Patrol name and flag (15 min)

The patrol picks its own name. Nominate, discuss, vote. It is theirs and it will be on their flag all year and remembered for decades.

Then design and start building the patrol flag. It carries the name, a symbol, and every member's name. Bring it to every meeting, every campout, and the crossover ceremony.

Let it be a little ridiculous. The patrol that named itself something silly and owned it is a patrol with an identity, which is the entire point of requirement 1.

Activity 3 — Sign, salute, handshake, slogan, motto (10 min)

These change this year and the change matters to them. Teach the differences explicitly:

- Sign — three fingers up, not two. Raised for silence and given when reciting the Oath and Law.
- Salute — three fingers, hand to the eyebrow or hat brim. Used for the flag and in formal ceremonies.
- Handshake — left hand, normal grip, no two-finger version. The left hand is the one nearer the heart, and it is the hand that holds the shield.

Practice until it is automatic. They will use these at the troop visit next week, and being the kid who does it right is worth a lot to a fifth grader walking into a room of older Scouts.

Slogan: Do a Good Turn Daily. Motto: Be Prepared. Ask what each one actually asks of them — a good turn is not the same as a chore you were told to do, and being prepared is not the same as being lucky.

Activity 4 — The patrol Code of Conduct (10 min)

The patrol leader runs this, not you. Hand them the marker and sit down. It will be slower and messier than if you did it, and that is the price of the patrol method.

Same three questions as always: what makes a good meeting, what ruins one, what happens when someone breaks it. But this year the patrol leader asks them and writes the answers.

Everyone signs, you included. Bring it every week.

Send home with families

Do the activities in How to Protect Your Children From Child Abuse: A Parent's Guide together and return the signed slip. Requirement 8.

Troop visit next meeting — details on the handout. Class A uniform, and a parent is welcome and encouraged to come.

Ask your Scout what their patrol is called and why.

Meeting 2: Troop visit

Goal: The patrol visits a Scouts BSA troop meeting and sees what comes next, run by the troop's youth leaders.

Covers requirements 7, and collects 8

Before the meeting

- Talk to the senior patrol leader, not just the Scoutmaster. Ask them to run it. The single biggest factor in whether your Scouts want to cross over is whether they liked the older Scouts they met.
- Ask the troop for something active. A skills relay, fire building, first aid race, knot competition — anything but a tour of the meeting room and a slideshow.
- Tell the troop your Scouts' names in advance and ask them to use them.
- Send parents. This visit is at least as much for them, and the questions they need answered are different from the Scouts'.
- Visit more than one troop across the year if there is more than one nearby. Fit matters and it is not your call to make for a family.

Supplies

- Patrol flag — bring it
- Class A uniform
- A question card per Scout, written at the previous meeting
- A parent handout on how a troop differs from a pack
- Thank you card for the patrol to sign afterward

Run of show

Time	What happens
10 min	Arrive early, meet the senior patrol leader
10 min	Troop opening — your patrol takes part
40 min	Troop activity, Scouts mixed into troop patrols
15 min	Question time with the youth leaders
10 min	Troop closing and Scoutmaster minute

Time	What happens
10 min	Debrief in the parking lot

Before you go

Set expectations on the drive or at the door. They are guests, they are in uniform, and they participate rather than watch.

Tell them the one thing that makes this visit work: mix in. A patrol that stands together in a corner all evening has not visited a troop, it has observed one.

During the visit

Split your Scouts into different troop patrols if the troop will do it. Uncomfortable for ten minutes, then transformative.

Stand at the back with the other adults and let it happen. If you find yourself managing your Scouts during a troop meeting, you are in the wrong place in the room.

Questions worth having on the cards: What is the hardest thing you have done in Scouts? Where have you camped? What do you do when it rains? Who decides what the troop does? How much does it cost? What was crossing over like?

Debrief in the parking lot (10 min)

Do it before anyone gets in a car, while it is fresh.

- What was different from a pack meeting?
- Who was running the meeting? (The answer is the youth leaders, and you want them to notice that themselves.)
- What do you want to try?

Do not ask “do you want to join this troop.” It is too early, it puts them on the spot, and it makes the visit feel like a sales call.

Sign and send the thank you card. Then book the next visit.

Send home with families

Talk about the visit. Ask what surprised your Scout.

Crossover is at Blue and Gold in February. Start thinking about which troop fits your family — visiting two or three is normal and expected.

If the parent booklet slip has not come back, it is due.

Leader notes

- Say “patrol,” not “den,” from this adventure onward. It is a small thing that changes how fifth graders see themselves.
- Give the patrol leader real authority or do not hold the election. Scouts detect a fake job instantly and the whole year’s tone follows from this.

- Troop visits are the highest-leverage retention activity in the Cub Scout program and the pack is judged on how many of its Arrow of Light Scouts actually land in a troop. Do at least two.
- Some of your Scouts have older siblings in a troop and some have no idea what a troop is. Pitch the visit to the second group.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training on the visit, from your pack — do not rely on the troop's adults to cover your Scouts. If your den includes girls, one of those adults must be a registered female 21 or over.

Youth protection rules apply across units. Your Cub Scouts are not left alone with troop youth leaders or troop adults.

Transportation: seat belts, licensed and insured drivers, no one-on-one car rides.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7	8

Outdoor Adventurer

Required adventure • Outdoors

If you read nothing else

Two planning meetings and an overnight campout. This is the biggest adventure of the Arrow of Light year and the one Scouts remember.

The requirements are written so the patrol plans it and the patrol sets up camp — including setting up the patrol gear before their own tents. Let them.

Camping with a Scouts BSA troop satisfies requirement 5 and doubles as a troop visit. If you can arrange it, do.

Counts as the den's outdoor activity for the year.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Learn about the Scout Basic Essentials.
- ☐ 2. Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear.
- ☐ 3. Review the four points of the Scouting America SAFE Checklist and how you will apply them on the campout.
- ☐ 4. Locate the campsite where you will be camping on a map.
- ☐ 5. With your patrol or a Scouts BSA troop, participate in a campout.
- ☐ 6. Upon arrival at the campout, determine where to set up your campsite: kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent.
- ☐ 7. Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.
- ☐ 8. After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave No Trace Principles for Kids.

Meeting 1: Gear, essentials, and the map

Goal: Every Scout knows the Scout Basic Essentials, has a packing list they built themselves, and can find the campsite on a map.

Covers requirements 1, 2 and 4

Before the meeting

- Book the campsite first. Everything else depends on the date.

- Bring a complete set of real gear to display — tent, sleeping bag, pad, pack, mess kit, headlamp. Borrowed is fine.
- Print a topographic or park map of the camp, plus a road map showing the drive.
- Get the camp's own site map from the council or the park.
- Find out which families have no camping gear at all, quietly and privately, and solve it before the packing list goes home. A Scout who cannot come because of a sleeping bag is a Scout you lose.

Supplies

- Full display set of camping gear
- Printed camp maps and road maps
- Blank packing list templates
- A duffel and a backpack, to talk about how gear gets carried
- Scout Basic Essentials reference cards

Run of show

Time	What happens
10 min	Gathering: pack the pack relay
5 min	Opening: Outdoor Code, led by the patrol leader
15 min	Activity 1: the Scout Basic Essentials
20 min	Activity 2: build the packing list
15 min	Activity 3: find the camp on the map
5 min	Closing

Gathering — Pack the pack relay (10 min)

Pile of gear at one end, two packs at the other, plus a few items that do not belong — a game console, a glass jar, a full-size pillow. Teams race to load only what should go.

Argue about the rangers afterward. The pillow is the interesting one.

Activity 1 — The Scout Basic Essentials (15 min)

Hold each item up and explain what it is for and when it saves you. This is requirement 1 and it upgrades the Cub Scout Six Essentials they already know.

- Pocketknife, where permitted, with the Whittling Chip earned
- First aid kit
- Extra clothing for the weather, including rain gear
- Rain gear specifically — a poncho is not a jacket and both have a place
- Filled water bottle
- Flashlight or headlamp with fresh batteries
- Trail food

- Matches and fire starters, in a waterproof container
- Sun protection
- Map and compass

Ask the question that makes it stick: which of these would you miss most if it started raining at 9pm and the temperature dropped twenty degrees?

Activity 2 — Build the packing list (20 min)

The patrol builds this, not you. Patrol leader at the board, three columns: personal gear, patrol gear, food.

Prompt for what they forget rather than dictating: sleeping pad, camp shoes, a second pair of socks, a trash bag, sunscreen, medications, the flag.

Then talk about carrying it. How far from the car to the site? Can you make one trip? What goes in a duffel and what goes in a pack? That is the second half of requirement 2 and Scouts skip it every time.

Assign patrol gear to specific Scouts by name, written down. “Someone bring the stove” means nobody brings the stove.

Send the list home as-is, in their handwriting if you can photograph it. It is theirs.

Activity 3 — Find the camp on the map (15 min)

Spread the maps out. Find the camp, then find the specific campsite within it — requirement 4 is the campsite, not just the camp.

Have them trace the drive from the meeting place. How long? Which highway? Where is the last gas station, and where is the nearest hospital?

On the site map, find the water source, the latrines, the parking, the trailheads, and the ranger station.

If the map has contour lines, teach them: close together is steep, far apart is flat. Then ask where they would rather pitch a tent and why. They will find the flat spot themselves.

Send home with families

Packing list is attached. Tell the den leader this week if you need to borrow gear — the pack has some and nobody misses a campout over equipment.

Annual Health and Medical Record parts A and B are required for every camper, youth and adult.

Break in boots now, not the night before.

Meeting 2: SAFE, food safety, and the plan

Goal: The patrol reviews the SAFE Checklist against this specific campout, plans the menu, and learns camp kitchen sanitation before they need it.

Covers requirements 3 and 7

Before the meeting

- Print the SAFE Checklist and the menu planning sheet.
- Bring the actual camp kitchen gear: stove, fuel, pots, dish tubs, biodegradable soap, a thermometer, a cooler.
- Have the Scouts BSA duty roster format ready to show — cooks, cleanup, fire, water.
- Collect health forms at the door and chase what is missing this week, not on the morning of.

Supplies

- Camp stove and fuel — demonstration only
- Three dish tubs, biodegradable soap, sanitizer
- Food thermometer, cooler, ice
- Menu planning sheets and duty roster template
- Printed SAFE Checklist

Run of show

Time	What happens
5 min	Gathering: duty roster puzzle
5 min	Opening
15 min	Activity 1: SAFE against this campout
20 min	Activity 2: plan the menu and the duty roster
15 min	Activity 3: camp kitchen sanitation
5 min	Closing: final logistics

Activity 1 — SAFE against this campout (15 min)

Not in the abstract. On the board, against this camp, this weekend, these Scouts. That is what requirement 3 asks for.

- Supervision — who is coming, how many registered adults, is everyone SYT current, who is the designated first aider, what is the buddy system rule after dark.
- Assessment — what could go wrong here. Weather, water, fire, wildlife, the road, getting lost, someone getting cold. Write the top five and say what you would do about each.
- Fitness and skill — health forms on file, any Scout with a condition the adults need to know about, has everyone camped before, who has never slept outside.
- Equipment and environment — the packing list, the weather forecast, the terrain, the fire restrictions in effect that week.

Assign the patrol leader to check the forecast the day before and report to the patrol. Give it to them as a real job.

Activity 2 — Menu and duty roster (20 min)

Plan the real meals: Saturday dinner, Sunday breakfast, and trail lunch. Simple, cookable on a camp stove or over coals, and something they will actually eat.

Constraints on the board before they start: no refrigeration beyond the cooler, one stove, twenty minutes of cook time, this many people, these allergies.

Then the duty roster, which is the patrol method made concrete. Cooks, cleanup, fire, water, and rotate across meals so nobody cooks twice and cleans zero times.

The patrol leader assigns it and the patrol lives with it. If it is unfair, they find out at camp, which is exactly the lesson.

Activity 3 — Camp kitchen sanitation (15 min)

Requirement 7 says explain, then demonstrate at camp. Teach it here so the demonstration is possible.

Set up the three-tub wash line for real and have them run a plate through it:

- Tub 1 — hot soapy water, wash.
- Tub 2 — hot clear water, rinse.
- Tub 3 — cold water with sanitizer, sanitize. Then air dry on a rack, never a towel.

Food safety rules they need to say back to you:

- Cold food stays under 40°F. Cooler with ice, out of the sun, lid shut.
- Raw meat stays separate. Its own container, at the bottom, its own cutting board.
- Cook to temperature and check it — ground beef 160°F, chicken 165°F. Pass the thermometer around.
- Hands washed before cooking, after handling raw meat, after the latrine, before eating. No exceptions and no “it is just camping.”
- Leftovers out more than two hours get thrown away.
- Wash water gets strained and disposed of where the camp says, never in a stream.
- All food and anything scented goes in the car or a bear box overnight, never in a tent.

Send home with families

Health forms are due now for every camper including adults.

Final packing list check. Label everything with your Scout's name.

Departure time and location on the handout. Arrive fifteen minutes early for the gear check.

Meeting 3: The campout

Goal: The patrol camps overnight, sets up patrol gear before personal gear, runs its own kitchen, and debriefs honestly at the end.

Covers requirements 5, 6, 7 and 8

Before the meeting

- Confirm the campsite reservation, the roster, and the health forms the week before.
- Recheck fire restrictions the day before — they change fast in a dry season.
- Pack the patrol first aid kit, the roster with emergency contacts, and a written plan showing the nearest hospital.
- Brief the other adults on one thing: we let the patrol leader lead, and we step in for safety, not for efficiency.

Supplies

- Everything on the patrol gear list, checked against names
- Patrol flag
- Patrol first aid kit
- Roster, health forms, emergency contact sheet
- Trash bags — pack it in, pack it out

Run of show

Time	What happens
Arrival	Gear check, then site walk and layout decisions
+30 min	Patrol gear up first, then personal tents
Afternoon	Skills, hike, or troop activity
Evening	Cook, eat, clean by the roster
Night	Campfire and Scoutmaster-style minute
Morning	Breakfast, break camp, Leave No Trace sweep
Before leaving	The debrief circle — requirement 8

Arrival and layout (requirement 6)

Do not let anyone touch a tent yet. Walk the site as a patrol and decide together where things go. The patrol leader runs it; you ask questions rather than giving answers.

- Kitchen — flat, away from tents, downwind, near but not on the water source.
- Eating area — beside the kitchen, room for everyone to sit.
- Tents — flat, high ground, not under a dead branch, not in the low spot that becomes a puddle at 2am.
- Firepit — in the existing ring, away from tents and low branches, with water and a shovel beside it.

Then the part the requirement is specific about: patrol gear goes up first. Dining fly, kitchen, water, latrine path. Personal tents after. Say why out loud — the patrol eats and stays dry together before anyone worries about where they personally sleep.

That sequence is the patrol method in physical form, and Scouts who learn it here arrive at a troop already knowing it.

The kitchen (requirement 7 demonstrated)

The duty roster runs. Cooks cook, cleanup cleans, and you eat what the patrol made.

Watch for the three that always slip: hands not washed, the cooler lid left open in the sun, and the wash line set up but bypassed when everyone is tired after dinner. Correct the first one gently and the patrol will correct the rest themselves.

Have the patrol leader check the meat temperature with the thermometer in front of everyone.

Evening campfire

Songs, skits, and run-ons led by the Scouts. Then let it go quiet before the end.

Close with something short and real — a minute on what you saw them do that day. Name a specific Scout and a specific thing.

Say something like

Tonight you put the kitchen up before your own tents. Nobody made you do that in that order — you decided it, and it meant everyone ate warm. That is what a patrol is.

Breaking camp and the sweep

Everything comes down and out. Then walk the site shoulder to shoulder, eyes down, and pick up every scrap — including the ones that were there before you.

The standard is that the next patrol cannot tell you were here.

The debrief circle (requirement 8)

Sit down before the cars get loaded. Patrol leader runs it; you keep quiet as long as you can stand to.

- What went well?
- What would we do differently next time?
- How did we follow the Outdoor Code and the Leave No Trace Principles for Kids?

Requirement 8 names the Outdoor Code and Leave No Trace specifically, so make sure that question gets a real answer rather than a nod.

Write down what they say. Read it back before the next campout — it is the single best planning document you will have, and it teaches them that a debrief is not a formality.

Send home with families

Air out and dry the tent and sleeping bag before storing them, or they will smell next year.

Ask your Scout what they would change about the campout. They will have a strong opinion.

Leader notes

- Let the patrol run it. The campout will be slower and slightly worse than one you organize yourself, and it will be worth ten times as much.
- Camping alongside a Scouts BSA troop is the ideal version of this adventure — it satisfies requirement 5 and it is a second troop visit.
- No Scout misses a campout for lack of gear. Ask quietly, solve it quietly, and keep a pack loan kit.
- At least one adult on every campout should have current first aid training beyond the basics, and everyone should know who that is.
- The first night outdoors is a big deal for some fifth graders. Watch for the Scout who is quiet at bedtime and check on them without making it public.

Safety

Before this adventure

Annual Health and Medical Record parts A and B for every participant, youth and adult, in hand before departure.

Two-deep leadership, both registered, both SYT current, and a registered female adult 21 or over any time girls are present. No adult shares a tent with a youth who is not their own child.

Check the fire restrictions the day before. Water and a shovel at the firepit whenever there is fire.

Check your council for any tour or activity notification requirement, and for local rules on unit overnight camping.

Know the route to the nearest hospital and whether you have cell signal. Tell every adult both answers before the Scouts arrive.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7	8

Scout	1	2	3	4	5	6	7	8

Personal Fitness

Required adventure • Personal Fitness

If you read nothing else

Two meetings with a 14-day tracking period in between. Start the tracking at the end of meeting 1 or it will not happen.

Requirement 1 is a camping meal cooked on camping gear — pair it with the Outdoor Adventurer campout and do both at once.

Requirement 2 asks the Scout to judge themselves against the Scout Oath. Handle that conversation with care.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Plan a balanced meal that you would eat when camping. Prepare that meal using the gear you would use on a campout.
- ☐ 2. Examine what it is to be physically fit and how you incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically fit.
- ☐ 3. Be active for 30 minutes with your patrol, a younger den, or at least one other person in a way that includes both stretching and moving.
- ☐ 4. Review your Scouting America Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in Arrow of Light patrol and pack activities.

Meeting 1: Camp cooking and starting the 14 days

Goal: The patrol plans and cooks a balanced camping meal on camp gear, and every Scout leaves with a tracking sheet started.

Covers requirement 1, starts 2

Before the meeting

- Decide where. Outdoors is better — a park shelter, a backyard with two registered adults, or the campout itself.
- Bring real camp gear: stove and fuel, or charcoal and a dutch oven. The requirement says the gear you would use on a campout, so a kitchen oven does not satisfy it.
- Collect allergies and restrictions in writing a week ahead.
- Print 14-day tracking sheets.

- Adult handles fuel and lighting. Scouts do everything else.

Supplies

- Camp stove and fuel, or charcoal, chimney, and dutch oven
- Mess kits, pots, long tongs, spatula, hot pads
- Three-tub wash line and biodegradable soap
- Food thermometer and cooler
- Ingredients for the planned meal
- 14-day tracking sheets

Run of show

Time	What happens
10 min	Gathering: menu triage
5 min	Opening: Scout Oath, physically strong
15 min	Activity 1: plan the camping meal
35 min	Activity 2: cook it on camp gear
15 min	Activity 3: eat, clean, and start the 14 days
5 min	Closing

Gathering — Menu triage (10 min)

Cards with meal ideas. Sort into: works at camp, does not work at camp, works with changes. Ice cream sundaes, spaghetti, foil packet dinners, cereal with milk, walking tacos, pancakes.

The “works with changes” pile is the useful one. Cereal works if you bring shelf-stable milk. Spaghetti works but the drained water has to go somewhere.

Activity 1 — Plan the camping meal (15 min)

Patrol leader runs it. Balanced across MyPlate, cookable on the gear in front of them, within the constraints you name.

Reliable choices: foil packet dinners with chicken, potato, carrot and onion in the coals; a one-pot chili with cornbread in the dutch oven; walking tacos with a fruit and vegetable side.

Push them on the balance. A pot of chili is not a balanced meal until someone adds the fruit and the vegetable, and they should be the ones who notice.

Assign the duty roster now: cooks, fire, cleanup, water.

Activity 2 — Cook it on camp gear (35 min)

Hands washed first. Then the patrol cooks and you stand back.

Adult lights the stove or the charcoal and stays at the fire. Everything else is theirs — chopping, mixing, tending, temping, timing.

Camp cooking is slower than they expect and that is a lesson worth letting them have. Do not rescue the timeline.

Have the patrol leader check the internal temperature and announce it.

Activity 3 — Eat, clean, and start the tracking (15 min)

Eat together. Then run the three-tub wash line properly, because the next time they do it will be at camp in the dark.

Hand out the 14-day tracking sheets and start them tonight. Explain exactly what counts: any 30 minutes or more of being active. Practice, a bike ride, a hike, PE, swimming, shoveling snow, walking the dog, a scrimmage in the driveway. Not screen time, not a ten-minute walk.

Say the honest part out loud: this only works if you write it down the same day. Nobody can remember day four on day fourteen.

Put the return date on the sheet, on the calendar, and in the family email.

Send home with families

Track every day for 14 days. Mark whether your Scout was active for 30 minutes or more, and what they did. Sheet comes back at the next meeting.

Review the Annual Health and Medical Record together and talk about your Scout's ability to take part in patrol and pack activities, including the campout. Requirement 4.

Cook something on camp gear at home if you have it — the practice pays off at camp.

Meeting 2: Thirty minutes together, and an honest look at the fourteen days

Goal: The patrol is active together for 30 minutes with stretching, and each Scout reflects honestly on their tracking against the Scout Oath.

Covers requirements 2 and 3; collects 4

Before the meeting

- Book space with room to move.
- Ask a younger den if the patrol can lead their activity — requirement 3 explicitly allows it, and Arrow of Light Scouts leading Wolves is good for everyone.
- Collect tracking sheets at the door. Have spares for whoever lost theirs — let them reconstruct rather than fail.
- Confirm health form conversations happened.

Supplies

- Cones, balls, jump ropes
- Completed tracking sheets
- Whiteboard for the group tally

- Water for everyone

Run of show

Time	What happens
5 min	Gathering: tracking sheets in, tally on the board
5 min	Opening
30 min	Activity 1: warm up, play, cool down — patrol leads
20 min	Activity 2: the honest reflection
5 min	Closing

Activity 1 — Thirty minutes, patrol led (30 min)

The patrol leader plans and runs this block. Give them the structure and let them fill it:

- Five minutes dynamic warm-up and stretching.
- Twenty minutes of hard, inclusive play — no elimination games.
- Five minutes cool down with held stretches.

If you arranged for them to lead a younger den, this is where fifth graders discover that leading eight second graders is harder than it looks. Debrief that afterward — it is the most useful ten minutes of the meeting.

Requirement 3 asks for stretching and moving in the same block. Both halves count.

Activity 2 — The honest reflection (20 min)

Tally the patrol total on the board — days active across everyone, not ranked by Scout. Never compare Scouts to each other here.

Then the two questions requirement 2 actually asks:

- What did you enjoy? Which of these would you do even if nobody was tracking it?
- Do you feel you are living up to the part of the Scout Oath about keeping yourself physically strong?

The second one is a self-assessment and it belongs to the Scout. Your job is to make it safe to answer honestly. A Scout who says “no, not really” has completed the requirement better than one who says “yes” because that is the expected answer.

Say something like

Nobody is grading this. The Oath says keep myself physically strong — myself. So the only person who can answer this is you, and the only useful answer is the true one.

Close forward, not backward: what is one thing you will do next month? Write it on the sheet.

Watch your language throughout. Never mention weight or body size, never compare Scouts, never single out the Scout with the lowest number. If a Scout raises a concern about their own body or eating, listen, do not advise, and tell a parent privately.

Send home with families

Ask your Scout what they picked as their next-month goal and help them do it.
Health form conversation is due if it has not happened.

Leader notes

- Pair requirement 1 with the Outdoor Adventurer campout and you complete two adventures with one cooking session.
- The 14-day tracking is where this adventure fails. Send a reminder at day 3 and day 10, and hand out spare sheets without comment.
- Every Scout works at their own level. Modify anything. The requirement is participation, not performance.
- This is the second year running that Scouts examine their own fitness. Point back to Stronger, Faster, Higher — several will notice their answers have changed.

Safety**Before this adventure**

Two registered adults with current Safeguarding Youth Training at every meeting, and a registered female adult 21 or over any time girls are present.

Health forms A and B on file before physical activity.

Water and real breaks. Watch for heat.

Adults handle fuel and lighting. Long tongs, hot pads, and a bucket of water at any fire.

Allergies collected in writing before any cooking, and the menu planned around them.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

Citizenship

Required adventure • Citizenship

If you read nothing else

Only two requirements, but they are bigger than they look: the patrol identifies and plans its own service project, then does two hours of it.

One planning meeting plus the project itself. The planning is the requirement — do not hand them a project you already arranged.

Two hours, or multiple projects totalling two hours. Log the hours in Scoutbook — the pack reports its service total to the council and this is where the number comes from.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Identify a community service project that your patrol or pack could accomplish. Use the Scouting America SAFE Checklist and develop a plan to conduct the service project safely.
- ☐ 2. Participate in a service project for a minimum of two hours, or multiple service projects for a total of two hours.

Requirement 1 says the patrol identifies the project and develops the plan. That planning work is the adventure — the two hours of labor is the easy half.

Meeting 1: Find the need, make the plan

Goal: The patrol identifies a real community need, chooses a project it can actually accomplish, and writes a safety plan using the SAFE Checklist.

Covers requirement 1

Before the meeting

- Do not pick the project. Bring information about needs, and let them choose.
- Call three or four organizations beforehand and ask what they actually need — a food pantry, a park district, a senior center, an animal shelter, your chartered organization, the school. Bring what they told you.
- Clear the possibilities with your committee for budget and calendar, so you are not vetoing their choice later.
- Print the SAFE Checklist and a project planning sheet.

Supplies

- Notes from your calls to local organizations
- Printed SAFE Checklist, one per Scout
- Project planning sheet — what, where, when, who, gear, safety
- Whiteboard
- A calendar showing the next three months

Run of show

Time	What happens
10 min	Gathering: what does our community need?
5 min	Opening: Scout Oath, help other people at all times
20 min	Activity 1: the needs list and the choice
25 min	Activity 2: build the plan, including SAFE
5 min	Closing: assignments

Gathering — What does our community need? (10 min)

Sticky notes, silent brainstorm, five minutes. One idea per note, anything counts.

Then read them all out without judging any of them. You will get “clean up the park” and you will also get something specific and local that you did not know about, because a fifth grader sees the neighborhood differently than you do.

Activity 1 — The needs list and the choice (20 min)

Add what you learned from your calls. Then the patrol filters against three honest questions:

- Can we actually do this, with the people and time we have?
- Does it help somebody who needs it, or does it just make us feel useful?
- Can we do at least two hours of real work on it?

That second question is worth sitting on. A patrol that decides its first idea was mostly for show and picks a harder, less photogenic project has learned the thing this adventure is for.

Patrol leader runs the vote. Majority.

Projects that work well at this age: food pantry sorting and stocking, park or trail cleanup and trail maintenance, a conservation planting, building and installing bird or bat houses, a coat or food drive with the collecting and sorting done by the patrol, yard work for elderly neighbors, cleaning and repair at the chartered organization, flags at a veterans cemetery.

Activity 2 — Build the plan (25 min)

Patrol leader at the board, patrol fills in the planning sheet. Requirement 1 is this document.

- What exactly are we doing, and what does “done” look like?
- Where, and who do we need permission from?
- When, how long, and what is the rain date?

- Who does what job?
- What tools and supplies, and who brings each one?

Then the SAFE Checklist against this project specifically:

- Supervision — how many adults, what ratio, who is the first aider, who is in charge of what.
- Assessment — what could hurt someone here. Sharp objects, broken glass, traffic, heat, lifting, poison ivy, machinery. Name each hazard and say what you will do about it.
- Fitness and skill — can everyone do this work, who needs a different job, has anyone used these tools before.
- Equipment and environment — gloves, closed shoes, long pants, high-visibility vests near a road, water, sunscreen, the forecast.

Assign the follow-up calls to Scouts, with an adult on the line. A fifth grader who calls the park district and asks for permission remembers this project for a long time.

Send home with families

Project date, location, and what to wear on the handout. Gloves, closed shoes, long pants. Parents are needed — we cannot run this without enough adults. Sign up on the sheet. Ask your Scout why the patrol chose this project.

Meeting 2: The service project

Goal: Two hours of real work, run by the patrol against its own plan.

Covers requirement 2

Before the meeting

- Confirm with the site the week before and again two days out.
- Check the forecast and call the rain date early rather than late.
- Bring the first aid kit, water, the roster, and spare gloves.
- Brief adults: the patrol leader runs it, adults work alongside rather than directing.
- Bring a way to record hours per person for Scoutbook.

Supplies

- Everything on the patrol's own supply list
- Spare work gloves and spare water
- First aid kit
- Trash bags
- Sign-in sheet with start and end times

Run of show

Time	What happens
15 min	Arrive, safety brief, job assignments
2 hrs	Work, with breaks
15 min	Clean up, tools accounted for
15 min	Debrief circle

Safety brief and jobs (15 min)

Patrol leader runs the brief off their own SAFE plan. Hazards, boundaries, where the first aid kit is, what to do if someone gets hurt, where the bathroom is, and the buddy system.

Then assign jobs from the plan. Rotate midway so nobody does the worst job for two hours.

The work (2 hours)

Two hours is longer than fifth graders expect. Break at the hour with water and a snack, and again if it is hot.

Work alongside them. An adult standing with a clipboard while Scouts haul brush teaches the wrong thing about service.

Record start and end times and who was there. You need it for Scoutbook and for the requirement.

If the patrol finishes early, find more work rather than leaving. If they cannot finish, that is a real and useful outcome — say so honestly at the debrief.

Debrief circle (15 min)

Sit down where you worked, before anyone leaves.

- What did we actually accomplish? Point at it.
- Who is better off because we came?
- What was harder than we planned for?
- What would we do differently next time?

Then the question that connects it to the Oath: what does “help other people at all times” mean after today that it did not mean this morning?

Say something like

You found this yourselves, you planned it yourselves, and you worked two hours in the cold on it. Nobody made you. That is the difference between doing a chore and doing a good turn.

Log the hours in Scoutbook the same week. It is the step most often skipped, and the pack’s service total for the year is built out of these entries.

Send home with families

Ask your Scout what the patrol built, cleaned, or collected, and who it was for.

Service hours are logged in Scoutbook — check that your Scout’s are recorded.

Leader notes

- The planning is the adventure. A project handed to the patrol ready-made completes requirement 2 and fails requirement 1.
- Two hours is a floor, not a target. Several short projects add up and can be easier to staff.
- Coordinate with the committee so this counts toward the pack’s service total for the year, and so you are not competing with a pack-wide project three weeks later.
- A patrol that picks a project connected to a Scout’s own family or neighborhood will work harder at it than one that picks a generic cleanup.
- This is a natural bridge to Scouts BSA — troops run service projects constantly and an Arrow of Light Scout who has planned one arrives ahead.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, and a registered female adult 21 or over any time girls are present.

Run the patrol’s own SAFE plan, and make the patrol leader deliver the brief.

Gloves, closed-toe shoes, long pants. High-visibility vests and adult spotters for anything near a road.

No power tools, no ladders, no chainsaws, no work at height. Fifth graders do not operate machinery.

Sharps and broken glass are picked up by adults with proper tools, not by Scouts.

Water, shade, and real breaks. Reschedule for extreme heat or cold rather than pushing through.

Photo permission before posting, especially at a shelter, pantry, or senior facility.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2

Scout	1	2

First Aid

Required adventure • Personal Safety

If you read nothing else

The most skill-heavy adventure of the year — seven requirements, most of them “demonstrate.” Give it three meetings, not two.

Requirement 1 is the Protect Yourself Rules video for Arrow of Light and needs written parent permission.

Bring a real first aid kit and real supplies. Every Scout does every skill with their hands.

This is direct preparation for Scouts BSA Tenderfoot, Second Class and First Class first aid requirements. Tell them that.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Arrow of Light rank.
- ☐ 2. Explain what you should do if you encounter someone in need of first aid.
- ☐ 3. Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.
- ☐ 4. Demonstrate how to help a choking victim.
- ☐ 5. Demonstrate how to treat shock.
- ☐ 6. Demonstrate how to treat the following: cuts and scratches, burns and scalds, bites and stings of insects and animals, and nosebleed.
- ☐ 7. Make a personal first-aid kit. Demonstrate the proper use of each item in your first-aid kit.

Meeting 1: Protect Yourself Rules, and what to do first

Goal: Scouts watch the Arrow of Light Protect Yourself Rules video with permission, and can say exactly what to do in the first thirty seconds of finding someone hurt.

Covers requirements 1 and 2

Before the meeting

- Written parent permission two weeks ahead. A Scout without it does something else with an adult in another room — no pressure, no comment.
- Preview the Arrow of Light video. It is pitched older than the Webelos one.
- Invite parents to watch.

- Invite an EMT, paramedic, school nurse, or ER nurse for the second half if you can. A parent in the pack often is one.

Supplies

- Screen and sound
- Signed permission slips
- Scenario cards
- A phone with the SIM out, or a toy phone, for 911 practice
- Disposable gloves, several pairs per Scout

Run of show

Time	What happens
5 min	Gathering: what would you do?
5 min	Opening
20 min	Activity 1: Protect Yourself Rules video and discussion
20 min	Activity 2: check, call, care
5 min	Activity 3: calling 911
5 min	Closing

Activity 1 — Protect Yourself Rules (20 min)

Check permission at the door. Watch together, parents welcome.

Keep the discussion calm and factual. The Arrow of Light version goes further than the Webelos one — expect harder questions and answer them plainly rather than deflecting.

Land the same three points: your body is yours, uncomfortable secrets do not have to be kept from anyone, and tell a trusted adult and keep telling until someone acts.

Have each Scout privately name three trusted adults, at least one outside their household.

If a Scout discloses anything, listen, do not question them, do not promise secrecy, and report to your Scout executive and local authorities the same day.

Activity 2 — Check, call, care (20 min)

Requirement 2 is what you do when you come across someone hurt, and the answer is a sequence they can say in their sleep.

- **CHECK** the scene first. Is it safe for you? A rescuer who becomes a second patient has made things worse. Look for traffic, fire, water, electricity, downed lines, an animal.
- **CHECK** the person. Are they awake? Are they breathing? Are they bleeding badly? Say “Are you okay?” and tap the shoulder.
- **CALL**. Get an adult. Call 911, or tell a specific person to call — point at them and say “you, call 911 and come back and tell me.”

- CARE. Do what you know how to do, and nothing you do not. Do not move someone who might have a neck or back injury unless they are in danger where they lie.

Add the two rules that keep them safe: put gloves on if there is blood, and get an adult. Being eleven means calling for help is the correct first aid, not a failure.

Run three scenarios with volunteers acting them out. Make one of them a scene that is not safe, so somebody has to say “we do not go in there yet.”

Activity 3 — Calling 911 (5 min)

Practice out loud, each Scout once. They need: what happened, where you are including the address, how many people are hurt, what is being done, and your name.

The one that matters: you do not hang up until the dispatcher says to. Fifth graders hang up. Say it twice.

Send home with families

Talk about your family’s emergency plan and make sure your Scout knows your home address and can say it under pressure.

Poison Control on the fridge: 1-800-222-1222.

Start gathering supplies for a personal first aid kit — list on the handout.

Meeting 2: Hurry cases

Goal: Every Scout demonstrates the response to serious bleeding, cardiac arrest, stopped breathing, stroke, and poisoning, plus choking and shock.

Covers requirements 3, 4 and 5

Before the meeting

- Get a CPR manikin if you can — your council, a troop, a fire station, or a hospital will often lend one. If not, practice compressions on a firm cushion.
- Bring your guest EMT or nurse if you found one. This is the meeting for it.
- Set up five stations and recruit an adult or older Scout for each.
- Make fake blood from corn syrup and food coloring if your Scouts can handle it — it makes direct pressure real. Skip it if anyone is squeamish.

Supplies

- CPR manikin, or firm cushions
- Gauze pads, roller bandages, triangular bandages
- Disposable gloves, many pairs
- Blankets for shock treatment
- Empty labeled product containers for the poisoning station
- Printed hurry case reference cards to take home

Run of show

Time	What happens
5 min	Gathering: review check, call, care
5 min	Opening
10 min	Activity 1: what makes a hurry case
40 min	Activity 2: five skill stations
15 min	Activity 3: choking and shock
5 min	Closing

Activity 1 — What makes a hurry case (10 min)

A hurry case is one where waiting costs a life. Name the five and what each one threatens: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.

In every one of them, the first action is the same: get an adult and call 911. Everything else is care while help is coming. Say that before the stations so nobody thinks the skill replaces the call.

Activity 2 — Five stations, eight minutes each (40 min)

Every Scout does every skill with their hands. This is requirement 3 and “demonstrate” is the word.

- Serious bleeding. Gloves on. Direct pressure with a gauze pad, hard, and keep it there. If it soaks through, add more on top — never take the first one off. Elevate if you can. Keep pressure until help arrives.
- Heart attack or sudden cardiac arrest. Signs: chest pain or pressure, pain in the arm or jaw, short of breath, sweating, nausea. Call 911 immediately, have them sit and rest, loosen tight clothing. If they collapse and are not breathing, start compressions — center of the chest, hard and fast, and send someone for the AED. Let them feel the depth and rate on the manikin.
- Stopped breathing. Check for breathing for no more than ten seconds. Not breathing means 911 and compressions now. Teach that an untrained rescuer doing compressions only is correct and helps.
- Stroke. Teach FAST out loud and have them say it back: Face drooping, Arm weakness, Speech difficulty, Time to call 911. Note the time symptoms started — the hospital needs it.
- Poisoning. Do not make them vomit. Call Poison Control at 1-800-222-1222 or 911. Have the container in your hand when you call, and read the label. Practice with the empty containers.

Activity 3 — Choking and shock (15 min)

Choking, requirement 4. Ask first: “Are you choking? Can you speak?” Someone coughing forcefully is moving air — encourage the coughing and do not hit them. Someone who cannot speak, cough, or breathe needs help now: get behind them, fist above the navel, other hand over it, quick inward and upward thrusts. Call 911. Never practice actual thrusts on each other — position the hands and stop.

Add what to do if they are alone: thrust against the back of a chair.

Shock, requirement 5. It follows any serious injury. Signs: pale, cool, clammy skin, fast weak pulse, confusion, nausea, shallow breathing. Treatment: lie them down, raise the legs about a foot unless you suspect a head, neck, back, or leg injury, cover them to keep warm, do not give food or water, monitor breathing, and call 911.

Have every Scout treat a partner for shock, blanket and all. It is the skill they are most likely to actually use.

Send home with families

Ask your Scout to teach you FAST for stroke and to show you where to put their hands for compressions.

Finish gathering personal first aid kit supplies — needed at the next meeting.

Consider taking a family CPR and first aid class together. Many hospitals and fire departments run free ones.

Meeting 3: Common injuries and the kit

Goal: Scouts treat the everyday injuries, then build a personal first aid kit and demonstrate the use of every item in it.

Covers requirements 6 and 7

Before the meeting

- Ask families to send supplies, and buy the gaps yourself so no Scout builds a thinner kit than the others.
- Bring a container per Scout — a zip bag, a small pouch, or a repurposed pencil case.
- Prepare an injury simulation station: makeup or face paint for scrapes and burns works well and Scouts love it.
- Print a kit contents card for each Scout to keep inside the kit.

Supplies

- Per Scout: adhesive bandages in assorted sizes, gauze pads, roller gauze, adhesive tape, antiseptic wipes, antibiotic ointment, moleskin, tweezers, small scissors, disposable gloves, a triangular bandage, a small pencil and card
- Containers, one per Scout
- Ice packs, cold water, clean cloths
- Face paint for simulated injuries
- Kit contents cards

Run of show

Time	What happens
10 min	Gathering: injury simulation makeup

Time	What happens
5 min	Opening
30 min	Activity 1: four injury stations
20 min	Activity 2: build the kit
10 min	Activity 3: demonstrate every item
5 min	Closing

Activity 1 — Four injury stations (30 min)

Requirement 6, hands on, every Scout. Gloves on at every station.

- Cuts and scratches. Wash your hands, gloves on. Wash the wound with clean running water and soap around it. Antibiotic ointment, then a bandage. Keep it clean and dry, change it daily, and watch for infection — redness spreading, swelling, warmth, pus, red streaks. Any of those means see a doctor.
- Burns and scalds. Cool running water for ten to fifteen minutes — not ice, not butter, not toothpaste. Cover loosely with a clean dry cloth. Never break a blister. A burn that is large, deep, white or charred, or on the face, hands, feet or groin goes to a doctor now.
- Bites and stings. Bee or wasp: scrape the stinger out sideways with a card rather than pinching it, wash it, cold pack. Watch for allergic reaction — swelling of face or throat, trouble breathing, hives spreading — which is 911 immediately and an epinephrine auto-injector if they have one. Tick: fine-tipped tweezers close to the skin, pull straight and steady, wash, tell a parent, note the date. Animal bite: wash well with soap and water, cover it, and see a doctor — animal bites get infected and rabies is a real question.
- Nosebleed. Sit up and lean slightly forward, never back. Pinch the soft part of the nose for ten full minutes without checking — checking at minute three is why nosebleeds do not stop. Cold pack on the bridge. Bleeding past twenty minutes, or after a head injury, means a doctor.

Use the simulated injuries. A Scout treating a painted-on scrape on a friend's arm learns more than one treating a diagram.

Activity 2 — Build the kit (20 min)

Lay all the supplies out and let each Scout build their own kit into their own container. Requirement 7.

As they add each item, they say out loud what it is for. Do not let anyone pack something they cannot explain.

Talk about where the kit lives: in the pack for camping, in the car, in the backpack for a hike. A kit in a closet at home has never helped anybody.

Have them write their name and the date on the contents card, and put a reminder to check the kit twice a year — ointment expires and bandages get used.

Activity 3 — Demonstrate every item (10 min)

Requirement 7 says demonstrate the proper use of each item. Go around: each Scout picks an item from their kit, says what it is for, and shows how to use it on a partner or themselves.

Keep going until every item in the kit has been demonstrated by somebody. Tick them off as you go.

Close by connecting it forward: these are the same skills as Tenderfoot, Second Class and First Class first aid in a troop. They are already doing the work.

Say something like

Most of you will use something in that kit within a month. Somebody in this room is going to be the one person nearby who knows what to do, and it will not feel dramatic at all — it will just be a scraped knee and you will handle it.

Send home with families

Keep the kit where it can be reached — the pack, the car, the backpack. Not the closet.

Check it every six months and replace what is used or expired.

Ask your Scout to walk you through their kit item by item.

Leader notes

- Three meetings, not two. Trying to compress this produces Scouts who watched first aid rather than Scouts who can do it.
- A guest EMT, paramedic, or nurse transforms meeting 2. Ask the pack — you very likely have one.
- Never practice abdominal thrusts or real compressions on another Scout. Manikin or cushion only.
- Some Scouts get squeamish. Let them sit down, and let them opt out of the fake blood without comment.
- This is the strongest bridge in the Arrow of Light year to Scouts BSA advancement. Say it out loud — fifth graders like knowing they are ahead.

Safety

Before this adventure

Written parent permission for the Protect Yourself Rules video, checked at the door.

Disposable gloves at every station, and teach that gloves come first every time.

No real thrusts, no real compressions on a person. No actual sharps.

Two registered adults with current Safeguarding Youth Training, and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Report any disclosure to your Scout executive and local authorities the same day. Do not investigate.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7

Duty to God

Required adventure • Family and Reverence

If you read nothing else

Two of the three requirements are family conversations. The one the den does together is requirement 2 — meeting someone from a faith-based organization that serves people in crisis.

One den meeting built around that visit or outing, plus a short share-back.

Requirement 2 is specific and worth reading twice: an organization that helps people regardless of their faith. That specificity is the lesson.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Discuss with your parent or legal guardian your family's faith traditions or one of your choosing. Choose a view or value of that faith tradition that is related to the Scout Law. Discuss with your family how each family member demonstrates this value.
- ☐ 2. Meet with a representative of a faith-based organization in your local community who provides a service that assists people in crisis regardless of their faith. Identify who they help and how.
- ☐ 3. Discuss with your parent, legal guardian, or an adult leader what "Duty to God" means to you. Tell how you practice your Duty to God in your daily life.

Requirements 1 and 3 belong to the family. Send them home clearly, and make requirement 2 the den experience.

Meeting 1: Meeting people who help

Goal: The patrol meets someone from a faith-based service organization, learns who they help and how, and connects a value from their own tradition to the Scout Law.

Covers requirement 2, supports 1

Before the meeting

- Line up the visit four to six weeks ahead. Best options: a food pantry, a homeless shelter, a refugee resettlement agency, a disaster relief organization, a free clinic, a soup kitchen. Faith-based organizations that serve everyone regardless of belief are common in every community.
- Going to them beats them coming to you. Scouts should see the pantry shelves or the shelter dining room.
- Ask the representative to cover two specific things: who they help, and how — and, if they will, why their faith moves them to do it for people who do not share it.

- Send the family letter home two weeks ahead so requirement 1 conversations happen before this meeting.
- Ask whether the patrol can bring a donation or do a short bit of work while they are there. It changes the visit from a tour into a contribution.

Supplies

- Question cards, one per Scout
- A donation from the patrol if arranged
- Thank you card to sign afterward
- The family letter, spare copies
- Notebook for the denner or patrol leader

Run of show

Time	What happens
10 min	Before you go: questions and expectations
40 min	The visit: tour, conversation, and work if offered
15 min	Debrief on site or on return
15 min	Activity: your value and the Scout Law
5 min	Closing

Before you go (10 min)

Write question cards. Two are required across the patrol: who do you help, and how do you help them. That is requirement 2 and it needs real answers, not impressions.

Other good questions: How many people come here in a week? Where does the food or money come from? Do you ask people what they believe before you help them? What is the hardest part of this job? What do you need most?

Set expectations plainly. Some of what they see may be sad, and they may see people they know. The rule is that we do not stare, we do not take photos of people, and we do not talk about who we saw when we leave.

The visit (40 min)

Let the representative lead. The patrol leader introduces the patrol and a Scout thanks them at the end.

If there is work to do, do it — sorting cans, packing boxes, folding clothes. Twenty minutes of real work makes the visit stick in a way a tour does not.

Make sure the two required questions get asked and that a Scout writes the answers down.

Listen for the phrase you want them to hear: that this organization helps anyone who comes, regardless of what they believe. If it does not come up naturally, ask it directly.

Debrief (15 min)

Sit down before you leave, or immediately on return.

- Who do they help?
- How do they help them?
- Did they ask anyone what they believed before helping them?
- What surprised you?

That third question is the heart of the requirement. Let the answer land without over-explaining it.

Say something like

Their faith is why they opened the doors. And then they help whoever walks through them, without asking a single question about what that person believes. Those two things go together — that is the whole point of what you saw today.

Activity — Your value and the Scout Law (15 min)

Requirement 1 is a family conversation, but the den can do the connecting work that makes it easier.

Put the twelve points of the Scout Law up. Ask each Scout to name a value their family holds — from their faith tradition or from the values their family lives by — and find the point of the Scout Law it matches.

You will get: kindness and A Scout is kind; honesty and A Scout is trustworthy; taking care of others and A Scout is helpful; taking care of the earth and A Scout is thrifty or clean; respect and A Scout is courteous.

A family with no religious tradition does this exactly the same way, from the values they hold. Say that out loud in the room so no Scout thinks they are the exception.

Then send it home: the family conversation is about how each family member demonstrates that value. That is the part only they can do.

Send home with families

Talk about your family's faith traditions, or a tradition of your choosing. Pick one value from it that connects to the Scout Law, and talk about how each person in the family shows that value. Requirement 1.

Talk with your Scout about what "Duty to God" means to them and how they practice it day to day. Requirement 3 — this can also be with an adult leader if a family prefers.

Sign the completion slip and bring it back.

Meeting 2: Share-back

Goal: Scouts say what they talked about at home and what Duty to God means in their own words.

Covers requirements 1 and 3 completed at home; verified here

Before the meeting

- Fifteen minutes at the start of your next regular meeting. Say so in the family letter.
- Collect signed slips at the door.
- Be ready to be the adult leader for requirement 3 for any Scout whose family asks you to be.

Supplies

- Completion slips
- The Scout Law poster

Run of show

Time	What happens
15 min	Share-back circle
—	Then continue with your next adventure

Share-back circle (15 min)

Ground rule first, said out loud: we listen, we do not compare, and nobody has to share more than they want to.

Around the circle, about a minute each: the value your family picked and the point of the Scout Law it connects to, and one sentence on what Duty to God means to you.

Accept whatever they give you. A Scout who says “it means I try to do the right thing even when nobody is watching” has answered it completely. So has one who says “it means being thankful.”

If a Scout does not want to share, that is fine and it costs them nothing — they completed the requirement at home with their parent.

Close by naming what was common across the circle rather than what was different.

Say something like

Eight different families, and almost every one of you picked something about taking care of other people. You did not plan that. That is what the Scout Law is for — it is the part we all already agreed on.

Leader notes

- Scouting requires a Scout to do their duty to God but does not define God. Families of every faith and of no religious affiliation complete these requirements through their own beliefs and values. Say that in the family letter, in plain words.
- Requirement 3 explicitly allows an adult leader instead of a parent. Offer that quietly to any family who would rather.
- Never ask a Scout to explain or defend what their family believes. Invite, do not require.
- If your pack is chartered to a religious organization, be deliberate about making families of other traditions feel this is theirs too.

- Religious emblems programs are earned through a family's own faith group, not through the pack. Mention them — this adventure is the natural moment.
- The service organization visit pairs well with the Citizenship service project. Different requirements, and they reinforce each other.

Safety

Before this adventure

Two registered adults, SYT current, on any visit. A guest or host who is not a registered leader is never alone with Scouts. If your den includes girls, one of those adults must be a registered female 21 or over.

No photographs of the people an organization serves. Confirm the site's photo policy before you arrive.

Prepare Scouts for what they may see at a shelter or pantry, and debrief afterward.

Transportation: seat belts, licensed and insured drivers, no one-on-one car rides.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3