

PARENT ORIENTATION & PLANNING

1.1

MONTH ONE
WEEK ONE

DATE

START TIME

LOCATION

The pack's first event, held *before* the first proper pack meeting. Welcome new families, explain what Cub Scouting is, let parents meet each other, and put the next two months on a calendar. No program for children tonight.

RUN SHEET • 85 MINUTES

0:00	Arrival — name tags, sign-in, handouts
0:12	Welcome, and what Cub Scouting is
0:27	Calendar review
0:37	Monthly pack planning — weeks 2, 3 and 4
1:07	...ending with the talent survey
1:15	Registration and training
1:21	Questions, then closing remarks
1:25	Ends

No flag ceremony at either end. This is a working session for grown-ups.

ARRIVE WITH A DRAFT, NOT A BLANK

Fill in the calendar on [p 11](#) before tonight. A room asked to invent a calendar produces nothing. A room asked to update one produces a calendar in twenty minutes.

PHONE EVERY PARENT, ESPECIALLY NEW ONES

A call gives each parent the chance to ask the question they will not ask in front of others, and it is the single thing that most affects who turns up.

PREPARATION

-30 d	Confirm you can get into the building
-30 d	Ask your council and the school district to pass on the details — date, time, place, and who to contact
-14 d	Fill in the draft calendar p 11
-10 d	Call each parent, one at a time
-7 d	First reminder
-3 d	Second reminder
0	Third reminder, morning of
0	Chairs out for everyone you expect

PRINT AND BRING

☐ Sign-in sheet p 9	2
☐ Talent survey p 10	1 / adult
☐ Calendar, filled in p 11	1 / family
☐ Pack planning sheets p 12	1 each
☐ Take-home sheet p 20	1 / family
☐ <i>Welcome! New Cub Scout Family</i> pamphlet	1 / family
☐ Youth applications	roster + 6
☐ Adult applications	10
☐ Blank sticky name badges	1 / person
☐ Marker pens	4
☐ Ordinary pens	15
☐ A handbook and a uniform shirt, to pass round	—
☐ Coffee and something to eat	—

IF YOU HAVE NEVER RUN ONE OF THESE

You have been handed a meeting to run and possibly a title you did not ask for. Thank you for showing up for the Scouts.

YOU DO NOT NEED TO KNOW EVERYTHING

Every person in the room tonight knows less about Cub Scouting than you do, because they have not read this page. You are not expected to be an expert. When somebody asks a question you cannot answer — and somebody will — the correct answer is *I don't know, I'll find out and tell you this week*. Then write it down and actually do it. That answer builds more confidence than a guess, and guessing about fees or requirements creates problems later.

YOUR JOB TONIGHT IS NOT TO IMPRESS ANYONE

It is to get four things done: every family knows what Cub Scouting is, the next two months are on a calendar, you know who these people are and how to reach them, and a few of them have agreed to help. If all four happen, the evening worked, however clumsy it felt.

THE ROOM WILL FOLLOW WHATEVER YOU DO

If you are relaxed, they relax. If you apologize for yourself, they get uneasy. You do not have to be polished — warm and organised beats polished, and parents are extremely forgiving of a volunteer who is obviously trying.

READ THE SCRIPT IF YOU WANT TO

There is a written welcome on p 4. Reading it aloud is completely acceptable and nobody will think less of you. Public speaking is the most common reason people refuse this job, and holding a piece of paper solves most of it.

PRACTICAL, FROM EXPERIENCE

Ask one other adult to come early. Someone to pour coffee and greet people at the door while you set up. It halves the pressure and it means nobody walks into a room where the only person is busy.

Decide beforehand what time you will stop. Say the finish time out loud at the start. Parents relax when they know when they can leave, and it stops the calendar segment eating the evening.

WHAT THE WORDS MEAN

You will hear all of these tonight. There is a fuller list on p 8 — worth reading once before the meeting.

Pack	The whole group — all the children and families together. That is what you run.
Den	A small group within the pack.
Cubmaster	The person who runs pack meetings. Front of the room.
Committee chair	The person who runs the pack's business — money, paperwork, planning. Behind the scenes.
Den leader	Runs one den, or helps the Cubmaster with pack meetings.
Council	The local Scouting organization that supports your pack. They have staff and a shop.
Chartered organization	The church, school or club that formally hosts your pack.

RUN OF MEETING

0:00

12 MIN

● ARRIVAL – NAME TAGS, SIGN-IN, HANDOUTS

Stand at the door and shake hands. Ask each adult to write their first name on a badge and stick it on — including you, and including anyone who says they do not need one.

Then three things happen at the door, in this order:

- They sign in with a phone number and an email [p 9](#).
- They take a handout pack: the draft calendar, the Welcome pamphlet, a blank talent survey, and the take-home sheet.
- Anyone whose child is not yet registered fills in an application tonight.

Why the sign-in sheet matters more than it looks. It is the only complete list of your families you will get. Building one afterwards from memory and email costs two weeks and you will still be missing people.

Put the coffee out, or another drink or snack. It gives somebody who arrived alone and knows nobody a place to stand and something to do with their hands, which is worth more than it sounds.

0:12

15 MIN

● WELCOME, AND WHAT CUB SCOUTING IS

Ask everyone to sit down. Wait for the room to settle rather than talking over it — count to five in your head if you need to.

The words are written out for you. [p 4](#) Read them straight off the page if you want to. Nobody will think less of you for it, and it is far better than improvising while nervous. [p 4](#)

While you talk, pass a handbook and a uniform shirt round the room. Physical objects do more work in these fifteen minutes than anything you say, and it gives people something to look at.

WORTH ADDING

Be specific about what the family is signing up for, before anyone signs anything: weekly meetings, a few weekend adventures, and roughly twenty minutes a week at the kitchen table with the handbook. Share the total cost, including registration fees, pack dues, activity expenses and summer camp.

THE WELCOME

Fill in the two blanks before the meeting. Read it at half the speed you think you need — nervous people rush, and this only takes four minutes even read slowly.

— WAIT FOR THE ROOM TO SETTLE. DO NOT TALK OVER IT.

Good evening, everyone, and welcome to our Cub Scout Parent Orientation Night! My name is _____, and I'm proud to be part of Pack _____.

Cub Scouting is all about fun, friendship, and family. It's a program where kids and parents learn, play, and grow together. We build things, go on adventures, serve our community, and celebrate our accomplishments along the way.

— START PASSING THE HANDBOOK AND THE UNIFORM SHIRT ROUND NOW.

Whether you are brand new to Scouting or already part of our Pack, we're excited you're here! No matter what your family enjoys — the outdoors, crafts, science, or just spending time together — there's a place for you in Cub Scouts.

Tonight, you'll get a taste of our engaging program — meeting new friends and discovering how families are at the heart of everything we do. As you meet our leaders and take part in the activities, imagine the fun and adventures waiting for your family this year: campouts, the Pinewood Derby, hikes, service projects, and pack events where everyone joins in on the fun.

— STOP HERE. TAKE A BREATH. THEN THE TWO ADDITIONS BELOW, IN YOUR OWN WORDS.

IF READING ALOUD IS THE PART YOU DREAD

Hold the book. Looking down at a page is not a failure — it is what the page is for. Look up at the end of each paragraph rather than trying to hold eye contact throughout, and the room will read you as calm rather than nervous.

0:27 ● CALENDAR REVIEW

10 MIN

Hand out the calendar you filled in beforehand [p 11](#) and look at it together. You are asking the room to **update a draft**, not to invent one.

Check the fixed dates first, because these are the ones that force changes: school terms and holidays, anything your council or district has already scheduled, your chartered organization's own calendar, and religious holidays across *all* the families in the room rather than just your own.

Ten minutes. The three weeks that follow get worked through one at a time in the next segment.

0:37 ● WEEK 2 – TEAM BUILDING

10 MIN

An open house. Games in rotations, and a separate track where new parents get the program explained while their children play.

Settle tonight: who is bringing a friend — ask every family to bring one child who is not in the pack. And a big enough space, because the games need room.

0:47 ● WEEK 3 – BOBCAT

10 MIN

Every Scout earns **Bobcat**, focusing on character and leadership.

Settle tonight: families buy the handbook **this week**. They do the child-protection exercises in the front of it, together, at home. Children start learning the Scout Oath and Law.

0:57 ● WEEK 4 – PERSONAL FITNESS

10 MIN

An active meeting about everyday habits — sleep, teeth, handwashing, moving about.

Settle tonight: medical records completed and brought in. Clothes children can move in. And ask about food allergies now, because there is food in that meeting.

WORTH ADDING

Use the pack planning sheets [p 12](#) to ask parents to help with activities and breakouts. Each one lists every job in that meeting with a column for a name — go through them here, while everybody is in the room.

Finish by asking what local resources anybody knows about — a museum with a program, a fire station that gives tours, a farm, a parent whose employer would host a visit. Write the names down on the spot. This is free program for the rest of the year and it only ever surfaces if somebody asks out loud.

1:07 ● WRAP UP WITH THE FAMILY TALENT SURVEY

8 MIN

Hand out the survey [p 10](#), explain what it is in one sentence, and then **be quiet for five minutes** while people fill it in. Resist filling the silence. Collect them in the room before anyone stands up.

It asks what somebody *can do* rather than whether they will volunteer, which is a much easier question to say yes to. Four separate columns — help, teach, lead, or be a leader — so a parent who would never tick the last one will happily tick "I live or work by the Scout Shop and can pick up Advancements." That tick is a real job, filled.

Point at the second table before they start. Most parents skip it, and it is where you find the truck, the large kitchen and the workshop that make a whole year of program possible.

1:15
6 MIN

REGISTRATION AND TRAINING

Keep this factual and brief. It is a list of steps, not a warning, and treating it as ordinary is what makes it feel ordinary.

- Any adult helping needs an adult application, which includes a background check.
- **Safeguarding Youth** — free, online, done before working with children, and renewed annually. Every registered adult, no exceptions.
- **Two registered adults present at every activity.** That includes a den meeting in somebody's front room.
- No one-to-one contact between an adult and a child who is not their own. That covers texts and phone calls as much as rooms.

Say the two-adult rule twice. It is the one new packs break by accident — usually when a leader arrives early and a parent drops a child off and drives away.

1:21
4 MIN

QUESTIONS, THEN THE CLOSING REMARKS

Take questions for two minutes, then stop. Anything still unresolved is a conversation at the door, not a meeting — and the people with the longest questions will find you anyway.

Then read the closing. [p 7](#) It is written out, like the welcome, and it does a specific job in a specific order — so read it rather than paraphrasing.

LAST, AT THE DOOR

Applications and talent surveys to me before you go. If you took something on, put your number next to it on my sheet.

WITHIN 48 HOURS

- | | |
|--|--|
| ☐ Applications sent in or approved online | ☐ Everyone who took a job emailed individually |
| ☐ Sign-in sheet typed into a list | ☐ Anyone who missed tonight phoned and emailed |
| ☐ Talent surveys read and sorted by skill | ☐ Calendar corrected and reprinted for Week 2 |

WHAT HAPPENED

Families here ____ of ____ · Surveys in ____ · Applications ____ · Ran ____ min

THE CLOSING REMARKS

Fill in the next date before the meeting.

— FILL THESE THREE BLANKS IN BEFOREHAND. DO NOT WORK THEM OUT AT THE FRONT.

Before we finish, one date for your calendar. Our next meeting _____ is on _____ at _____.

Thank you all for joining us and taking part in the fun. I hope you got a sense of what Cub Scouting is all about.

Thank you again for coming, for your enthusiasm, and for being a part of the fun tonight. But most importantly, thank you for giving your child the chance to begin their adventure along the Cub Scout trail. We are delighted to have you in our Pack for the journey ahead.

— SLOW DOWN HERE. THIS NEXT PART IS A KEY ASK OF THE EVENING.

If you have not joined us yet, we welcome you to join the Pack and share in the fun. Please talk with our leaders before you leave tonight — we're happy to answer any questions and help you get started.

Together, let's keep the spirit of Cub Scouting alive!

— THEN STAND BY THE DOOR. DO NOT TIDY UP UNTIL EVERYONE HAS GONE.

DO NOT SKIP THE INVITATION

The paragraph asking people to speak to a leader before they leave is the only thing the whole evening asks for, and it sits second to last on purpose — right before the sign-off, when nobody has started putting their coat on. It can feel like a sales pitch when you are reading it. Read it anyway. Some families in the room have not committed yet and are waiting to be asked.

WORDS YOU WILL HEAR

Nobody expects you to know these on day one. Parents will ask about some of them tonight.

Pack

All the children and families together. Usually tied to one school or community.

Den

A small group inside the pack, normally one school year, meeting separately between pack meetings, or in den breakouts during pack meetings.

Pack meeting

Everyone together. Games, ceremonies, and work toward adventures.

Den meeting

One den only, usually shorter and more hands-on.

Cubmaster

Runs pack meetings and is the face of the pack to the children.

Committee chair

Runs the pack's business — budget, paperwork, planning, recruiting adults.

Den leader

Runs one den, or helps the Cubmaster with pack meetings.

Denner

A child who takes a turn helping their den leader. A helper, never in charge of other children.

Chartered organization

The church, school or club that formally hosts the pack and provides the meeting place.

Council

The regional Scouting body supporting your pack. Has paid staff, a service center and usually a shop.

District

A smaller area within the council. Where your nearest volunteer support comes from.

Scout Shop

Where uniforms, handbooks and badges are bought.

Roundtable

A regular meeting where leaders from local packs swap ideas. Free, and worth going to if it is offered in your area.

Rank

The level a child is working at, set by school year. Lion in kindergarten, then Tiger, Wolf, Bear, Webelos, and Arrow of Light.

Adventure

A themed set of activities. Completing one earns a loop or pin. Eight of them make up a rank.

Adventure loop / pin

The small awards for completing an adventure. Loops for younger children, pins for older.

Handbook

The child's own book for their rank. Families buy it; most of the at-home work lives in it.

Scout Oath and Scout Law

The promise and the twelve points children learn and are asked to recite.

Safeguarding Youth

Free online training every registered adult must complete before working with children, and renew.

Two-deep leadership

The rule that two registered adults are present at every activity, without exception.

Annual Health and Medical Record

The medical form families complete. Needed before campouts. Records allergies and medicines.

Pinewood Derby

The wooden car race. Usually the best-attended event of the year.

Raingutter Regatta

The same idea with small sailing boats in a water-filled gutter.

Blue and Gold

The pack's birthday banquet, traditionally in February.

Crossover

The ceremony where the oldest children leave the pack for a Scouts BSA troop.

Service project

Something the pack does for the community. Every rank has a requirement involving one.

PARENT ORIENTATION & PLANNING · PACK _____ · DATE _____

[illegible]

9

FAMILY TALENT SURVEY

FAMILY TALENT SURVEY

You are a unique person with special talents, abilities, and resources that can help build our Cub Scout community. We want to tap into everyone's special talents. When we do this we will be able to provide the best possible experience for our Cub Scouts.

FIRST NAME _____ LAST NAME _____

Please provide the best contact information for you. We understand that you may have multiple emails and phone numbers, and we want to assure you that the information you provide is only used by our local Cub Scout pack. Your information is not shared with anyone else.

EMAIL _____ PHONE _____

OCCUPATION _____ JOB TITLE _____

HOBBIES / TALENTS _____

At this time, what is your willingness and ability to participate? *(Check all that apply.)*

☐ I would be willing to help with a meeting or special event	☐ I would be willing to teach a Cub Scout skill	☐ I would be willing to lead a special event or activity	☐ I am interested in being a volunteer leader.
☐ I can come early to help set up ☐ I can stay after to help clean up ☐ I can help pick up craft supplies or refreshments ☐ I live or work by the Scout Shop and pick up Advancements or drop off paperwork	What subject(s) or skill(s)? ☐ Arts and crafts ☐ Fishing ☐ Cycling ☐ Hiking ☐ Camping ☐ Conservation ☐ U.S. history ☐ Science ☐ Technology ☐ Engineering ☐ Math ☐ Woodworking ☐ Sports ☐ Health and nutrition ☐ Other: _____ ☐ Other: _____	What type of events or activities? ☐ Banquets or potlucks ☐ Award ceremonies ☐ Camping ☐ Hiking ☐ Aquatics ☐ Cycling ☐ Fishing ☐ Boating ☐ Service projects ☐ Pinewood Derby ☐ Raingutter Regatta ☐ Fundraising for Scouting ☐ Product sales ☐ Other: _____ ☐ Other: _____ ☐ Other: _____	What type of leadership position would you be interested in? ☐ Working with my child and other children of my child's age with another adult leader. ☐ Working with the other adults to support those who are working directly with Cub Scouts. ☐ Working on administrative tasks such as record-keeping or communications.

What resources would you be willing to provide, when needed, for the Cub Scout pack? *(Check all that apply.)*

Vehicles	Adult meeting locations	Den meeting locations	Pack events locations	Other resources
☐ Truck or large SUV — the pack might need a truck to pick up inventory for product sales, haul equipment, pull a trailer of equipment, or float in a parade. ☐ Classic car for parades or special events.	☐ Space in your home to host adult meetings ☐ Outdoor space to host adult meetings ☐ Access to a location for adult meetings	☐ Space at your home to host small meetings of 12 or fewer Cub Scouts ☐ Access to a location to host small meetings of 12 or fewer Cub Scouts	☐ Space at your home to host large events outside ☐ Access to a location to host large events outside ☐ Access to a location to host large events inside	☐ Extra camping gear ☐ A workshop with woodworking tools ☐ A/V equipment (microphone, speakers) ☐ Large kitchen ☐ Other: _____

THE NEXT TWO MONTHS

Fill this in beforehand and hand it out as a draft. Mark pack meetings, den meetings, the campout, the service project and the recruiting event. Leave a few gaps — a room that can change something believes the rest.

MONTH _____

SUN	MON	TUE	WED	THU	FRI	SAT

MONTH _____

SUN	MON	TUE	WED	THU	FRI	SAT

FIXED BEFORE WE START

School holidays _____ Council / district dates _____

Chartered organization _____ Religious holidays _____

PACK MEETING PLANNING SHEETS

Three sheets, one for each of the next three meetings. Every job in the meeting is a row, and the last column is a name. **Work through them at the planning segment**, while every family is in the room — that is the only evening this month when they all are.

HOW TO USE THEM

Read a row, say what it involves, then ask one person by name. A row is a small, bounded job with an obvious end — far easier to say yes to than "we need help."

Do not try to fill every row tonight. The gathering activity, the opening and closing ceremonies and the clean-up are the ones that matter most; the rest can be filled as you go.

The QR column stays. It points a parent at the activity they have just agreed to run, and it is the one place in this book where a code earns its keep — this sheet leaves the building in somebody's hand, unlike every other page.

The codes are the real ones, lifted from the official planning sheets and printed large enough that a phone reads them first time. That is why each sheet runs to two pages — Week 3 to three — and it is a trade worth making, because a code too small to scan is worse than no code.

Tested at print size: all forty-five decode from the rendered page at 300 dpi in grayscale. One or two drop out under a harsh photocopy, so **print these from the file rather than copying a copy.** The colored center is the Scouting emblem; the code still reads without it.

SHEET	COVERS	PAGE
Week 2	Team Building	p 13
Week 3	Character and Leadership — Bobcat · 3 pages	p 15
Week 4	Personal Fitness	p 18

PRINT ONE PER MEETING, OR JUST WRITE IN THIS BOOK

These are the Cubmaster's working copies. Fill them in as people volunteer, then photograph or copy the completed sheet for whoever is running that meeting.

WEEK 2 · TEAM BUILDING

DATE _____ TIME _____ LOCATION _____

Detailed directions for each activity are in this book. Parents can also scan the QR codes for a link to directions.

BEFORE THE MEETING

ACTION	DESCRIPTION	ACCEPTED BY
Confirm location	Confirm the meeting location and access	
Meeting reminders	Reminders to parents: 7 days before, 3 days before, and the day of the meeting	
Gathering supplies	Purchase or gather supplies needed for the pack meeting	
At-home requirements	None	

DURING THE MEETING

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Gathering activity	Adventure Journals		
Opening flag ceremony	Traditional Flag Ceremony		
Opening remarks	Team Building opening remarks		
Rotation 1	Floating Treasure — all		
Rotation 2	Guess Who — adults		
Rotation 2	Cups and Downs — youth		

WEEK 2 • TEAM BUILDING**DURING THE MEETING • CONTINUED**

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Rotation 3	What is Cub Scouting? — new adults		
Rotation 3	This or That — youth		
Rotation 4	Popcorn Pop — all		
Cubmaster minute	Team Building Cubmaster minute		
Closing ceremony	Traditional Flag Ceremony		

AFTER THE MEETING

ACTION	DESCRIPTION	ACCEPTED BY
Clean up	Put the meeting space back in order. Clean up stations. Check bathrooms. Take out trash.	
Lock up	Check all rooms and secure the meeting space.	

WEEK 3 · CHARACTER AND LEADERSHIP

DATE _____ TIME _____ LOCATION _____

Detailed directions for each activity are in this book. Parents can also scan the QR codes for a link to directions.

BEFORE THE MEETING

ACTION	DESCRIPTION	ACCEPTED BY
Confirm location	Confirm the meeting location and access	
Meeting reminders	Send reminders to families: 7 days before, 3 days before, and the day of the meeting	
Purchase adventures	Purchase the adventure loops and pins, and any other recognition	
Gathering supplies	Purchase or gather the supplies needed for the pack meeting	
At-home requirements	Give notice to parents about at-home requirements to complete beforehand	

DURING THE MEETING

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Gathering activity	Get to Know You Bingo		
Opening flag ceremony	Traditional Flag Ceremony		
Opening remarks	Opening remarks		
Lion, Tiger, Wolf	Duck, Duck, Goose		
Bear	Denner Jobs		
Webelos	What does a denner do?		

WEEK 3 · CHARACTER AND LEADERSHIP

DURING THE MEETING · CONTINUED

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Arrow of Light	Patrol Elections		
Station 1	Scout Oath puzzle		
Station 1	Recite the Oath and Law — Webelos		
Station 1	Scout Law word search		
Station 2	Sign, salute and handshake relay		
Station 2	Scouts BSA sign, salute and handshake		
Station 3	Do Your Best Showcase		
Station 3	Scout slogan and motto		

WEEK 3 · CHARACTER AND LEADERSHIP**DURING THE MEETING · CONTINUED**

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Station 4	Code of Conduct		
Fun and games	Cups and Downs		
Ceremony	Passing on the Cub Scout Spirit — Bobcat		
Closing ceremony	Traditional Flag Ceremony		

AFTER THE MEETING

ACTION	DESCRIPTION	ACCEPTED BY
Clean up	Put the meeting space back in order. Clean up stations. Check bathrooms. Take out trash.	
Lock up	Check all rooms and secure the meeting space.	

WEEK 4 · PERSONAL FITNESS

DATE _____ TIME _____ LOCATION _____

Detailed directions for each activity are in this book. Parents can also scan the QR codes for a link to directions.

BEFORE THE MEETING

ACTION	DESCRIPTION	ACCEPTED BY
Confirm location	Confirm the meeting location and access. Check for sinks.	
Meeting reminders	Reminders to families: 7 days before, 3 days before, and the day of the meeting	
Purchase adventures	Purchase the adventure loops and pins, and any other recognition	
Gathering supplies	Purchase or gather the supplies needed for the pack meeting	
At-home requirements	Notice to parents about at-home requirements to complete beforehand	

DURING THE MEETING

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Gathering activity	Cub Scout Critter Dash		
Opening flag ceremony	Traditional Flag Ceremony		
Opening remarks	Opening remarks		
Lion, Wolf, Bear, Webelos, AOL	Music Can Soothe the Savage Beast		
Tiger	Tiger Get Ready for Bed		
Station 1	Circuit Exercise		

WEEK 4 · PERSONAL FITNESS

DURING THE MEETING · CONTINUED

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Station 2	Yoga		
Station 3	Hand washing		
Station 3	Trail Mix prep		
Station 4	Clean Chompers		
Fun and games	Over and Under Relay		
Ceremony	Fit for Adventure! — needs two readers		
Closing ceremony	Traditional Flag Ceremony		

AFTER THE MEETING

ACTION	DESCRIPTION	ACCEPTED BY
Clean up	Put the meeting space back in order. Clean up stations. Check bathrooms. Take out trash.	
Lock up	Check all rooms and secure the meeting space.	

LOOKING AHEAD — ARROW OF LIGHT CAMPOUT

The Arrow of Light campout happens in Month Two, but the planning can't start then — a site has to be booked and a trained leader lined up well before the date gets close. Handle two things tonight, with Arrow of Light families only:

- **Set a date and a location.** Nothing elaborate — just a real date on the calendar and a real place, confirmed available for that date.
- **Confirm a leader.** At least one adult who is either already BALOO-trained or willing to complete BALOO training before the date. This is required whether the den camps on its own, as families, or alongside a Scouts BSA troop — camping with a troop does not remove the pack's own BALOO requirement.

IF THE DATE DOESN'T WORK OUT

It doesn't hold up the rank. The den can run the campout whenever it actually comes together, and Scouts still earn the adventure recognition (pin or belt loop, depending on how your council tracks it) once they've completed it. A later campout is better than a rushed one.

TONIGHT, WITH ARROW OF LIGHT FAMILIES

- ☐ Family campout
- ☐ AOL den campout
- ☐ Campout with a troop
- ☐ Council / district activity

BALOO-trained adult _____

Target date _____ Target location _____

2nd registered adult _____

WELCOME – WHAT HAPPENS NEXT

YOU'VE JOINED PACK -----

Cub Scouting works best when it is done together. The single most valuable thing you can do is sit down with your child and their handbook for twenty minutes a week. Everything else is a bonus.

WHAT WE ARE ASKING OF YOU

- ☐ Come to the weekly meeting
- ☐ Do the short bits of work at home, with your child, not for them
- ☐ Come to our weekend activities — outdoor adventures, service projects and more
- ☐ Do **something** to help the pack.

WHAT TO BUY, AND WHEN

Handbook Your child's own book, for their year group.

Uniform shirt Second-hand is completely normal. Ask us before you buy new.

Neckerchief and slide Ask — the pack may provide these.

If cost is a problem, speak to us privately. No child misses out over money. This is normal, it happens every year, and the conversation stays between us.

DATES FOR YOUR FRIDGE

Next pack meeting _____ Den meeting _____

Recruiting event _____ Campout _____

WHO TO CONTACT

Cubmaster _____ Phone _____

Den leader _____ Phone _____

ONE MORE THING

If your child comes home and says they do not want to go back, tell us. Usually it is something small and fixable, and we would much rather hear it in week three than find out in January.

TEAM BUILDING

1.2

MONTH ONE
WEEK TWO

DATE

START TIME

LOCATION

Your first proper pack meeting, built to bring visitors in. Everyone plays together, then **the adults break off for their own session** while the Scouts play, then everyone comes back together. Invite widely — the whole design assumes people who have not joined yet.

RUN SHEET · 90 MINUTES

0:00	Gathering — Adventure Journals
0:15	Opening flag ceremony p 27
0:18	Opening remarks p 26
0:22	Everyone — Floating Treasure
0:35	Split. Adults break out; Scouts play
1:05	Everyone — Popcorn Pop
1:20	Closing remarks p 28
1:25	Closing flag ceremony p 27

No awards and no ceremonies beyond the flags. Nothing has been earned yet.

PRINT AND BRING

☐ Visitor contact sheet p 35	3
☐ Whole-group cards p 30	cut up
☐ Scout track card p 31	1
☐ Adult breakout guide p 32	1
☐ Take-home sheet p 36	1 / family
☐ Guess Who slips p 33	1 / adult
☐ Journals, assembled — supplies on p 29	1 / Scout
☐ Markers	—
☐ Paper plates and scrap paper	1 / group
☐ Masking tape	2 rolls
☐ Plastic cups	60
☐ Balloons , inflated, plus spares	12
☐ Whistle · name badges · markers	1 / 60 / 4
☐ Pens for the adult breakout	20
☐ Youth and adult applications	20 / 10
☐ Talent surveys · Welcome pamphlets	15 / 20
☐ US flag, pack flag, stands	—

No flags or stands yet? Use a classroom flag, a flagpole, or even a printed flag taped to the wall.

COUNTING BACK

-21 d	Book a room big enough, plus a side room
-14 d	Council and school asked to publicise it
-10 d	Every family asked to bring one friend
-7 d	Track leaders given their cards; reminder out
-5 d	Assemble the journals — allow an hour p 29
-3 d	Second reminder
0	Third reminder; balloons inflated beforehand

TWO ROOMS, FOUR ADULTS

This meeting is simpler than it looks on paper. Everyone plays, the adults step out for twenty minutes, everyone comes back. The only real complication is that for those twenty minutes you are running two rooms at once.

WHO YOU NEED

Four adults, minimum. One on the door all evening with badges and the contact sheet. One leading the Scout track. One leading the adult breakout. And you, running the whole-group parts and keeping the clock. A fifth pair of hands with the younger Scouts helps but is not essential.

If you genuinely cannot find four, keep everyone together all evening and give the adult conversation five minutes at the end instead. That is a worse meeting but a safe one. **Never leave a room of children without two registered adults.**

HAND OUT THE CARDS A WEEK EARLY

Each track has a card — whole-group on p 30, Scout track on p 31, adult breakout on p 32. Cut them out and give each leader theirs seven days ahead, not on the night. Somebody reading instructions for the first time while thirty children wait is unnecessarily stressful.

THE BREAKOUT IS THE POINT OF THE EVENING

Twenty-two minutes with new parents in a side room is why this meeting exists. Put your most persuasive person on it — **it does not have to be you.** You are more useful keeping the games moving, and a warm committee chair who can talk to strangers is worth more in that room than a Cubmaster who feels obliged to do everything.

DO NOT ASK ANYONE TO JOIN TONIGHT

The goal for every visiting family is one line on the contact sheet: child's name, grade, adult's name, phone number. Not a decision, not an application, not a conversation about fees. The closing script does the asking for you, once, gently, at the end.

PRACTICAL, FROM EXPERIENCE

Name badges on everybody, adults included. More important here than at any other meeting, because half the room does not know each other and visitors will not ask twice.

Inflate the balloons before anyone arrives and bring twice as many as you need. A leader blowing up balloons is a leader not watching the room.

Count the cups at the end. Sixty cups scatter across a gym. Ask the children to collect them as a race — they are faster than you are.

IF IT FEELS A LITTLE CHAOTIC, IT IS PROBABLY WORKING

A room of families laughing at a balloon is exactly what a visiting parent should see. Noise is not a sign you have lost control. The only things worth stopping for are safety and a child who is on their own.

RUN OF MEETING

0:00 ●

12 MIN

GATHERING — ADVENTURE JOURNALS

A notebook with a paper lunch bag cover, for recording the adventures a Scout goes on. **You build them beforehand** — the Scouts decorate them and draw in them. Set them out with the markers before anyone arrives, so a family walking in late joins in seconds.

Assembly and prompts on p 29. Journals go home tonight; ask families to bring them back to future meetings.

Put one adult on the door for the whole evening with badges, applications and the contact sheet p 35. Every visiting family should be spoken to before the flags go up.

0:12 ○

3 MIN

OPENING FLAG CEREMONY

Nine commands, about ninety seconds. Your pack has probably never done one, so walk the color guard through it *before* people arrive rather than teaching it in front of visitors. Script and staging on p 27.

0:15 ●

7 MIN

OPENING REMARKS

Written out in full on p 26. Read it — it does more than welcome people. The last third explains the shape of the evening, which is the only warning the adults get that they will shortly be taken into another room.

 0:22 — 0:34 · EVERYONE TOGETHER

FLOATING TREASURE

0:22 ●

12 MIN

Tape a start line and a finish line about twelve feet apart, one lane per group. Each group gets a paper plate as a raft and a crumpled paper ball as treasure.

Split into small mixed groups of four to six people — Cub Scouts, siblings and parents together, and deliberately not by den. Everyone must keep at least one finger touching the raft the whole way, and the treasure must not fall off. When it does, and it will, they go back to the start.

Say out loud that this is not a race, and do not time it. It is the first thing visiting families do with your pack, and what they should take away is the shared problem-solving, cooperation and laughter.

MATERIALS — 1 PAPER PLATE AND 1 PAPER BALL PER GROUP OF 4-6 · MASKING TAPE

THE SPLIT

Send the adults out first, with their leader, so they do not have to pick their way past a game in progress. Any adult who would rather stay with their child may — say so, and mean it. A parent whose five-year-old will not let go is not a problem to solve.

SCOUTS STAY HERE

0:35 · Cups and Downs

Scatter about sixty cups, half up and half down. Two teams, one UP and one DOWN. A cup may be flipped but **never moved from its spot**. Count after five minutes; replay with weaker hand only if it ends too fast.

0:50 · This or That

Call out two choices. Players move to the side of the room matching theirs — left for the first, right for the second. Say "*Ready?*" and begin. Ask two or three of them why, then move on quickly.

CARD – p 31

ADULTS GO NEXT DOOR

0:35 · Guess Who

Each adult writes a surprising fact, a bucket list item and a hidden talent on an unnamed slip. The leader mixes them up, reads them out, and the room guesses who wrote each one.

0:50 · The conversation

What Cub Scouting asks of a family, what it costs, and then questions.

GUIDE – p 32

1:05

15 MIN

POPCORN POP – EVERYONE BACK TOGETHER

Everyone in a loose circle, not too close. Toss a balloon towards the middle and call "*Popcorn, POP!*" Keep it off the ground with **gentle taps of hands or arms only** — no catching, grabbing or spiking. Add more balloons as it settles.

The pack is like a bag of popcorn, and to keep it popping everyone has to work together.

MATERIALS – 12 INFLATED BALLOONS · A CLEAR SPACE FOR EVERYBODY

TEAM BUILDING · 1.2

1:03 ●

5 MIN

CLOSING REMARKS

Written out on p 28. Read it rather than paraphrasing — it does a specific job in a specific order.

1:08 ○

2 MIN

CLOSING FLAG CEREMONY

Six commands, under a minute. p 27

Then take-home sheets into hands at the door p 36, journals into bags, and say goodnight to as many families as possible.

WITHIN 48 HOURS

☐ Every visiting family contacted personally

☐ Dens sorted and sent to den leaders

☐ Applications sent in

☐ Bobcat badges and denner cords ordered

☐ Talent surveys read and sorted by skill

☐ Family sheet out for Week 3

TWO THINGS WEEK 3 DEPENDS ON

Order Bobcat badges now — they are awarded next week.

Confirm the Scouts BSA troop visit for your oldest Scouts. Arrow of Light Scouts cannot earn Bobcat without one, and next week is the ceremony.

WHAT HAPPENED

Scouts ____ · Adults ____ · Visiting families ____ · New applications ____ · Ran ____ min

THE OPENING REMARKS

Fill in the two blanks beforehand. The last two paragraphs explain the evening — do not cut them.

— WAIT FOR THE ROOM TO SETTLE. DO NOT TALK OVER IT.

Good evening, everyone, and welcome to our Cub Scout Orientation Night! My name is _____, and I'm proud to be part of Pack _____.

Cub Scouting is all about fun, friendship, and family. It's a program where kids and parents learn, play, and grow together. We build things, go on adventures, serve our community, and celebrate our accomplishments along the way.

Tonight you'll get to experience what Cub Scouting is all about — not through long speeches, but with games, laughter, fun, and teamwork — the very things that make Cub Scouting special. In Cub Scouts, we learn by doing: we build, explore, race, hike, camp, and help others. But most importantly, we do it together.

Whether you are brand new to Scouting or already part of our Pack, we're excited you're here! No matter what your family enjoys — the outdoors, crafts, science, or just spending time together — there's a place for you in Cub Scouts.

Tonight, you'll get a taste of our engaging program — meeting new friends, learning by playing, and discovering how families are at the heart of everything we do. As you meet our leaders and take part in the activities, imagine the fun and adventures waiting for your family this year: campouts, the Pinewood Derby, hikes, service projects, and pack events where everyone joins in on the fun.

— THIS NEXT PART TELLS EVERYONE WHAT IS ABOUT TO HAPPEN. SAY IT CLEARLY.

We're going to kick things off with an activity that everyone gets to play — that's right, kids and adults! So get ready to laugh, move around, and have some fun together! After our first game, adults, you'll head to a special breakout session just for you, where you'll get to meet and connect with other grown-ups and learn all about the world of Cub Scouting. Meanwhile, Scouts — you get to have some fun of your own! You'll be playing an awesome game to get to know your new friends. Then, when everyone's done, we'll come back together as one big group for a game that's full of energy, laughter, and teamwork! It's going to be a fun night.

Let's move, laugh, and make some noise, because this isn't a meeting where you just sit and listen — this is Cub Scouts! Let's start the fun and do our best!

— STRAIGHT INTO FLOATING TREASURE. NO QUESTIONS HERE.

TRADITIONAL FLAG CEREMONY

The most-used page in the book — every pack meeting opens and closes with it. Both scripts together run to about seventy words, so they sit here once and every meeting points back.

OPENING · ABOUT 90 SECONDS

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Hand salute
5	<i>Pledge of Allegiance</i>
6	<i>Scout Oath</i>
7	<i>Scout Law</i>
8	Two
9	Color guard, dismissed

CLOSING · UNDER A MINUTE

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Color guard, halt
5	Color guard, retrieve the colors
6	Color guard, dismissed

THE WORDS · STEPS 5 TO 7

PLEDGE OF ALLEGIANCE

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

SCOUT OATH

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

SCOUT LAW

A Scout is:

Trustworthy	Loyal
Helpful	Friendly
Courteous	Kind
Obedient	Cheerful
Thrifty	Brave
Clean	and Reverent.

STAGING — GET THIS RIGHT ONCE AND IT HOLDS ALL YEAR

- Flag stands out **before anyone arrives**.
- Color guard forms at the **back**. Facing the front, the American flag is on the left, the pack flag on the right.
- On *advance* they walk forward and **cross about halfway** to reach the correct stand. The American flag crosses first.
- Anyone not in uniform puts their right hand over their heart instead of saluting. **Say so before you begin** — tonight the room is full of visitors who will not know.
- Walk the route beforehand. Watch the doorway height if flags go through one.

TWO ADULTS, SMALL PACK — OR A NEW PACK

With no pack flag, use the American flag alone and drop the crossing entirely — one Scout, one stand, straight up the middle. The ceremony is not diminished by being simple.

THE CLOSING REMARKS

Fill in the next date before the meeting. This doubles as the leader's minute — there is no separate one tonight.

— EVERYONE BACK TOGETHER. WAIT UNTIL THE ROOM IS QUIET.

Wow — what a great night! Thank you all for joining us and being part of the fun. I hope you got a taste of what Cub Scouting is all about — learning by doing, laughing together, and growing as families and friends.

In Cub Scouts, every game, project, and adventure helps our Scouts discover something new about the world, teamwork, and themselves. And the best part is that we do it together.

If you enjoyed tonight, just imagine what the year ahead can bring — campouts, Pinewood Derby races, hikes, service projects, and pack events where the whole family is part of the adventure.

Thank you again for coming and for giving your child the chance to start their journey along the Cub Scout trail. We're excited to have you with our Pack.

— SLOW DOWN. THIS NEXT PART IS THE ONLY ASK OF THE EVENING.

If you haven't joined yet, we'd love to welcome you — please talk with one of our leaders before you leave and we'll be happy to help you get started.

And before you go, don't forget our next Pack meeting is on _____ at _____. We hope to see you there!

Until then, keep the spirit of Cub Scouting alive — have fun, help others, and always do your best!

— THEN THE CLOSING FLAG CEREMONY. THEN STAND BY THE DOOR.

ADVENTURE JOURNALS

THIS IS A PREP JOB, NOT A MEETING ACTIVITY

You assemble one notebook per Scout **before the meeting**. Cutting, folding, punching, threading and tying — reckon on **two to three minutes each**, so about an hour for a pack of twenty. The Scouts decorate and draw; they do not build.

SUPPLIES

☐ Brown paper lunch bags	1 / Scout
☐ Blank copy paper	1.5 sheets / Scout
☐ Yarn	1 ft / Scout
☐ Markers	—
☐ Hole punch	1
☐ Ruler	1
☐ Scissors	1

ASSEMBLY · BEFORE THE MEETING

- 1 Cut the blank copy paper in half **length-wise**. Each Scout needs three half sheets.
- 2 **Do not open the bag** — keep it flat. Fold the lunch bag in half, top to bottom. This is the front and back cover.
- 3 Take three half sheets and fold them in half, top to bottom.
- 4 Enclose the folded sheets inside the folded bag cover, making a notebook.
- 5 Punch **two holes along the folded edge**, through the bag and all the sheets inside.
- 6 Measure one foot of yarn.
- 7 Thread it through both holes and tie it to bind the notebook securely.
- 8 Lay the journals and markers out where Scouts will walk in.

Keeping the bag flat in step 2 is the one that catches people out. An opened bag will not fold into a flat cover.

ON THE NIGHT

Say: everyone is going to make their own adventure notebook, to start recording the adventures you have in Cub Scouting.

Cub Scouts decorate the cover — and ask them to put their name on it. Then **add drawings or notes to the pages inside**. Offer a prompt to anyone who stalls:

- 1 Draw a picture of a friend you met tonight.
- 2 Write or draw an activity you are looking forward to doing in Cub Scouts.
- 3 Draw a picture of something fun you did today.
- 4 Write or draw a way you were helpful today.

CARDS • WHOLE-GROUP GAMES

1 FLOATING TREASURE

EVERYONE • 12 MIN

Before: tape a start line and a finish line about 12 feet apart, one lane per group. Put a paper plate and a crumpled paper ball on each start line.

Small mixed groups — Cub Scouts, siblings and parents together — 4 to 6 per group.

Say: carry your treasure across on the raft. Everyone keeps at least one finger touching the raft the whole way, and the treasure must not fall. If it falls, back to the start.

This is not a race. Say so, and do not time it.

MATERIALS — 1 PAPER PLATE + 1 PAPER BALL PER GROUP • MASKING TAPE

3 POPCORN POP

EVERYONE • 7 MIN

Balloons, not popcorn. Inflate 12 beforehand and clear space for the whole group.

Say: our pack is like a bag of popcorn — full of energy and fun. But to keep the popcorn popping, we have to work together.

Loose circle, not too close. Toss a balloon towards the middle and call "**Popcorn, POP!**" Keep it up with gentle taps of hands or arms only — no catching, no grabbing, no spiking. Add balloons as it settles.

Prompt people to cheer each other. Help anyone struggling rather than letting the tallest take over.

MATERIALS — 12 INFLATED BALLOONS, PLUS SPARES

CARD · SCOUTS, DURING THE SPLIT

2a CUPS AND DOWNS

SCOUTS · 12 MIN

Before: scatter about 60 cups across a flat area, half facing up and half facing down. You need roughly 50 × 50 ft.

Two teams. One team is UP, one is DOWN. On the whistle, both work at once.

One rule: a cup may be flipped, but never moved from its spot.

After five minutes, blow the whistle and count. Most cups facing your team's direction wins. If it ends too fast, replay with weaker hand only, or feet only.

At the end, ask the children to collect all sixty cups as a race. They are faster than you are.

MATERIALS — 60 PLASTIC CUPS · A WHISTLE

2b THIS OR THAT

SCOUTS · 10 MIN

No materials and no setup. Just space to move.

Say: when I call out two things, run to the side of the room that matches your choice. Left side is the first one, right side is the second. Ready?

Then call pairs: pancakes or waffles · swimming or hiking · summer or winter · dogs or cats · tent or cabin · pizza or burgers · morning or night.

After each one, ask one or two children why. Keep it moving — the pace is the fun.

Finish with a Scouting one: hiking or fishing, campfire or swimming. It plants what the year ahead looks like.

MATERIALS — NONE

THE ADULT BREAKOUT

READ THIS BEFORE YOU PLAN WHAT TO SAY

Do not re-read the opening script. The Cubmaster's opening remarks and the *What is Cub Scouts* script are 99% word-identical across three paragraphs. These parents heard it twenty minutes ago. Your twenty-two minutes are the *practical* half — what it actually asks of a family, what it costs, and their questions.

TIME	WHAT HAPPENS
0:34	Guess Who — eight minutes. Slips, then guessing. Instructions and the slips themselves on p 33.
0:42	What it asks of a family — four minutes, honestly.
0:46	What it costs — three minutes, with the numbers.
0:49	Questions — five minutes, and this is the valuable part.
0:54	Talent surveys handed out. Back to the main room.

WHAT IT ASKS OF A FAMILY

Be specific and honest. Families who hear this now stay; families who work it out in November leave.

- Weekly meetings — like tonight.
- A few weekend adventures across the year — outdoor trips, service projects and more.
- About twenty minutes a week at the kitchen table with your child and their handbook — **the part that matters most**, and the part most people are surprised by.
- Something to help the pack. Not everything.

WHAT IT COSTS

Give a single total per Scout for the year rather than making people assemble it. Registration, council fee, handbook, uniform shirt. Second-hand uniform is normal — say so.

Then say this, and say it in the room: if cost is a problem, come and talk to me privately — no child misses out over money. Say it once, plainly, and never mention it again. The family who needs it will hear it.

QUESTIONS — THE PART WORTH PROTECTING

Stop talking at 0:49 whatever you have not covered. The three you will always get:

- **Do I have to stay?** For Lions and Tigers, yes — an adult comes with them. Older Scouts, no, but you are welcome.
- **How much time is it really?** Answer with the truth from the list above.
- **My child is shy, or not outdoorsy, or has additional needs.** Say yes, we can work with that, and put them in touch with a leader afterwards rather than solving it now.

FINISH WITH THESE IN HAND

A talent survey given to every adult, applications available to anyone who asks.

GUESS WHO

Hand every adult a slip [p 34](#) and a pen. Three prompts on it: a surprising fact, a bucket list item, and a hidden talent. Give them two or three minutes.

Collect the slips, **mix them up properly**, then read them out one at a time and let the room guess who wrote it. The writer owns up, and you move straight on.

TWO THINGS THAT MAKE OR BREAK THIS

Say out loud that nobody writes their name.

With more than a dozen adults, read a selection rather than all of them. Twenty slips at thirty seconds each is ten minutes and you have eight. Read eight or nine, then stop while people still want more — you can finish the rest later if there is time.

WHY THIS GOES FIRST

Eight minutes of adults laughing at each other's bucket lists before anybody is asked for a commitment. Parents who have spoken to one other parent come back; parents who spent the evening silent do not. It is not a warm-up — it is the reason the rest of the breakout works.

THREE COPIES COVERS A FULL ROOM

Eight slips a page, so three photocopies of [p 34](#) handles twenty-four adults. Print one extra — somebody always arrives late.

<p>Please write down</p> <ul style="list-style-type: none"> • A surprising fact • A bucket list item • A hidden talent 	<p>Please write down</p> <ul style="list-style-type: none"> • A surprising fact • A bucket list item • A hidden talent
<p>Please write down</p> <ul style="list-style-type: none"> • A surprising fact • A bucket list item • A hidden talent 	<p>Please write down</p> <ul style="list-style-type: none"> • A surprising fact • A bucket list item • A hidden talent
<p>Please write down</p> <ul style="list-style-type: none"> • A surprising fact • A bucket list item • A hidden talent 	<p>Please write down</p> <ul style="list-style-type: none"> • A surprising fact • A bucket list item • A hidden talent
<p>Please write down</p> <ul style="list-style-type: none"> • A surprising fact • A bucket list item • A hidden talent 	<p>Please write down</p> <ul style="list-style-type: none"> • A surprising fact • A bucket list item • A hidden talent

TEAM BUILDING · PACK _____ · DATE _____

[illegible]

Every ticked line gets a personal message inside two days, naming their child and the next meeting date. A week later and they have forgotten you. Open houses do not fail at the event — they fail in the days after it.

THANKS FOR COMING

PACK _____ · WHAT HAPPENS NEXT

If your child had fun tonight, that is what Cub Scouting is. Games, friends, and families doing things together — most weeks look a lot like this one.

DATES FOR YOUR FRIDGE

Next pack meeting _____ Where _____

Den meeting _____ Where _____

IF YOU WOULD LIKE TO JOIN

☐ Talk to any leader tonight — we have the forms with us

WHAT IT INVOLVES

Time	Weekly meetings, plus a few weekend adventures across the year.
At home	About twenty minutes a week with your child and their handbook.
Cost	Registration, a handbook and a uniform shirt. Second-hand uniform is normal.
You	Every family does something to help. Not everything.

If cost is a problem, speak to us privately. No child misses out over money.

WHO TO CONTACT

Name _____ Phone _____

Email _____

ONE MORE THING

Bring a friend next time. Most children who join Cub Scouts come because somebody they already know asked them to.

BOBCAT

CHARACTER & LEADERSHIP

1.3

MONTH ONE
WEEK THREE

DATE

START TIME

LOCATION

FOUR WEEKS OUT, NOT FOUR DAYS

Arrow of Light Scouts cannot earn Bobcat unless they have already visited a Scouts BSA troop.

Every Scout earns **Bobcat** tonight. The stations are the requirements; the ceremony awards them.

RUN SHEET · 90 MINUTES

0:00	Get to Know You Bingo p 49
0:12	Opening flag ceremony p 48
0:15	Opening remarks
0:22	Den breakouts — three groups, all ranks busy
0:38	Four activity stations, rotating p 40
1:00	Cups and Downs
1:06	Bobcat ceremony p 46
1:18	Cubmaster minute, closing flag

THREE GROUPS, NOT SIX DENS

Bear and Webelos combine for the denner work. Arrow of Light run a patrol election. Lions, Tigers and Wolves play a game. Three adults for the breakouts, then one per station — and station leaders can be parents working from a card.

PRINT AND BRING

☐ Bingo cards p 49	1 / Scout and parent
☐ Word search p 50	1 / Scout
☐ Station cards p 40	cut up
☐ Breakout cards p 43	cut up
☐ Family sheet p 51	1 / family
☐ Adventure loops and pins	1 / Scout
☐ Tea lights , battery, flames colored	1 / Scout
☐ Denner cords, yellow · pencils	1 / den · 1 ea
☐ Opaque plastic cups	60
☐ Posterboard 22 × 28 in, markers, decorations	1 / den
☐ Craft sticks marked with the Oath · index cards · half sheets — see the cards	—
☐ Ballot slips and a box — AOL	—
☐ Flags, stands, camera, advancement sheet	—

COUNTING BACK

-30 d	Confirm access to the meeting location
-30 d	Arrange the AOL troop visit
-21 d	Assignments made at the parents' meeting; at-home notice out
-7 d	Reminder out; buy loops, pins and tea lights
-7 d	Station and breakout leaders given their cards
-3 d	Second reminder
0	Third reminder; color the flames; test every light

READ THIS FIRST

THE NIGHT THAT MATTERS MOST

Of the four meetings this month, this is the one to get right. Every child in the room leaves with their first badge. Families will photograph it. Some of them will still have the picture in ten years.

EVERYTHING ELSE IS SECONDARY TO THE CEREMONY

If the meeting overruns, cut a station. If a breakout leader does not turn up, merge the dens. But **do not rush the ceremony and do not run out of things to hand over.**

COUNT THE RECOGNITION TWICE

Order the loops and pins **three weeks out** and physically count them against your roster the day before. Buy two or three extra — somebody always joins late.

THE STATIONS ARE THE REQUIREMENTS

This is not decoration. Each station covers part of the Bobcat adventure, so a Scout who misses one has not finished.

WHO YOU NEED

Five adults is comfortable: one on the door and three running breakouts, then those three move onto stations with you. Four works if you run the stations in sequence rather than as a rotation. Station leaders can be parents who have never done anything before — that is what the cards are for, and handing a parent a card a week early is also how you recruit them for next time.

RUN OF MEETING

0:00 ●

12 MIN

GATHERING – GET TO KNOW YOU BINGO

A card and a pencil to everyone as they arrive — **Scouts and parents both**. Each square describes something; a Scout finds a person it fits and has them write their **initials** in the square. Five in a row, across, down or diagonally, and it goes to their den leader.

Cards on p 49.

0:12 ○

3 MIN

OPENING FLAG CEREMONY

Nine commands, about ninety seconds. p 48

0:15 ○

7 MIN

OPENING REMARKS

Written out on p 45, with the three announcements that belong in the same breath. Read the script, then do the practicalities — it is short, and the room is still settling.

0:22 ●

16 MIN

DEN BREAKOUTS – THREE GROUPS

Bear and Webelos work on the **denner** position, combined into one group. Arrow of Light hold a **patrol election**. Lions, Tigers and Wolves **play a game**. All six ranks are occupied, so you need three adults here. Cards on p 43.

ACTIVITY STATIONS • 1 AND 2

Four stations, and they are the Bobcat requirements. Every Scout does all four. Each station is led by one adult who has had the card for a week — and each has a different activity depending on the age in front of them, so read both halves of your card.

1 THE OATH AND THE LAW

5 MIN

Younger Scouts — Oath puzzle on craft sticks. Beforehand, write the Scout Oath across a set of popsicle sticks, one phrase per stick, a set per Scout.

On the night: the Scout holds their sticks in one hand about a foot above the table and lets go, so they fall in a loose pile. Then the Scout and their adult partner **take turns picking up one stick at a time without disturbing the others**, laying each word-side-up beside the pile — until all the sticks are out and arranged in the right order to make the Oath.

Older Scouts — the word search p 50, then the Oath. Using the back cover of the Webelos handbook as a reference, lead the den in reciting the Scout Oath and the Scout Law. Then talk about **the three parts of the Oath** — duty to God and country, duty to other people, duty to self — and ask what they think each one means. Guidance for all three is below p 41.

Everyone says the Oath aloud once before they move on. Ten seconds, and it is the requirement.

MATERIALS — CRAFT STICKS AND A MARKER, ONE SET PER YOUNGER SCOUT • WORD SEARCHES • PENCILS • A WEBELOS HANDBOOK

2 SIGN, SALUTE, AND HANDSHAKE

5 MIN • NEEDS SPACE TO RUN

Demonstrate all three, then explain what each is for — this part matters more than the relay. The **sign** gets everyone's attention: when you see it, stop what you are doing and listen. The **salute** shows respect to the US flag during ceremonies — *we do not salute people*. The **handshake** is how one Cub Scout greets another.

Younger Scouts — the relay. Two teams lined up side by side, with a leader for each team standing about twenty-five yards away. On the signal the first Scout runs to their leader, who asks for the sign, the salute, or the handshake. Correct, and they run back and tag the next in line. Wrong, and they go back to the line and try again. First team through wins. Needs at least four Scouts and four adult partners to work.

Arrow of Light — the Scouts BSA versions, which are different from the Cub Scout ones. Write each of the three on two index cards, giving six cards, and hand them to the **patrol leader elected in tonight's breakout** — they stand sixty feet away, hold up a card, and the runner demonstrates what it says.

The Scouts BSA sign: right arm raised to shoulder height, elbow bent square, thumb covering the nail of the little finger, three middle fingers up and together. Thumb and little finger touching stand for the bond Scouts share worldwide; the three fingers stand for the three parts of the Scout Oath.

MATERIALS — 6 INDEX CARDS • A MARKER • A CLEAR RUN OF ABOUT 25 YARDS

DUTY TO GOD AND COUNTRY · TO OTHERS · TO SELF

Ask the Scouts what they think each part means before you explain anything. Use what follows only if they get stuck — it is a resource for you, not a passage to read out.

PART OF THE OATH	WHAT IT MEANS
Duty to God and country	Your family and religious leaders teach you to know and serve God; by following those teachings you do your duty to God. Men and women of the past worked to make America great, and many gave their lives for their country. By being a good family member and a good citizen, by working for your country's good and obeying its laws, you do your duty to your country. And obeying the Scout Law means living by its twelve points.
Duty to other people	Many people need help. A cheery smile and a helping hand make life easier for others. By doing a Good Turn daily and helping when you are needed, you prove yourself a Scout and do your part to make this a better world.
Duty to self	Keeping yourself <i>physically strong</i> means taking care of your body — eating the right foods and building your strength. Staying <i>mentally awake</i> means learning all you can, being curious, and asking questions. Being <i>morally straight</i> means living your life with honesty, being clean in your speech and actions, and being a person of strong character.

LET THEM ANSWER FIRST

The activity asks what the Scouts **think** each part means. A ten-year-old's own answer is worth more than a correct one supplied by an adult, and the requirement is the discussion rather than the definition.

ACTIVITY STATIONS · 3 AND 4

3 DO YOUR BEST · SLOGAN AND MOTTO

5 MIN

Explain what a motto is — a rule for living. The Cub Scout motto is *Do Your Best*, which means trying your hardest, not just a little bit.

Younger Scouts — the showcase. Explain that you will be asking each of them to share a time when they did their best, and give a few examples first: I did my best when my mum was teaching me to fold clothes · on my last spelling test · when I was learning to ride my bike.

Then you go first. Share a time you did your best before asking any child to.

Then go round to **each Scout who would like to share.** Sharing is not compulsory, and a quiet Scout who passes has not failed the requirement. **Take the small answers seriously** — a six-year-old saying they tied their own shoes is exactly the right answer.

Older Scouts — the word relay. Round the group one word at a time: the first Scout says "do", the next "a", the next picks up the following word, and on until **both the Scout slogan and the motto have been said correctly** all the way through. Restart if it breaks down, which is most of the fun.

MATERIALS — NONE. THE SUPPLY LIST READS "AT LEAST TWO CUB SCOUTS."

4 DEN CODE OF CONDUCT

5 MIN · SAME FOR EVERY RANK

Open it as a discussion about how friends act toward one another. Scouts will then propose things themselves, usually about safety, respect for property, and how people treat each other.

Two things you supply if they do not: no put-downs, and no physical aggression. Those are not negotiable and you should say so.

A few rules are enough to start. They can add more later. Have them write the code on the posterboard, and **sign along a line at the end** — signing is what shares the expectation with parents, and it is what makes it theirs rather than yours.

Then push past rules to caring. Scouts need to judge their own behavior by more than whether they broke a rule. Just as they can make up rules, they can decide what caring values they want their den to stand for. Ask for one or two, and put those on the poster too.

Groups this age have good days and bad days — but they are far more likely to live up to rules they helped set themselves.

MATERIALS — 1 POSTERBOARD · MARKERS · OPTIONALLY THE DEN CODE OF CONDUCT POSTER FROM THE SCOUT SHOP

DEN BREAKOUT CARDS · 16 MINUTES

Three groups, three adults. Bear and Webelos on the denner together, Arrow of Light electing a patrol leader, and Lions, Tigers and Wolves playing Duck, Duck, Goose.

BEAR

WEBELOS

DENNER JOBS

GRADES 3-5 · COMBINED

Run these two dens together — the activity is the same for both, and it frees an adult.

Before: decide whether the den also needs an **assistant denner**, and have a list of possible jobs ready. A den asked to invent them from nothing will stall. Examples: arrive early to help set up · welcome everyone as they arrive · lead the Scout Oath and Law · carry the US flag during the opening · pick a game for the den · hand out supplies · stay after to clean up.

Explain the role — the denner is the *official helper* during a den meeting. The den leader decides how one is chosen and for how long, and every Scout should serve at least once. They wear a yellow cord over the left shoulder, passed to the next denner. A denner is **not** the leader of the den and is never put in charge of other Cub Scouts.

Say what the greatest responsibility is: setting an example by acting on the Scout Oath and Law. That is *leadership by example* — being friendly to everyone in the den, and offering to help a Scout who needs it.

Then, in order: each Scout **writes down three jobs** a denner should do · they **share their lists** with the den · the den **agrees on five** that matter most. Those become the denner's jobs at every meeting. Write the five on the posterboard and decorate it.

Optionally print a copy for each Scout so they know the responsibilities when their turn comes.

MATERIALS — POSTERBOARD 22 × 28 IN, ONE PER DEN · HALF SHEETS OF PAPER, ONE PER SCOUT · MARKERS OR PENS · COLORED PAPER AND DECORATIONS · ONE DENNER CORD PER DEN

AOL

PATROL ELECTIONS

GRADE 5 · 16 MIN

Before: decide what responsibilities the patrol leader will regularly help you with, and **review the patrol emblem patches at the Scout Shop** — pick a few that would appeal and bring the list.

Explain the patrol method. A patrol is like a den, but instead of an adult den leader it has a *youth* leader, letting Scouts work as a small team inside a larger troop. Every patrol has a patrol leader — and today they elect one.

Hold the election. Then hand over immediately: ask the new patrol leader to lead a discussion about what the patrol should be called, and take a vote on the name.

Tip: the Arrow of Light patrol leader is **not in charge of the den**. Say so, to them and to everyone else.

Give them something real tonight — the new patrol leader runs the closing flag ceremony.

MATERIALS — BALLOT SLIPS · PENCILS · A BOX OR HAT · YOUR LIST OF PATROL EMBLEM PATCHES

LION

TIGER

WOLF

DUCK, DUCK, GOOSE

K-GRADE 2 · 16 MIN

Before: clear an area big enough for everyone to sit in a circle, with room to walk all the way around the outside.

Players sit in a circle facing the center. Choose one to be **"it"**. They walk round the outside tapping each player's head, saying **"duck"** — several times over, because the waiting is the fun of it.

At a moment of their choosing they tap a head and say **"goose"**, then run. The goose jumps up and chases. **"It" is trying to sit down in the goose's spot before being tagged.**

Keep changing who is "it" so the same three confident children do not take every turn, and give a Lion a go early rather than last.

MATERIALS — NONE

BOBCAT • 1.3

1:00 ●

6 MIN

CUPS AND DOWNS

Scatter about sixty cups across the floor, half face up and half face down. Two teams: one is UP, one is DOWN. On the whistle both work at once, and the only rule that matters is that **a cup may be flipped but never moved from its spot.**

Count after five minutes. Most cups facing your team's direction wins. If it ends too fast, replay with the weaker hand only, or feet only.

MATERIALS — 60 OPAQUE CUPS • A WHISTLE • A FLAT OPEN SPACE

1:06 ●

12 MIN

BOBCAT CEREMONY

Full script and staging on [p 46](#). Slow down. This is what the month has been pointing at.

1:18 ○

4 MIN

CUBMASTER MINUTE, THEN CLOSING FLAG

Written out on [p 46](#). Then the closing ceremony — run by Arrow of Light's newly elected patrol leader. [p 48](#)

WITHIN 48 HOURS

- | | |
|--|---|
| ☐ Bobcat recorded for every Scout | ☐ Denners and patrol leader recorded |
| ☐ Bingo cards filed — they are the evidence | ☐ Anyone absent — how they finish Bobcat |
| ☐ Signed den codes collected and kept | ☐ Photographs shared with families |

NEXT WEEK NEEDS THIS

Personal Fitness in Week 4 asks Bear, Webelos and Arrow of Light families to bring a **completed medical record**, and there is food in that meeting. Send the family sheet home tonight [p 51](#) and ask about allergies now.

WHAT HAPPENED

Scouts ____ • Bobcats awarded ____ of ____ • AOL troop visit done? ____ • Ran ____ min

THE OPENING REMARKS

Short, and deliberately so. The announcements underneath are yours, and they matter as much as the script.

– WAIT FOR THE ROOM TO SETTLE. DO NOT TALK OVER IT.

Welcome, Cub Scouts, families, and friends! Tonight, we celebrate an important milestone in the journey of Scouting — the Bobcat adventure. Bobcat is more than just the first adventure in Cub Scouting.

It is the first step toward living the values of the Scout Oath and Law, and making friends. As we gather here, let us remember that every great adventure begins with that first step. For our Bobcat adventure, this is the beginning of a path filled with learning, growth, and fun.

– THEN THE THREE ANNOUNCEMENTS BELOW, IN YOUR OWN WORDS.

THEN SAY THESE THREE THINGS

- 1 **Name every new family out loud.** Anyone who joined at last week's open house is standing in a room where they know almost nobody.
 - 2 **Say what tonight is.** Every Scout here earns their first badge before they go home, and the activity stations are how they finish it. That is why the stations matter and why nobody should skip one.
 - 3 **Explain the shape.** Three dens go off with their leaders; everyone else starts the stations; we all come back together for the ceremony at the end.
-

PASSING ON THE CUB SCOUT SPIRIT

The Bobcat ceremony. Count the ranks below, color the flames, and test every light before you leave the house.

SUPPLIES

☐ Battery tea lights	1 / Scout
☐ Sharpies — yellow, orange, red, blue, green, purple	6
☐ Flashlights	6
☐ A table	1
☐ Bobcat adventure loops / pins	1 / Scout

The flashlights are for the leaders once the room lights go off. Without them, nobody can find the table.

COUNT BEFORE YOU BUY

LION Bobcat	# _____
TIGER Bobcat	# _____
WOLF Bobcat	# _____
BEAR Bobcat	# _____
WEBELOS Bobcat	# _____
AOL Bobcat	# _____

Fill this in from the advancement sheet, then add two or three. Somebody always joins late.

FLAME COLOR BY RANK

LION	Yellow
TIGER	Orange
WOLF	Red
BEAR	Blue
WEBELOS	Green
AOL	Purple

BEFORE THE CEREMONY

1	Color the flame part of each light with the Sharpie for that rank.
2	Verify that all of the lights work.
3	Recognition laid out on the table, sorted by rank.
4	Flashlights where the leaders can reach them.
5	Somebody briefed to photograph it.

PASSING ON THE CUB SCOUT SPIRIT – SCRIPT

– PACK IN A HORSESHOE. FAMILIES BEHIND THEIR SCOUT. RECOGNITION ON THE TABLE.

We have some Cub Scouts who have been working very hard to begin their new rank trail. Will the _____ and their parent, guardian or adult partner please come forward.

– REPEAT FOR EACH RANK IN TURN. AS EACH COMES FORWARD, AN ADULT LEADER HANDS THE COLORED LIGHT TO THE PARENT – NOT TO THE SCOUT.

When all the ranks are up together —

Cub Scouts, you have earned your Bobcat Adventure. It is now my pleasure to pass to you the spirit of Cub Scouting. Before I pass it to you, please join me in saying the Cub Scout motto.

– SAY THE MOTTO TOGETHER. THEN TURN THE ROOM LIGHTS OFF.

Adults, please turn on your light and present the light to your Cub Scout.

– WAIT. LET THE ROOM FILL WITH THE LIGHTS BEFORE YOU SAY ANYTHING ELSE.

Cub Scouts, this very special light is powered by Cub Scout spirit.

Congratulations, Cub Scouts! The Cub Scout spirit has been passed to you, and you have earned your Bobcat Adventure. Will the audience please give our families a round of applause.

– LIGHTS BACK ON. THEN THE LOOPS AND PINS. SCOUTS KEEP THEIR TEA LIGHT AND RETURN TO THEIR SEAT.

THREE THINGS THAT MAKE THIS LAND

The pause after the lights go on is the ceremony. Forty small colored lights in a dark room, held by children whose parents just handed them over. Do not talk over it and do not hurry to the next line.

Let the parents present the loops and pins too. The script has the parent passing the light; carrying that through to the recognition costs nothing and it is what families photograph.

Read names off the advancement sheet, never from memory. Getting a child's name wrong on their first badge night is small and entirely avoidable.

CUBMASTER MINUTE

Scouts, tonight we've been celebrating working on the Bobcat adventure — the first required adventure of the year. We have learned the basics of Scouting: how to be trustworthy, loyal, and kind, how to help others, and how to live by the Scout Oath and Law. But here's the thing about earning the Bobcat adventure — it's just the start. This year we will earn many more adventures and have a lot of fun along the way and keep our Cub Scout spirit going. Good job tonight, Scouts.

– THEN THE CLOSING FLAG CEREMONY, RUN BY THE NEW PATROL LEADER.

TRADITIONAL FLAG CEREMONY

OPENING · ABOUT 90 SECONDS

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Hand salute
5	<i>Pledge of Allegiance</i>
6	<i>Scout Oath</i>
7	<i>Scout Law</i>
8	Two
9	Color guard, dismissed

CLOSING · UNDER A MINUTE

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Color guard, halt
5	Color guard, retrieve the colors
6	Color guard, dismissed

THE WORDS · STEPS 5 TO 7

SCOUT OATH

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

SCOUT LAW

A Scout is:

Trustworthy	Loyal
Helpful	Friendly
Courteous	Kind
Obedient	Cheerful
Thrifty	Brave
Clean	and Reverent.

STAGING

- Flag stands out **before anyone arrives**.
- Color guard forms at the **back**. Facing the front, the American flag is on the left and the pack flag on the right.
- On the command to advance they walk forward and **cross about halfway** so each reaches the correct stand. The American flag crosses first.
- Anyone not in uniform puts their right hand over their heart instead of saluting.
- Walk the route with the color guard beforehand.

TONIGHT THE DENNER RUNS IT

Once dens have denners, conducting the opening and closing ceremonies is one of the position's actual duties — and it is the easiest real responsibility to hand a Scout. Arrow of Light's newly elected patrol leader takes the closing.

GET TO KNOW YOU BINGO

Talk to your fellow Cub Scouts. If they match a square, have them write their **initials** in it. Five across, down or diagonal — then hand it to your den leader.

YOUR NAME _____

Traveled in an airplane	Has older siblings	Plays soccer	Wears glasses	Wearing blue
Has curly hair	Traveled to another country	Can speak 2 languages	Family member in the medical field	Has a pet
Plays a musical instrument	Birthday is this month	FREE SPACE	Likes to swim	Lived in another state
Plays basketball	Likes to dance	Is an only child	Knows a magic trick	Enjoys math
Has younger siblings	Enjoys hiking	Likes to read	Has a family member who is a teacher	Enjoys science

SCOUT LAW WORD SEARCH

Find all twelve points of the Scout Law. Words run across, down and diagonally — and three of them run backward.

NAME

G	A	N	F	B	R	A	V	E	N	M	J	O	I	T
T	P	L	U	F	P	L	E	H	F	E	M	S	D	H
N	A	L	O	Y	A	L	V	A	R	J	J	D	J	R
E	X	T	Z	O	T	L	Q	K	I	C	F	E	C	I
R	W	Y	D	C	R	P	C	N	E	T	I	Y	X	F
E	G	U	Z	V	U	M	O	X	N	N	C	V	C	T
V	D	C	Y	U	S	V	N	J	D	E	O	Z	X	Y
E	A	H	Y	E	T	R	M	C	L	I	U	Q	T	D
R	K	E	D	C	W	X	X	H	Y	D	R	F	Z	C
L	N	E	H	V	O	T	K	H	C	E	T	Q	M	L
K	U	R	N	H	R	R	B	P	C	B	E	A	V	E
R	C	F	A	W	T	P	H	R	H	O	O	W	R	A
B	D	U	V	L	H	Z	Q	W	I	D	U	Q	Q	N
Q	C	L	H	X	Y	T	O	T	U	A	S	I	F	U
W	V	K	K	G	G	I	I	K	I	N	D	Q	F	Z

TRUSTWORTHY

COURTEOUS

THRIFTY

LOYAL

KIND

BRAVE

HELPFUL

OBEDIENT

CLEAN

FRIENDLY

CHEERFUL

REVERENT

TONIGHT YOUR SCOUT EARNED BOBCAT

PACK _____ · WHAT HAPPENS NEXT

Bobcat is the first adventure every Cub Scout earns, at every age, before any rank badge. Your child has just done the first thing. Everything else this year builds on it.

BEFORE NEXT WEEK

Bring a completed medical record if your Scout is a Bear, Webelos or Arrow of Light — and review it with your Scout at home

Everyone else: you will need one before the campout, so this is a good week to do it

Come in clothes your child can move in — next week is an active meeting

PLEASE TELL US ABOUT FOOD ALLERGIES

There is food in next week's meeting. If your child has any allergy at all, tell a leader this week rather than on the night — we build the food around what is safe rather than substituting at the last minute.

Allergies _____

DATES FOR YOUR FRIDGE

Next pack meeting _____ Where _____

Den meeting _____ Where _____

KEEP GOING AT HOME

Your child learned the Scout Oath and Law tonight. Practice them in the car — little and often beats one long sitting, and they will be said aloud again at every pack meeting this year.

PERSONAL FITNESS

1.4

MONTH ONE
WEEK FOUR

DATE

START TIME

LOCATION

TWO WEEKS OUT

Every family completes a medical record and brings it. Not just the older Scouts — everyone. Read them, list the food allergies, and phone those families before you shop. [p 54](#)

An active meeting about everyday habits — moving, sleeping, teeth, hands, food. **Not about size or weight**, and the activity keeps it that way. Come dressed to move.

RUN SHEET • 90 MINUTES

0:00	Gathering — Cub Scout Critter Dash
0:12	Opening flag ceremony p 74
0:15	Opening remarks
0:22	Den breakouts — two groups p 58
0:42	Four stations p 59 — 30 min , station 1 takes 15
1:12	Over and Under Relay
1:18	Fit for Adventure ceremony p 70
1:26	Cubmaster minute p 73 , closing flag
1:30	Ends

PRINT AND BRING

☐ Critter Dash cards p 57 cut out ·	1 set
tape	
☐ Breakout cards p 58	cut up
☐ Station cards p 59–p 64	cut up
☐ Fitness activity log p 75	1 / AOL Scout
☐ Family sheet p 76	1 / family
☐ Adventure loops and pins	1 / Scout
☐ Blank medical records	10
☐ Toothbrushes and toothpaste	1 / Scout
☐ Crayons · 3 spare Tiger handbooks	–
☐ Speaker and a device — timer and Lion playlist	1
☐ Trail mix ingredients — see p 54	–
☐ Zip bags, labels, bowls, scoops, soap, towels	–
☐ Circuit cards cut p 60 · jump ropes · timer · mats	–
☐ 6-in playground balls · cones or tape	1 / team
☐ Flags, stands, advancement sheet	–

AN ACTIVE MEETING WITH FOOD IN IT

Two things make this meeting different from the other three. Children will be running about, and there is food. Both are manageable, and both need deciding in advance rather than on the night.

THE MEDICAL RECORDS ARE NOT PAPERWORK

They are how you find out what each child is allergic to, what medicine they take, and who to ring. **Read them two weeks out** and write the allergies on a list you carry. Somebody who reads them for the first time on the night has the information too late to have shopped differently.

Keep spare blank forms and **never let a Scout sit out for not having one**. Pair them with somebody and have them read along.

SAY THE SAFETY INVITATION OUT LOUD

Ask parents to tell a leader about anything their child should not take part in, or any condition worth knowing about. Say it at the start, in front of everybody, so the parent of an asthmatic seven-year-old does not have to work out whether to raise it.

WHAT THIS MEETING IS ABOUT

The activity frames fitness as **habits** — moving, sleeping, brushing, washing, eating. Nothing in it asks a child to be weighed or measured,.

WHO YOU NEED

Six adults is comfortable: one on the door, three or four on breakouts, then everyone onto stations. The trail mix station needs an adult who has read the food page [p 54](#) and nobody else should run it.

COUNTING BACK

-30 d	Confirm the location. Check for sinks.
-21 d	Assignments made at the parents' meeting
-14 d	Medical records requested from every family , then read; allergies and dietary needs listed
-10 d	Trail mix planned around what is safe
-7 d	Reminder; buy loops and pins ; cards to leaders
-3 d	Second reminder — closed-toe shoes and a water bottle, adults too
-2 d	Critter Dash cards printed and cut
0	Cards taped up before anyone arrives

PRACTICAL, FROM EXPERIENCE

Run the medical record breakout first, then have that leader brief the trail mix station before it opens. The meeting can inform itself if you order it that way.

Set out water. An hour of running about with no drink is the commonest reason a younger Scout falls apart twenty minutes before the end.

Ask about religious and cultural dietary needs too, not just allergies. It is one extra sentence in the reminder email and it saves a family a difficult moment.

FOOD IN THIS MEETING

Station three is the only food in this meeting — trail mix, and the Scouts eat it. One activity, but every Scout tastes something, so it deserves a protocol rather than good intentions.

Roughly one child in thirteen has a food allergy, and a reaction can be triggered by an amount too small to see. The nine most common allergens are milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame — and trail mix, as normally made, contains three or four of them.

TWO WEEKS OUT

- **Read every Scout's medical record** and write the allergens down. Do not rely on remembering.
- Ask about **religious and cultural dietary needs** as well as allergies — the activity asks for both, and it is easy to check only one.
- **Phone** the families concerned rather than emailing. Ask what they actually do at parties; they have solved this before and will tell you what works.
- **Build the mix around what is safe.** Substituting on the night, in a room, is how mistakes happen.
- Confirm any Scout who carries an adrenaline auto-injector has it with them, that it is in date, and that you know where it is kept during the meeting.
- **If anyone in the room carries one — youth or adult — at least one *other* adult must know how to administer it.**

ON THE NIGHT

- **Label every bowl with its ingredients**, in writing, before anyone arrives.
 - **Tasting happens in the room.** The Scouts sample three naturally different-colored foods.
 - Each Scout eats **only from their own bag**. No sharing, no swapping, no tasting from a neighbor's.
 - Any Scout who cannot have an ingredient gets a bag **built without it, before the meeting, with their name already on it**. Do not improvise a substitute at the table.
 - Hands washed before anyone touches food — which is exactly why the station pairs the two.
 - They only need to **taste** it. Sampling three colors is the requirement, not finishing a cup and a half of trail mix. The rest goes home.
-

WHERE THE RESPONSIBILITY SITS

Managing a food allergy is the family's responsibility, and leaders are not required to take it on. But if you agree to help, the expectation is that you hold a copy of the action plan, know the specific allergens, recognize the symptoms and understand the treatment. Decide which of those you are doing *before* the meeting rather than during it.

THE USEFUL THING ABOUT TONIGHT

The medical record breakout is the moment the pack learns every Scout's allergies — and it happens in the same seventy-five minutes as the food. Run it first and have that leader brief the trail mix station.

RUN OF MEETING

0:00 ●

12 MIN

GATHERING – CUB SCOUT CRITTER DASH

Animal cards taped up around the room. A caller shouts an animal; every Scout moves like that animal while hunting for the matching card, then **freezes** when they find it. When everybody is frozen, the caller shouts a new one.

It is built for a gathering — a Scout arriving at any point just listens for the next call and joins in. That is exactly what these twelve minutes need. Card and set-up on p 56.

One adult on the door with the family sheets and spare medical record forms while somebody else calls.

0:12 ○

3 MIN

OPENING FLAG CEREMONY

Nine commands. p 74 The denner chosen last week runs it — it is one of the position's actual duties and this is their first go.

0:15 ○

7 MIN

OPENING REMARKS

Three sentences, written out on p 69, then the practicalities — the safety invitation and the directions for the breakouts.

0:22 ●

20 MIN

DEN BREAKOUTS – ALL SIX RANKS

Every rank has its own activity, though Bear, Webelos and Arrow of Light all work through the medical record and run as one group. p 58

Run the medical record group first and have that leader brief the trail mix station before it opens.

1:04 ○

6 MIN

OVER AND UNDER RELAY

Single file lines, ball passed between the legs then over the head, alternating all the way down. Card on p 56.

WITHIN 48 HOURS

☐ Adventure recorded for every Scout

☐ AOL activity logs started, not just handed out

☐ Medical records filed for the campout leader to find

☐ Anyone absent - how they finish

☐ Allergy list updated from tonight

☐ Month 2 calendar out to families

END OF MONTH ONE

Every job filled · Bobcat recorded for every Scout **including Arrow of Light** · the recruiting event added somebody · the calendar is still the one from Week 1 · and **every family has a medical record on file**, because Month 2 has a campout.

WHAT HAPPENED

Scouts ____ · Adventures ____ of ____ · Medical records ____ of ____ · Ran ____ min

CARDS • WHOLE-PACK GAMES

G CUB SCOUT CRITTER DASH

GATHERING • 12 MIN • EVERYONE

Before the meeting: print the Critter Dash cards, cut out the individual animals, and tape them up around the room with painters tape. Do this **before anyone arrives** — taping cards to walls while families walk in is how the first twelve minutes get lost.

Pick a caller — an adult or a Den Chief. Then rotate it, and give a Cub Scout a turn: calling is a real job and this is an easy one to hand over.

Demonstrate the animal movements first so everyone knows what is expected. Keep them simple — hopping, crawling, waddling, slithering.

To play: Scouts spread out safely. The caller shouts an animal from the cards. Scouts move *like that animal* while hunting for the matching card, and **freeze in place** when they find it. Once everybody is frozen, the caller shouts a new animal. Repeat.

Anyone can join at any moment by listening for the next call — which is why this works as a gathering. Nobody arrives late to it.

Remind them to watch out for each other. A room of children moving like animals while looking at the walls will collide if nobody says so.

Cards on p 57 — seven animals, four of which are rank names.

MATERIALS — PRINTED ANIMAL CARDS • SCISSORS • PAINTERS TAPE

C OVER AND UNDER RELAY

CLOSING • 6 MIN • INDOOR • 4+ PLAYERS

Before: find an area free of hazards. One 6-inch playground ball per team.

Each team forms a **single file line**, everyone facing forward, one behind the other. The first player holds the ball.

The pattern alternates. Player one passes the ball **between their legs** to player two. Player two passes it **over their head** to player three. Then legs, then over the head, and so on all the way down.

The ball is never thrown or tossed — it is handed. Say this before you start, because it is the rule that gets broken and it is what keeps the game safe indoors.

When the ball reaches the last player, **they run to the front** and pass it to the player now behind them. The relay finishes when whoever started at the front has cycled all the way round and is back at the front.

SET YOUR TEAM SIZE DELIBERATELY

The relay lasts one full rotation of the line, so **duration is team size**. One line of twenty means twenty rotations and a very long game. Keep teams to six or eight and run several in parallel.

Small pack? Do not split into two. Run one line and time it, then run it again and try to beat your own time.

MATERIALS — ONE 6-INCH PLAYGROUND BALL PER TEAM

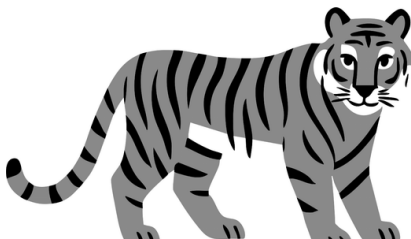
CRITTER DASH CARDS

Nine animals. Cut them out and tape them up **before anyone arrives**. Demonstrate each movement before you start.



LION

stalk on all fours, then roar



TIGER

stalk slow and low



WOLF

prowl, then howl



BEAR

bear crawl on hands and feet



WEBELOS

march like a Cub Scout



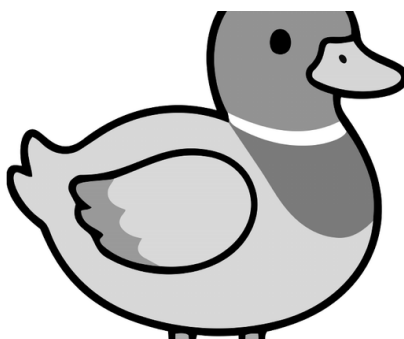
RABBIT

hop, both feet together



MONKEY

swing your arms and scamper



DUCK

waddle, hands behind you



SQUIRREL

scurry, then freeze

DEN BREAKOUT CARDS · 20 MINUTES

Only two groups tonight. Lions, Wolves, Bears, Webelos and Arrow of Light all do the music activity together. Tigers go off on their own with the bedtime routine. That is two adults, not six — the simplest breakout in the month.

LION

WOLF

BEAR

WEBELOS

AOL

MUSIC CAN SOOTHE THE SAVAGE BEAST

20 MIN

Before: build a playlist with three kinds of music and test the speaker. Download it or check the adverts are off — a commercial breaking into the quiet ending will undo the whole thing.

Upbeat Y'all Ready for This (Space Jam theme) · We Will Rock You

Dramatic Theme from Jaws · The Imperial March

Soothing Brahms's Lullaby · Moonlight Sonata

Start with why. Eating well matters and staying active matters — *and so does giving your body a chance to rest and sleep.* That third one is what this is about.

Then: listening to music is one way to rest — but not any music will do, because music really affects your mood.

How do you feel when you hear this? Play an upbeat song and let them say.

Play each of the three kinds in turn and ask how each makes them feel. Draw it together: some songs energise you, some are a bit scary, some really help you relax or even fall asleep.

Finish with the soothing piece, everyone's eyes closed. That is the payoff — do not talk over it and do not cut it short.

FIVE RANKS IN ONE ROOM

The activity was written for Lions with adult partners. With five ranks together, **ask the oldest Scouts first** — an Arrow of Light willing to say a song made them feel something gives the six-year-olds permission. Then work down the ages.

Twenty minutes is generous for three songs. Use the spare time on more tracks rather than finishing early, or the quiet ending gets rushed.

MATERIALS — A PHONE OR TABLET WITH THE PLAYLIST · SPEAKERS

TIGER

TIGER GET READY FOR BED

GRADE 1 · ADULT PARTNERS LEAD IT

This one runs out of the handbook — page 20. Every Tiger needs their own copy, so say so in the reminder rather than discovering it on the night.

Two things before the meeting. Read the CDC's material on sleep, and **send the link to the adult partners** a week ahead saying the next meeting will cover why sleep matters. It is the step most likely to get skipped, and it means parents arrive already thinking about it.

Open with the question, not the answer: why do you think getting enough sleep is important? Ask the adult partners too.

Then the idea: one way to get enough sleep is a **routine** — the same things, in the same order, every night.

Adult partners walk their own Tiger through each item on page 20 and the Tiger colors each one in. The coloring is how a six-year-old commits to a list.

WORTH DOING

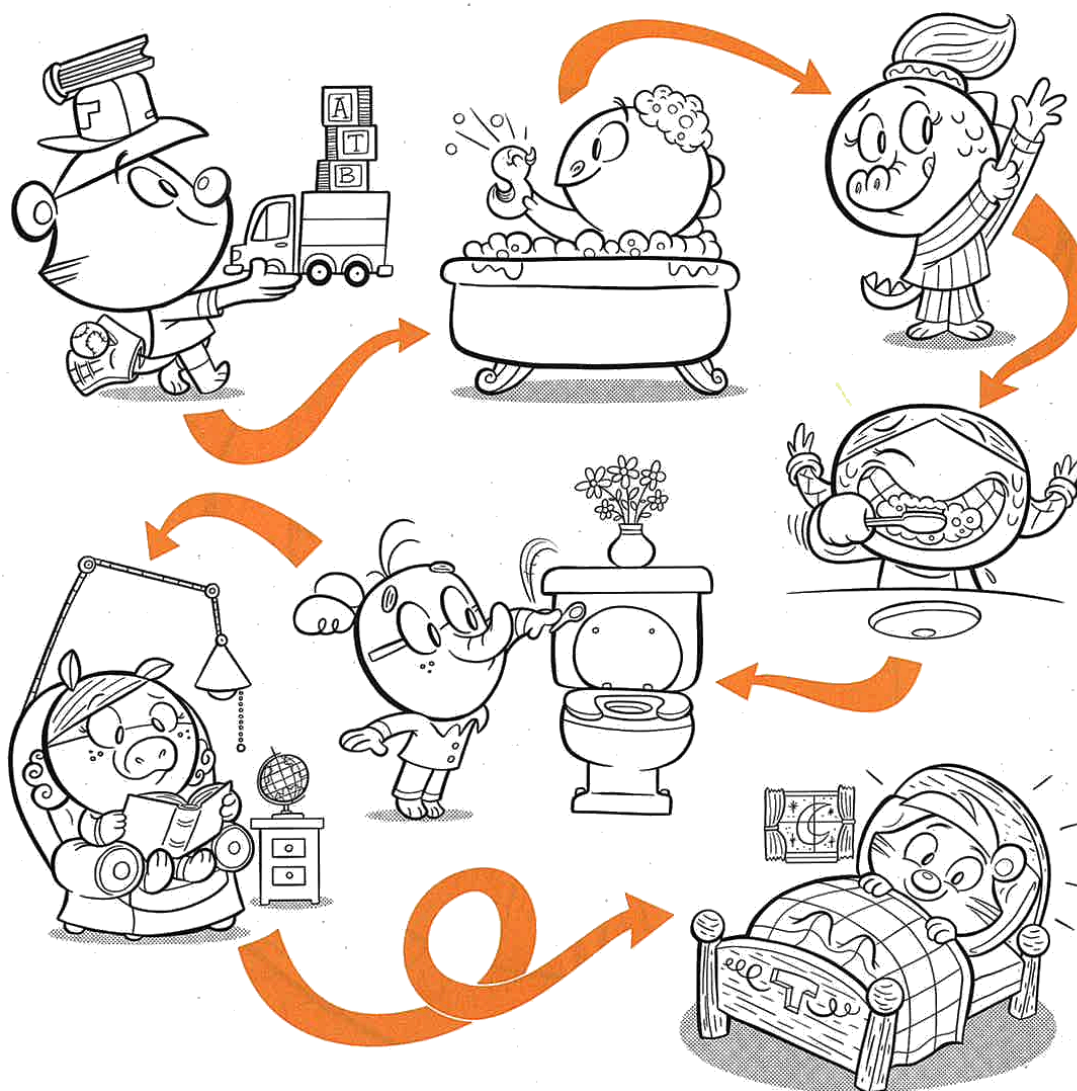
Bring three or four copies of the page in case somebody forgets their handbook.

Have them say the routine out loud in order once it is colored. Naming the sequence is what makes it a routine rather than a picture.

MATERIALS — TIGER HANDBOOK PAGE 20, ONE PER SCOUT · CRAYONS TO SHARE

TIGER BITES

From the Tiger handbook, page 20. Each Tiger colors the steps in order, then says the routine out loud — naming the sequence is what makes it a routine rather than a picture.



ACTIVITY STATIONS · 1 AND 2

Four stations, five minutes each plus changeover. Each has a different activity depending on the age in front of you, so read the whole card.

1 CIRCUIT EXERCISES

15 MINUTES – THE LONG STATION

Before: set up a small area for each exercise. **A circle works best.** Print and cut a set of exercise cards p 60, gather the jump ropes, and make sure everyone has a water bottle and closed-toe shoes — adults too.

Cards face up in the middle of a table. Each Scout picks one, and that becomes their first exercise. Once everyone has chosen, they go to the area set up for their exercise.

One minute on the timer. Everyone does their exercise for the minute, then shifts to the next station in the circle and the timer starts again.

After a full lap of the circle, **two minutes rest.** Then go again. The activity page asks for **three complete circuits.**

THE CARD NUMBERS AND THE TIMER DISAGREE – READ THIS

The cards give reps or holds — ten jumping jacks, a fifteen-second plank, a thirty-second stretch. The directions give **one minute per station.** Treat the card number as the target to hit *within* the minute, then keep going or hold until the timer sounds. Do not let a Scout stop after ten seconds because their card said ten.

FIFTEEN MINUTES, AND IT EARNS THEM

The number of circuit stations equals the number of Scouts, at a minute each — so fifteen minutes is roughly one full circuit for a pack of twelve to fifteen, or two circuits for a small den. **Do not shorten this one to fit the rotation.** Wolf needs ten minutes of personal exercise and Webelos fifteen; this station is where they get it.

MATERIALS — EXERCISE CARDS · JUMP ROPES · A TIMER · WATER BOTTLES · CLOSED-TOE SHOES

2 YOGA SALUTATION

5 MIN · SIT IN A CIRCLE

Before: ask families to send Scouts in comfortable clothes with a water bottle. Print the pose sequence p 63 or have it on a screen. And **practice the poses yourself** — you are going to lead them, and this is the step that gets skipped.

Sit everyone in a circle and say what this is for: yoga as a way to relax your mind. Not a workout, not a competition.

Teach the breathing first. It is the actual content, and without it this is just stretching:

Inhale **through the nose**, and as you go *into* a pose.

Exhale **through the mouth**, and as you come *out* of a pose.

Holding a pose — deep breaths, filling the lungs, letting the breath out slowly.

Then lead each pose in turn and have the Scouts copy you **to their ability.** Do not correct anybody by touch — demonstrate again instead.

MATERIALS — POSE SEQUENCE p 63 · WATER BOTTLES · MATS OR TOWELS

CIRCUIT EXERCISE CARDS

Lay them face up on a table. Each Scout picks one; that becomes their station. The number is the target to hit inside the minute.

10 JUMPS WITH A JUMP ROPE	10 JUMPING JACKS
5 PUSH-UPS	10 SQUATS
30 sec RUN IN PLACE + REST 30 SEC	10 SIT-UPS
5 / leg ALTERNATE LEG LUNGES	15 sec PLANK × 2
30 sec ALTERNATE SIDE STRETCH, HOLD	15 sec SPRINT REST 15 SEC

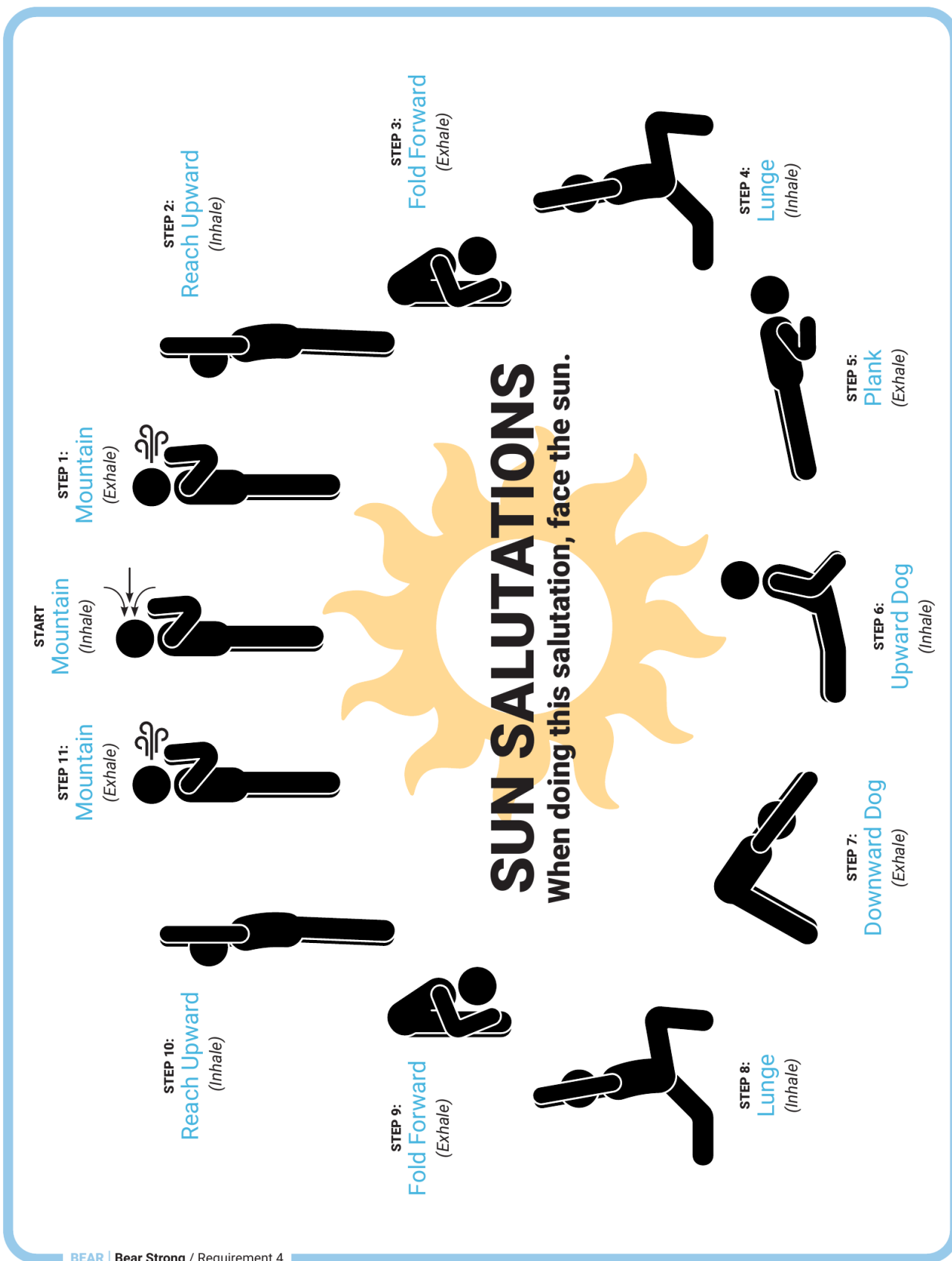
30 sec

TOE TOUCH, HOLD

30 sec

ALTERNATING LEG STRETCH, HOLD

SUN SALUTATIONS



ACTIVITY STATIONS · 3 AND 4

3 HAND WASHING, THEN TRAIL MIX PREP

NEEDS A SINK · READ THE FOOD PAGE FIRST

The order is the content. Wash first, then food. Both halves of this station are on p 65 — the six-step technique, the nine times to wash, and the Happy Birthday timing.

Before: set up a handwashing station with soap and paper towels, and put the two CDC posters up beside it. Read the CDC's *Clean Hands Save Lives* article first.

Then the trail mix — five ingredients scooped in a set order into a named bag, and **the Scouts taste it.** Quantities, shopping list and the scoop sequence on p 68.

Whoever runs this station must have read p 54 and been briefed by the medical record group. Not optional.

MATERIALS — SOAP · PAPER TOWELS · TWO CDC POSTERS · INGREDIENTS PER p 54 · BOWLS, SCOOPS, LABELED ZIP BAGS

4 CLEAN CHOMPERS

EVERY RANK · NEEDS SINKS

Before: watch the American Dental Association brushing video so you can demonstrate it properly. Work out where the spitting happens before the night, not during it.

Explain and demonstrate the proper way to brush — front, back and chewing surfaces. Then guide them through the motions **with no toothpaste**, so they get the technique before anything gets messy.

Then a small amount of toothpaste each and **brush for a full two minutes** — put on a song about that long, or set a timer. Two minutes is far longer than any of them think.

READ THIS BEFORE YOU PLAN IT

A toothbrush per Scout, not per Wolf. Twenty Scouts brushing for two minutes at one sink is forty minutes; it will not fit a station. Either use several sinks, or have them brush and spit into paper cups away from the basin, or run the dry version below.

Dry version: draw a large mouth on posterboard and let each Scout show how they would brush every part of it with a clean dry brush. It meets the demonstrate requirement without plumbing, and with a whole pack it may be a more viable option.

MATERIALS — A TOOTHBRUSH PER SCOUT · TOOTHPASTE · MUSIC OR A TIMER · SINKS, OR CUPS AND A BOWL · POSTERBOARD IF RUNNING DRY

TWO STATIONS WANT WATER

Station 3 washes hands and station 4 brushes teeth. If your hall has one sink, those two cannot run simultaneously in a rotation — put them at opposite ends of the cycle, or run station 4 dry.

HAND WASHING

THE SECOND ACTIVITY TONIGHT THAT NEEDS A SINK

Clean Chompers needs one too [p 58](#). They are at different points in the evening so one sink can serve both — but **a single sink turns this station into a queue**. Twenty Scouts washing one at a time is ten minutes, not five. Count your taps before you set the rotation. If necessary, practice this with a dollop of hand sanitizer.

START WITH THE QUESTION

Ask when you should wash your hands, and let everyone who wants to answer. Then fill in whatever they missed:

After you go to the bathroom	Before handling plates, utensils or cups
After playing with a dog, cat or other animal	Before you eat
After you blow your nose, sneeze or cough	When your hands have dirt on them
After you touch garbage	When your hands have touched a lot of things others have touched
Before and after helping prepare food	

THEN DEMONSTRATE THE SIX STEPS

WHAT TO DO	
1	Hands under clean running water. Soap on. Then turn the water off.
2	Rub palm to palm until they go sudsy.
3	Left palm facing down, right hand on top, interlock the fingers and scrub between them. Switch hands, repeat.
4	Right hand grabs the left thumb and rotates around it. Switch hands, repeat.
5	Fingertips pressed into the opposite palm, rotating in circles. Switch hands, repeat.
6	Rinse. Take a paper towel — and use the towel to turn the tap off.

THE TWO STEPS NOBODY DOES

Turning the water off while you soap up (step 1) and **turning the tap off with the towel** (step 6). The first saves water; the second stops you putting the dirt straight back on your clean hands. Point both out explicitly — Scouts find the second one satisfying once they understand why.

THEN THE TIMING

Tell them the time it takes to do all six steps properly is **the time it takes to sing Happy Birthday**. Then each Scout takes a turn washing while singing it.

No lyrics needed on the page — everybody in the room already knows it, which is exactly why the song was chosen.

Two posters go up at the station — [p 66](#) and [p 67](#). Print them from the book and tape them up beside the sink.

WASH YOUR HANDS!

Hands that look clean can still have icky germs.

1 WET

Hands under clean running water

2 GET SOAP

Then turn the water off

3 SCRUB

Palms, between fingers, thumbs, fingertips — sing Happy Birthday

4 RINSE

Wash all the soap away

5 DRY

Use the towel to turn the tap off

Adapted from the CDC's *Wash Your Hands!* poster · [cdc.gov/handwashing](https://www.cdc.gov/handwashing)

KNOW WHEN TO WASH YOUR HANDS

- AFTER USING THE BATHROOM
- BEFORE EATING
- AFTER COUGHING, SNEEZING OR BLOWING YOUR NOSE
- AFTER TOUCHING ANIMALS OR THEIR CAGES
- AFTER PLAYING OUTSIDE
- WHEN YOUR HANDS LOOK DIRTY

Adapted from the CDC's *Know When to Wash Your Hands at School* poster · [cdc.gov/handwashing](https://www.cdc.gov/handwashing)

TRAIL MIX

THE SCOUTS EAT THIS — READ THE FOOD PAGE FIRST

The requirement is to **sample three foods that are naturally three different colors**, so tasting is the activity, not an extra. Screening the medical records is the control, and it happens beforehand, not at the table. [p 54](#)

BUY — PER 8 SCOUTS

INGREDIENT	AMOUNT
Cheerios	4 cups
Root vegetable chips	4 cups
Yogurt covered raisins	2 cups
Dried cranberries	2 cups
Sunflower seeds	$\frac{3}{4}$ cup
☐ Quart zip-top bags	1 / Scout
☐ Measuring cups — 1, $\frac{1}{2}$, $\frac{1}{4}$ cup and 1 tbsp	1 set / 2–3
☐ A Sharpie	1

The seeds are the one surplus — $\frac{3}{4}$ cup covers twelve Scouts, not eight.

LABEL THE BOWLS BY FOOD GROUP

Grain	Cheerios
Vegetable	Root vegetable chips
Dairy	Yogurt covered raisins
Fruit	Dried cranberries
Protein	Sunflower seeds

Pre-portion into these five labeled bowls before the meeting. The food-group labels are not decoration — they are how a Scout sees that a snack is built from five different kinds of food.

ALLERGENS IN THE DEFAULT MIX

Dairy (yogurt coating), **wheat** (Cheerios) and **seeds** (sunflower). No peanuts or tree nuts. Any Scout who cannot have one of these needs a bag built without it, beforehand, with their name on it.

SCOOP IN THIS ORDER

Bag to each Scout first, and **have them write their name on it** before anything goes in.

	SCOOP	AMOUNT
1	Cheerios	$\frac{1}{2}$ cup
2	Root vegetable chips	$\frac{1}{2}$ cup
3	Yogurt covered raisins	$\frac{1}{4}$ cup
4	Dried cranberries	$\frac{1}{4}$ cup
5	Sunflower seeds	1 tbsp

THAT IS A CUP AND A HALF OF TRAIL MIX

It fits a quart bag, but it is a large portion for a seven-year-old. **They only need to taste it** — sampling three colors is the requirement, not finishing the bag. The rest goes home.

ASK THE QUESTION BEFORE YOU HAND OUT A SINGLE BAG

Which of these foods do you think are *naturally* the color you see? That question is the point of the whole activity — the scooping is just how they find out. Ask it first, while they are still listening.

THE OPENING REMARKS

Very short. The three things underneath are yours, and on this night they matter more than the script.

– WAIT FOR THE ROOM TO SETTLE. DO NOT TALK OVER IT.

Tonight's pack meeting is all about Personal Fitness. Fitness isn't just about our bodies; it's also about healthy minds and hearts. Let's take steps together to be the best, healthiest Cub Scouts we can be!

– THEN GIVE DIRECTIONS ON THE DEN BREAKOUTS.

THEN SAY THESE THREE THINGS

- 1 **The safety invitation.** Ask parents to tell a leader about anything their Scout should not take part in, or any condition worth knowing about. Say it in front of everybody, so the parent of an asthmatic seven-year-old does not have to decide whether to raise it.
- 2 **Collect the medical records** as people arrive, and say that the older Scouts will shortly be going through theirs with a parent. Keep spare blanks visible.
- 3 **Where each den goes.** Six ranks, three groups, two rooms — say it once clearly and point, or the first four minutes of the breakout go on sorting people out.

WORTH LEANING ON, ON THIS NIGHT IN PARTICULAR

The script says fitness is about *healthy minds and hearts* as well as bodies. That is the line to lean on, because it frames an evening about sleep, teeth, handwashing and habits rather than about being fast or strong. **Nothing tonight measures a child.** Saying so at the start costs five seconds.

FIT FOR ADVENTURE! CEREMONY

THIS ONE TAKES TWO PEOPLE

The script alternates between a **NARRATOR** and a **LEADER** throughout. Decide who is which and give each their own copy — **do not try to read both parts yourself**. It is the only ceremony this month that needs two voices, and it is the thing to sort a week ahead rather than in the hall.

SUPPLIES — THAT IS ALL OF IT

- ☐ The script p 71
- ☐ Adventure loops and pins, one per Scout

Set-up is listed as **none**. No table, no props, no staging. The recognition and two readers are the whole thing.

WORTH DOING ANYWAY

Count the loops and pins against the roster the day before, and write the names out by rank in reading order.

Ask somebody else to photograph it. You cannot run a ceremony and document it.

COUNT BEFORE YOU BUY

Each rank earns a differently named adventure. **Loops for the first four, pins for the last two.**

LION	Fun on the Run	___ loops
TIGER	Tiger Bites	___ loops
WOLF	Running With the Pack	___ loops
BEAR	Bear Strong	___ loops
WEBELOS	Stronger, Faster, Higher	___ pins
AOL	Personal Fitness	___ pins

Fill this in from the advancement sheet, then add two or three. Order from the Scout Store.

FIT FOR ADVENTURE! – SCRIPT

– EVERYONE TOGETHER. RECOGNITION SORTED BY RANK.

NARRATOR

There are lots of fun ways to get strong and healthy. You can play sports, do exercises, or even compete in games. No matter how you do it, you start small, keep practicing, and challenge yourself to get better.

LEADER

Fitness is an important part of the Cub Scout program. Every rank has age-appropriate requirements that help you grow stronger in both body and mind.

NARRATOR

Staying fit isn't just about muscles — it's also about feeling good inside, having confidence, and being ready for adventure. Growing stronger in fitness is just like hiking the Cub Scout trail. Step by step, you get better, stronger, and ready for your next adventure. Today, we're celebrating Cub Scouts who have taken those steps!

LEADER

Will the following Cub Scouts and their family "coaches" please come forward? *(Read the Lion names. Lions come forward with their adult partners and families.)*

NARRATOR

The Lions are just starting out on their fitness adventure. They're learning new moves and building healthy habits. Families, please present these adventure loops to your Cub Scouts. *(Families present the loops.)*

LEADER

Next, we honor some Tigers who have worked hard to build strength and skills. Will the following Cub Scouts and their families please come forward?

NARRATOR

Our Tigers have been having fun and practicing new skills with their dens and their families. They're climbing higher on the Cub Scout trail. Families, please present these adventure loops to your Cub Scouts!

LEADER

Our Wolves are ready for the next challenge. Will the following Cub Scouts and their families please come forward?

NARRATOR

These Wolves are getting stronger every day. They've been following their fitness plans and pushing themselves to improve. Families, please present these adventure loops to your Cub Scouts!

– CONTINUES OVERLEAF – BEAR, WEBELOS, ARROW OF LIGHT.

FIT FOR ADVENTURE! – SCRIPT, CONTINUED

LEADER

Now, we recognize our Bears. Will the following Cub Scouts and their families please come forward?

NARRATOR

The Bears have shown dedication and determination. They've set goals and worked hard to reach them. They have accepted new challenges and continue to develop their physical and mental skills. Families, please present these adventure loops to your Cub Scouts!

– PINS FROM HERE, NOT LOOPS.

LEADER

Our Webelos Scouts learned what it takes to be stronger, go faster, and soar higher. Will the following Webelos Scouts and their families please come forward.

NARRATOR

In the Stronger, Faster, and Higher Adventure, our Webelos learned that personal fitness is a balance of three things: eating well, exercise, and the importance of rest. Families, please present these adventure pins to your Cub Scouts!

LEADER

Finally, we celebrate our Arrow of Light Scouts. Will the following Cub Scouts and their families please come forward?

NARRATOR

In the Scout Oath we promise to keep ourselves physically strong, mentally awake, and morally straight. You have demonstrated that proper nutrition, staying active with group activities, and personal exercise are the keys to being physically strong. Families, please present these adventure pins to your Cub Scouts!

Congratulations! Let's give a big round of applause for all these Cub Scouts who worked hard, stayed active, and did their best to complete these adventures and reach these goals!

– THEN THE CUBMASTER MINUTE BELOW.

CUBMASTER MINUTE

Cub Scouts, tonight we talked about fitness. Being fit isn't about being perfect; it's about taking small steps every day to be the best version of ourselves. Maybe that's playing a sport, choosing a fruit instead of a cookie, or simply taking a walk outside. When we take care of our bodies, we feel better, think more clearly, and have more energy for Scouting adventures and life. Fitness is a gift we give to ourselves, and it helps us be strong and ready to help others. Let's keep growing strong together!

Good job tonight, Scouts. And remember, have fun and do your best!

— THEN THE CLOSING FLAG CEREMONY.

THE LINE NOT TO RUSH

"Being fit isn't about being perfect." The sentence the whole evening builds to, and the one a child who is not the fastest in the pack needs to hear said out loud. Slow down for it.

THEN THE CLOSING FLAG CEREMONY

Run by the denner chosen at last week's Bobcat meeting — it is one of the five jobs their den wrote down, and this is the first meeting where that is real rather than theoretical. [p 74](#)

TRADITIONAL FLAG CEREMONY

OPENING · ABOUT 90 SECONDS

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Hand salute
5	<i>Pledge of Allegiance</i>
6	<i>Scout Oath</i>
7	<i>Scout Law</i>
8	Two
9	Color guard, dismissed

CLOSING · UNDER A MINUTE

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Color guard, halt
5	Color guard, retrieve the colors
6	Color guard, dismissed

THE WORDS · STEPS 5 TO 7

SCOUT OATH

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

SCOUT LAW

A Scout is:

Trustworthy	Loyal
Helpful	Friendly
Courteous	Kind
Obedient	Cheerful
Thrifty	Brave
Clean	and Reverent.

STAGING

- Flag stands out **before anyone arrives**.
- Color guard forms at the **back**. Facing the front, the American flag is on the left and the pack flag on the right.
- On the command to advance they walk forward and **cross about halfway**. The American flag crosses first.
- Anyone not in uniform puts their right hand over their heart instead of saluting.
- Walk the route with the color guard beforehand.

THE DENNER RUNS IT TONIGHT

Bear and Webelos chose denners last week, and conducting the opening ceremony is one of the five jobs their dens wrote down. This is the first meeting where that is real rather than theoretical — hand it over.

PERSONAL FITNESS ACTIVITY LOG

One per Arrow of Light Scout. Fourteen days. Write what you did and how long it took. **Fill in day one before you leave tonight.**

NAME _____ START DATE _____

DAY	ACTIVITY	DURATION
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

TWO CHANGES FROM THE OFFICIAL LAYOUT

The published log sets the days in blocks of three across the page, which wastes width and gives a Scout a cramped box. One row per day is easier to write in and easier to photocopy. The columns are otherwise identical.

Note what it does not ask for: activity and duration. No weight, no measurements, no target. The activity got this right and the book should not add columns to it.

END OF YOUR FIRST MONTH

PACK _____ · WHAT HAPPENS NEXT

Four weeks ago most of us had not met. Your Scout has now earned two adventures and their first badge. That is a good month.

KEEP THESE THREE HABITS GOING

- ☐ Brushing properly, for two full minutes, twice a day
- ☐ Washing hands the long way — twenty seconds, with soap
- ☐ Moving for at least ten minutes, most days

None of it is about how anybody looks or how fast they are. It is about small things done often.

ARROW OF LIGHT FAMILIES

If your Scout has not already completed a fourteen-day activity log, they have one now. Help them fill in one row a day — what they did and how long for. It comes back to their Cub leader.

BEFORE MONTH 2

- ☐ **Medical record completed and handed in** — we need it before the campout, for every family
- ☐ Tell us about any allergy or dietary need if you have not already
- ☐ Look out for the Month 2 calendar this week

DATES FOR YOUR FRIDGE

Next pack meeting _____ Where _____

Den meeting _____ Campout _____

THANK YOU

A first month only works if families turn up, and yours did. If anything about it did not work for you, tell us — it is easier to fix now than later.

OPEN QUESTIONS



Everything in this section was pulled out of the four meetings so the meeting pages carry nothing but what a leader needs on the night. Local details to fill in, decisions still to make, and notes on how the book was put together. None of it belongs in a printed leader edition.

1.1 · PARENT ORIENTATION & PLANNING

Local — make this a fillable form

Council name and address, nearest Scout Shop, chartered organization, current fees and upcoming fees.

1.2 · TEAM BUILDING

To finish this meeting

NOTHING LEFT

Nothing outstanding. Every activity, script and printable in this meeting is now sourced. The only judgement calls left are the ones marked as ours.

NOTES ON THIS EDITION

Restructured from four rotations to three shapes. Everyone together, then the adults break off while the Scouts play, then everyone back together, with activities running in sequence within each track. This matches what the opening script actually describes, and it drops the staffing requirement from five adults to four.

The opening remarks duplicate the parent orientation welcome script — 99% word-identical across three of six paragraphs, differing only in the word "Parent". So the adult breakout was rewritten as the practical half rather than a second reading: commitment, cost, and questions. Worth watching for the same duplication in later meetings.

Every link in the activity planner is broken. All seven carry a stray space inside "cub" encoded as %20, several also dropping hyphens. The Citizenship planner's links were clean, so this is a publishing accident specific to this document.

Popcorn Pop is balloons, not popcorn. Stated plainly on the card, because the name misleads and a leader shopping from the title alone arrives with the wrong thing.

Adventure Journals is a prep job, not a meeting activity. The leader assembles one notebook per Scout beforehand — about an hour for a pack of twenty — and the Scouts only decorate and draw. That is easy to misread from the agenda, where it looks like a craft, so it has its own page with the assembly steps and a warning at the top.

Local — fill in before print

Current registration and council fees, and your pack's dues.

1.3 · BOBCAT · CHARACTER & LEADERSHIP

To finish this meeting

NOTHING OUTSTANDING

Every activity, script and printable is now sourced. Two things to confirm before typesetting: the corrected opening wording [p 45](#), and the naming error on [p 41](#). The remaining gray blocks are the Pledge/Oath/Law wording and the word search licence, which recur across every meeting.

NOTES ON THIS EDITION

The AOL troop visit is at the top of the at-a-glance. It is the single thing most likely to go wrong, it cannot be fixed on the night, and the calendar never mentions it.

The stations are age-split, not uniform. Each card carries two activities — one for younger Scouts, one for older. A leader reading only half a card runs the wrong activity for half the room, so both halves are on every card and the page says so.

The station-count divergence is resolved — four. Personal Fitness has the same problem unresolved, and two in one month suggests checking every planner for version drift.

Bobcat is named on the cover, because that is what the meeting is — and the four-month overview never uses the word.

Pledge of Allegiance still to set

Step 5 is the Pledge, which is not yet typeset here. Add it above the Oath so all three recitations sit in the order they are said.

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This grid replaces the official worksheet, which carries a **Copyright 2020 Scouter Mom** attribution notice. Permission from Scouting America does not cover third-party content, and the notice does not address commercial print — so the book uses its own grid and the question does not arise.

The word list stays beneath the grid. A Scout who cannot find one can still read all twelve, which is the actual point of the requirement.

AUDIT THE REST OF THE FILESTORE FOR THIS

If one official worksheet is third-party licensed, others will be. Every reproducible pulled from the filestore needs its footer read before it is set — the notice is small, gray, and easy to drop when a page is redrawn for one-color printing.

1.4 · PERSONAL FITNESS

TWO PLANNING SHEETS, THREE ANSWERS

Resolved — kept as the record of why version-checking matters

Two planning sheets sit on the filestore under almost the same name and the planning page agreed with neither. Every row below has since been settled by decision. It is reproduced because two of the four meetings this month disagreed with themselves, and the next book will hit the same thing.

ELEMENT	SHEET, NO SUFFIX	SHEET V1	ONLINE PAGE
Gathering	Duck Duck Goose <i>and</i> Sleeping Steve, split by age	Critter Dash, all ages	Critter Dash
Wolf breakout	Clean Chompers	none	Clean Chompers
Webelos breakout	Medical record	Medical record	Family Feast
AOL breakout	Tracking Fitness <i>and</i> medical record	Tracking Fitness	Prepare a meal on a campout
Station 4	Steal the Bacon	Clean Chompers	—
Closing game	None	Over and Under Relay	Over and Under Relay
Station count	4	4	3

WHAT IS SETTLED AND WHAT IS NOT

Settled by you: four stations, matching both sheets against the page's three.

One consequence to confirm. With the breakouts collapsed to two groups, the *review your medical record with your parent or guardian* activity no longer has a slot in the meeting. The requirement reads as at-home work anyway, so that may well be intended — but the records are still needed on the night for allergy screening, and before the Month 2 campout, so the ask to bring them stays.

SETTLED SINCE THE FIRST DRAFT

Four stations, and station four is Clean Chompers for every rank — so it is no longer a Wolf breakout. **Station one runs fifteen minutes**, and together with yoga and the Over and Under Relay that clears the thirty-minute Arrow of Light requirement cumulatively rather than at one station. **Breakouts collapse to two groups:** five ranks on the music activity, Tigers on their own.

The consequence is a **ninety-minute meeting**, which is long for this age group. The cut, if you need one, comes out of the stations.

To finish this meeting

ONE DECISION, THEN A LIST

Every activity, script and printable in this meeting is sourced. What remains is common to the whole book rather than specific to this meeting: the Pledge, Oath and Law wording, line art for the yoga poses, and the two CDC posters, which are 11 × 17 and have to be listed as separate downloads rather than reproduced.

NOTES ON THIS EDITION

Food gets its own page. One child in thirteen has a food allergy, and the default mix contains dairy, wheat and seeds. The protocol also asks about religious and cultural dietary needs, which the Wolf adventure page raises and which is easy to check only half of.

A correction worth recording. An earlier draft had "bags go home unopened" as the allergy control. The requirement is to *sample* three naturally colored foods, so eating in the room is the activity and screening is the only real control.

Medical records are for everyone, not just the older Scouts — the planning page asks every family to complete one and bring it, and Month 2 has a campout, so this is where they get collected.

And the review is done with a parent, not with a den leader. The requirement reads "review your record with your parent or legal guardian." My earlier draft had a leader walking the form with the Scouts, which is the wrong shape — the breakout sets families up to do it together. The three rank activity pages turned out to be identical and contain only a single safety sentence, which is why merging them is right.

The ceremony needs two readers. Narrator and leader alternate throughout, and it is the only ceremony this month that does. Loops for Lion through Bear, pins for Webelos and Arrow of Light — counted separately.

Clean Chompers needs plumbing — real toothbrushing for two full minutes. The venue check is in the countdown at –30 days, with a dry-run alternative on the card for halls without sinks.

The framing is habits, not measurement. The log records only what a Scout did and for how long.

Two posters go up at the station — p 66 and p 67. Both are set here at Letter size so they photocopy straight out of the book. CDC material is a US Government work, so setting our own version of their content raises no licence question.

Before typesetting: "Webeblos" is a typo in the leader's Webelos line. And the AOL line lands on *physically strong, mentally awake, morally straight* — last week's Bobcat words, worth cross-referencing.

FOUR-MONTH PACK PROGRAM PLAN

Month Two · Weeks 1–4

You've now run a full month of pack meetings. This month follows the same shape — a parents' and leaders' meeting to open, three pack-level meetings to close out — but with less explanation along the way. Where Month One spelled out why, this month gets straight to what and how.

Month Two is built around the Outdoors Adventure and the Family & Reverence Adventure. The pack gets outside together, and the Arrow of Light den begins its outdoor progression toward Scouts BSA with a real camping trip.

WEEK	MEETING	FOCUS	KEY OUTPUT
Week 1	2.1 · Parents' Meeting	Recap Month One · Plan Month Two	Filled-in Stop/Start/Continue sheet + two planning sheets
Week 2	2.2 · Pack Meeting	Outdoors Adventure — get ready	Six Essentials packed · AOL campout confirmed
Week 3	2.3 · Off-Site + Den Meeting	Outdoors Adventure — the walk · AOL plans the campout	Hike completed · campout logistics locked
Week 4	2.4 · Pack Meeting	Family & Reverence — guest speaker	Adventure complete · AOL campout runs this week too

RECAP & PLAN

DATE

START TIME

LOCATION

RUN SHEET · ABOUT 75 MINUTES

0:00	Arrival, sign-in, coffee
0:05	Welcome back, tonight's agenda
0:07	Recap: Stop, Start, Continue — silent fill-in, then discussion
0:27	Plan Week 2: Outdoors Adventure, get-ready meeting
0:37	Plan Week 3: the walk/hike, and the AOL campout decision
0:52	Plan Week 4: Family & Reverence and the guest speaker
1:07	Registration/two-deep leadership check-in, only if new adults are present
1:09	Questions, then closing
1:15	Ends

READ THIS FIRST

You've done this once already, so the room already knows the shape of a planning meeting. Move faster than you did in Month One. Don't re-teach terms, don't re-read the welcome script — just recap, plan, and get people out on time.

RECAP: STOP, START, CONTINUE

Hand out the worksheet on the next page, one per family or one per table. Give the room five quiet minutes to fill it in before any discussion starts — a room asked to talk before it has written anything talks in generalities. Then go meeting by meeting, column by column, and read a few of each out loud.

- Continue — what worked and should happen again, in the same way, without adjustment.
- Stop — what didn't land: ran too long, needed more adults, confused the families, or just didn't work for this pack.
- Start — one new thing to try in the next three meetings. Not a wish list — one idea per meeting, chosen because it fits what's coming (an outdoor meeting, a walk, a guest speaker).

Keep the sheets. They're the actual record of the month, and they're what next year's Month One planning meeting will read first.

STOP · START · CONTINUE — MONTH ONE REVIEW

Fill in each box before we talk as a group. Short notes are fine — a phrase is enough to remember what you meant.

	Team Building (Week 2)	Bobcat · Character & Leadership (Week 3)	Personal Fitness (Week 4)
CONTINUE (what worked)			
STOP (what didn't)			
START (one new thing to try)			

Completed by _____ Date _____

PLANNING THE NEXT THREE MEETINGS

Work through the three meetings in order, using the pack meeting planning sheets at the end of this section — one per meeting. Read a row, describe the job, ask one person by name.

WEEK 2 – OUTDOORS ADVENTURE: GET READY (10 MIN)

- Settle the route and date for the Week 3 walk/hike now — trail, park, or neighborhood loop, with a rain date.
- Ask who's bringing the Six Essentials supplies (see the Week 2 planner) and who's briefing families on what to wear.
- Review the AOL campout decision with Arrow of Light families — den campout, family campout, a district/council event, or joining a Scouts BSA troop outing. They need to be thinking about it before Week 3's den meeting.

WEEK 3 – THE WALK/HIKE + AOL DEN MEETING (15 MIN)

- Confirm meeting point, walking groups, and adult-to-Scout ratios for the hike.
- AOL parents: use this slot to review details for the AOL campout, since the option and date were already set back in Month One. The week 3 den meeting is where the details get confirmed and communicated again, so a decision already made provides clarity.
- Ask whether a BALOO-trained adult is available for any pack- or den-run overnight — if not, the district/council option solves that automatically.

WEEK 4 – FAMILY & REVERENCE + GUEST SPEAKER (15 MIN)

- Assign someone to invite the guest speaker this week — two weeks' notice, minimum.
- Decide, as a group, what kind of speaker fits your pack: a chaplain, a faith leader connected to your chartered organization, or a parent willing to speak about a family tradition. See the speaker guidance on the Week 4 page.
- Note that the AOL campout likely falls in this same week. Say the date out loud tonight so it doesn't collide with the Family & Reverence pack meeting.

ONLINE RESOURCE – DEN LEADER RESOURCES

Worth mentioning to the room tonight, not assigning: [scouting.org](https://www.scouting.org/programs/cub-scouts/leader-resources/den-meeting-resources/) has a full Den Leader Resources page — den meeting plans, games, and activity ideas organized by rank. No action needed here; just let families and den leaders know it exists so they can look through it on their own if they want extra ideas beyond what's in this book.

<https://www.scouting.org/programs/cub-scouts/leader-resources/den-meeting-resources/>



PACK MEETING PLANNING SHEETS

Two official Adventure pack meeting planners cover this month's meetings — Outdoors for Week 2, and Family & Reverence for Week 4. Work through each one at tonight's meeting exactly as you did in Month One: read a row, describe the job, and ask one person by name to accept it. Week 3 is the walk itself and the AOL den meeting that plans the campout — there's no separate official planner for an outing, so that week is still run from the notes on its own page later in this book.

These sheets are for assigning jobs tonight — every link is real and scannable by QR. Full step-by-step directions for every activity is on the Week 2 and Week 4 meeting pages themselves, so nobody has to click through on the night.

WITHIN 48 HOURS

- ☐ Stop/Start/Continue sheets filed for next year.
- ☐ Week 2 and Week 4 planning sheets photographed and sent to whoever is running each meeting
- ☐ Guest speaker invited
- ☐ AOL families followed up with on the campout decision
- ☐ Month 2 calendar updated and sent home

WEEK 2 • OUTDOORS

Pack Meeting Date _____ Time _____ Location _____

ACTION	DESCRIPTION	QR	ACCEPTED BY
BEFORE THE MEETING			
Confirm location	30 days before the meeting, confirm access to the meeting location		
Meeting reminders	Meeting reminders to families: 7 days before, 3 days before, and the day of the meeting.		
Purchase adventures	Purchase the Adventure loops and pins, and any other recognition		
Gathering supplies	Purchase or gather the supplies needed for the pack meeting		
At-home requirements	<p>ALL RANKS — Before the walk, everyone should have their own Cub Scout Six Essentials and bring them along.</p> <p><u>ARROW OF LIGHT — Individual Campout Checklist for Pack Overnighter</u></p> <p><i>Send this to AOL families so Scouts arrive with the right camping gear.</i></p>		
DURING THE MEETING			
Gathering activity	<u>Is It a Cub Scout Six Essential?</u>		
Opening flag ceremony	<u>Traditional Flag Ceremony</u>		
Opening remarks	See the script on the meeting page		
DEN BREAKOUTS OR DEN MEETINGS			
Lion	<p><u>S.A.W. Maze</u></p> <p><i>Mountain Lion Requirement 3</i></p> <p><u>Wild or Domestic</u></p> <p><i>Requirement 4</i></p>		

ACTION	DESCRIPTION	QR	ACCEPTED BY
			
Tiger	<u>My Favorite Animals</u> <i>Requirement 4</i> <u>Leaf and Bark Rubbing</u> <i>Requirement 5</i> <u>The 4 C's of the Outdoor Code</u> <i>Requirement 2</i>	  	
Wolf	<u>Seasonal Clothing Relay</u> <i>Paws on the Path Requirement 3</i> <u>Outdoor Scavenger Hunt</u> <i>Requirement 5 (partial)</i> <u>Outdoor Code</u> <i>Requirement 4 (partial)</i>	 	
Bear	<u>No Two Trails Alike</u> <i>Requirement 3</i> <u>Trash Timeline Game</u> <i>Requirement 4</i> Fire Danger Detectives — Requirement 6 (custom worksheet, included in this book; can also be done on the Week 3 hike) <u>Consider Others</u> <i>Requirement 8</i> <u>Digital Path Finding</u> <i>Requirement 2</i>	  	
Webelos	<u>Plan a Route</u> <i>Requirement 2</i> <u>What's the Forecast?</u> <i>Requirement 3</i> <u>Safety First</u> <i>Requirement 4</i> <u>Trail First Aid</u> <i>Requirement 5</i>	  	

ACTION	DESCRIPTION	QR	ACCEPTED BY
			
Arrow of Light	<u>Scout Basic Essentials</u> <u>Shakedown</u> <i>Outdoor Adventurer Requirements 1-4</i>	 	
ACTIVITY STATIONS			
	No Activity Stations for this Meeting		
Fun and games	<u>Cat's Tail</u> <i>for Lions, Tigers, and Wolves</i> <u>Number Call-Out</u> <i>for Bears, Webelos and Arrow of Light</i>	 	
Presentations and ceremonies	No Presentations at this meeting		
Cubmaster minute	See the script on the meeting page		
Closing ceremony	<u>Traditional Flag Ceremony</u>		
AFTER THE MEETING			
Clean up meeting space	Put the meeting space back in the proper order. Clean up activity stations. Check bathrooms. Take out trash.		
Meeting space lock up	Check all rooms in the meeting location to make sure everyone has left the building. Secure the meeting space.		

WEEK 4 • FAMILY & REVERENCE

Pack Meeting Date _____ Time _____ Location _____

ACTION	DESCRIPTION	QR	ACCEPTED BY
BEFORE THE MEETING			
Confirm location	Confirm the meeting location and access		
Meeting reminders	Send meeting reminders to families: 7 days before, 3 days before, and the day of the meeting.		
Purchase adventures	Purchase the Adventure loops and pins, and any other recognition		
Gathering supplies	Purchase or gather the supplies needed for the pack meeting		
At-home requirements	<p>ALL RANKS — talk with your parent or legal guardian about your family's beliefs, traditions, and holiday celebrations. Start thinking of a symbol you could draw or use for a sun catcher at the meeting.</p> <p>LION, TIGER, WOLF, BEAR — attend a religious service or another gathering that shows how your family expresses reverence.</p> <p>ARROW OF LIGHT — talk with your parent or legal guardian about what "Duty to God" means to you and how you live it out through the Scout Oath and Law.</p>		
DURING THE MEETING			
Gathering activity	Leaf Image (Tree of Reverence) <i>Printable leaf template</i>		
Opening flag ceremony	Traditional Flag Ceremony		
Opening remarks	See the script on the meeting page		
DEN BREAKOUTS OR DEN MEETINGS			
Lion, Tiger,	No Den Break Outs		

ACTION	DESCRIPTION	QR	ACCEPTED BY
Wolf, Bear, Webelos, AOL			
ACTIVITY STATIONS			
Before stations	Guest speaker — faith-based community organization		
Station 1 • Kindness	<u>Act of Kindness</u> <i>Lion/Tiger/Wolf/Bear Req. 3 • Webelos Req. 2</i> Also sign the thank-you card for the guest speaker.		
Station 2 • Craft	<u>Favorite Holiday Drawing</u> <i>Lion/Tiger Req. 1 (partial)</i> <u>Sun Catcher</u> <i>Wolf/Bear/Webelos Req. 1 (partial)</i>		
Station 3 • Discovering Faith Traditions	<u>Exploring Faith Traditions</u> <i>Lion/Tiger/Wolf/AOL Den • Bear Req. 4 • Webelos Req. 3</i> <u>Exploring Faith Chart</u>		
Station 4 • Game	<u>Paper Plate Shuffle</u> <i>Lion/Tiger/Wolf/Bear/Webelos Den</i>		
Fun and games	<u>Scout Vespers (song)</u> <i>Teach the tune, then sing it together</i>		
Presentations and ceremonies	<u>Reverence Adventure ceremony</u> <i>See the script on the meeting page</i>		
Cubmaster minute	See the script on the meeting page		
Closing ceremony	<u>Traditional Flag Ceremony</u>		
AFTER THE MEETING			
Clean up	Put the meeting space back in the		

ACTION	DESCRIPTION	QR	ACCEPTED BY
meeting space	proper order. Clean up activity stations. Check bathrooms. Take out trash.		
Meeting space lock up	Check all rooms in the meeting location to make sure everyone has left the building. Secure the meeting space.		

OUTDOORS ADVENTURE

GET READY

DATE

START TIME

LOCATION

RUN SHEET - ABOUT 65 MINUTES

0:00 Gathering: Is It a Cub Scout Six Essential?

0:12 Opening flag ceremony

0:15 Opening remarks

0:18 Den breakouts by rank

0:18 AOL breakout: confirm the campout (parallel to above)

0:48 Fun and games: Cat's Tail / Number Call-Out

1:00 Cubmaster minute, closing flag

1:05 Ends

READ THIS FIRST

Some dens may have more cards below than fit in thirty minutes. Starred (★) activities could also fit well on the hike, if you'd rather spread things out. Put your most organized adult on the AOL breakout, since that one needs a locked decision, not just a conversation.

PRINT AND BRING

- | | |
|--|----------------|
| ☐ Six Essentials + 6-8 decoy items (video game, brick, book, hammer) | 1 set |
| ☐ Lion handbooks (page 11) | 1 / Lion |
| ☐ Pictures/small toys, wild + domesticated animals | 6-8 each |
| ☐ Two labeled baskets or hoops ("Wild" / "Domestic") | 2 |
| ☐ Paper, crayons or markers | - |
| ☐ Real leaves and textured bark | a few |
| ☐ Bin of weather clothing (sunhat, mittens, rain jacket, sunglasses, scarf) | 1 |
| ☐ Scavenger hunt sheet (printable follows, 2-up) | 1 / pair |
| ☐ Digital map of the Week 3 route | 1 |
| ☐ Trash Timeline picture cards + decomposition-time cards (included) | 1 set |
| ☐ Fire Danger Detectives worksheet (included) | 1 / Scout |
| ☐ Basic first aid kit | 1 |
| ☐ Each AOL Scout's own camping gear, tarp or table | - |
| ☐ Bandana/sock/flagging tape per Scout (Cat's Tail) | 1 / Scout |
| ☐ AOL Campout Decision sheet | 1 / AOL family |
| ☐ Flags and stands, adventure loops/pins | - |

COUNTING BACK

-30 d	Confirm access to the meeting location
-14 d	Confirm the Week 3 route and rain date
-7 d	First reminder out; buy loops and pins
-3 d	Second reminder
0	Third reminder; set up stations

GATHERING – IS IT A CUB SCOUT SIX ESSENTIAL?

Lay the mixed pile of real essentials and decoys out on a table before anyone arrives. As each Scout comes in, have them pick one item and decide: is it one of the Six Essentials, or not? If it is, they name what it's for and set it in an “essentials” pile. If it isn't, it goes in the “leave it home” pile. Keep going until the table's empty or the next family arrives.

OPENING REMARKS

“Good evening, everyone. Tonight we're getting ready for next week's walk. Every Cub Scout is going to learn what to pack, and our Arrow of Light Scouts are also locking in the details for their campout. By the end of tonight, every family should know exactly what to bring and where to be next week.”

DEN BREAKOUT CARDS

Cut these out along the dashed lines and hand one set to each den leader a week early — same as Month One.

PRINTABLE • CUT OUT • LION – MOUNTAIN LION

1 S.A.W. MAZE LION • MOUNTAIN LION REQ. 3 • 10 MIN

Teach S.A.W. first: if a Lion is ever separated from the group outdoors, Stay where you are, so searchers return to the last place they saw you; Answer when you hear your name called; Whistle three short blasts, repeated, until found.

Then have adult partners work through the maze handout (included on the next page, or Lion handbook page 11) with their Lion.

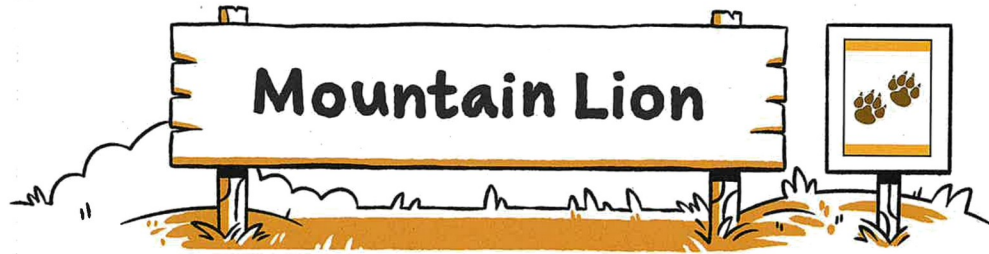
MATERIALS – THE S.A.W. MAZE HANDOUT, ONE PER LION (PRINTABLE INCLUDED) • PENCILS

2 WILD OR DOMESTIC REQUIREMENT 4 • 10 MIN

Lay out the animal pictures. Call Lions up one at a time to pick a picture and sort it into the “Wild” or “Domestic” basket. Talk through a couple together as examples first.

Finish by asking each Lion to name their own favorite animal and whether it's wild or domestic.

MATERIALS – 6-8 PICTURES OR SMALL TOYS OF WILD ANIMALS • 6-8 DOMESTICATED • TWO LABELED BASKETS OR HOOPS



Kip lost his buddies. Help him find them as they
Stay, Answer when he calls, and Whistle.



1 MY FAVORITE ANIMALS REQUIREMENT 4 · 10 MIN

Ask Tigers to name animals that live near their home. Sort them as a group into wild and domesticated — a pet is domesticated, a deer in the yard is wild.

Have each Tiger draw a picture of their favorite animal from either list.

MATERIALS — PAPER · CRAYONS OR MARKERS

2 LEAF AND BARK RUBBING REQUIREMENT 5 · 10 MIN

Place a leaf or piece of bark flat under a sheet of paper. Rub the flat side of a crayon over the paper until the texture shows through. Try a few different leaves.

Ask each Tiger to describe one way the tree they used is helpful — shade, fruit, a home for animals.

MATERIALS — A FEW REAL LEAVES AND TEXTURED BARK · PLAIN PAPER · CRAYONS WITH THE WRAPPER REMOVED

3 THE 4 C'S OF THE OUTDOOR CODE REQUIREMENT 2 · 5 MIN

Teach the Outdoor Code as four short promises: Clean — be clean in my outdoor manners. Careful — be careful with fire. Considerate — be considerate in the outdoors. Conservation-minded — care for the land and wildlife.

Say all four together as a group, Tiger-style — loud and proud.

MATERIALS — NONE — OR A PRINTED COPY OF THE OUTDOOR CODE

1 SEASONAL CLOTHING RELAY PAWS ON THE PATH REQ. 3 · 10 MIN

Call out a weather condition — “It's raining!” “It's freezing!” “It's sunny and hot!” First Wolf in line runs to the bin, grabs one item that fits, puts it on, and runs back — then the next Scout goes.

First team to correctly dress for every call wins.

MATERIALS — A BIN OF CLOTHING FOR DIFFERENT WEATHER (SUNHAT, MITTENS, RAIN JACKET, SUNGLASSES, SCARF) · TWO TEAMS

2 OUTDOOR SCAVENGER HUNT ★ REQUIREMENT 5 (PARTIAL) · 10 MIN

Pair Wolves up and send them to check off items on the scavenger sheet (next page) around your meeting space or a nearby patch of outdoors.

Regroup after a set time and have a few Scouts share what they found.

★ This works just as well live on the Week 3 walk — skip it here and let the den do it on the trail instead, if that fits your meeting better.

MATERIALS — THE SCAVENGER HUNT SHEET (PRINTABLE FOLLOWS, 2-UP) · PENCILS

3 OUTDOOR CODE REQUIREMENT 4 (PARTIAL) · 5 MIN

Teach or review the Outdoor Code below. Tie each line to something the den will actually do on next week's walk.

MATERIALS — NONE — THE OUTDOOR CODE IS PRINTED RIGHT HERE

THE OUTDOOR CODE

As an American, I will do my best to —

Be clean in my outdoor manners.

Be careful with fire.

Be considerate in the outdoors.

Be conservation-minded.



NATURE SCAVENGER HUNT



In the first column, place a check ✓ next to each item you think you will find.

In the second column, place a check ✓ next to the items you actually find.

What I Hope to See	What I Saw
☐ Tree	☐ Tree
☐ Bird	☐ Bird
☐ Dog	☐ Dog
☐ Snake	☐ Snake
☐ Bug	☐ Bug
☐ Flower	☐ Flower
☐ Rock	☐ Rock
☐ Squirrel	☐ Squirrel
Other (Add more items by writing them in below.)	
<div><div></div><div></div><div></div><div></div></div>	







NATURE SCAVENGER HUNT



In the first column, place a check ✓ next to each item you think you will find.

In the second column, place a check ✓ next to the items you actually find.

What I Hope to See	What I Saw
☐ Tree	☐ Tree
☐ Bird	☐ Bird
☐ Dog	☐ Dog
☐ Snake	☐ Snake
☐ Bug	☐ Bug
☐ Flower	☐ Flower
☐ Rock	☐ Rock
☐ Squirrel	☐ Squirrel
Other (Add more items by writing them in below.)	
<div><div></div><div></div><div></div><div></div></div>	





1 NO TWO TRAILS ALIKE REQUIREMENT 3 · 10 MIN

Before the meeting: identify the trail your pack is using for the Week 3 walk, and download any map app or software you'll need to view it.

During the meeting: pull up a digital map of the route and show Bears how to zoom in and out to spot its features. Ask: Does our route have a name — a trail or location name? Is it part of any parks (city, state, or national)? Is it part of a wilderness reserve? Are there other trails connected to ours, and why would that matter? Can you predict what the landscape will look like along the way?

MATERIALS — A DIGITAL MAP OF THE ROUTE (PHONE, TABLET, OR COMPUTER)

2 TRASH TIMELINE GAME REQUIREMENT 4 · 10 MIN

Mix up the picture cards and the decomposition-time cards (both included after this card — cut them apart ahead of time). In pairs, Bears match each trash item to its best-guess decomposition time, then reveal the real answers using the key.

The lesson: pack out everything, even things that seem natural — most of it outlasts the hike by a long way.

MATERIALS — THE INCLUDED TRASH TIMELINE PICTURE CARDS, DECOMPOSITION-TIME CARDS, AND ANSWER KEY

3 FIRE DANGER DETECTIVES ★ REQUIREMENT 6 · 10 MIN

Hand each Bear a Fire Danger Detectives worksheet (included after the Bear cards). Have them observe today's weather — temperature, moisture, wind — and use those clues to predict today's fire danger level.

Reveal the real fire danger level for your area today and see who predicted correctly, then talk through one thing people should do to prevent fires.

★ This works just as well live on the Week 3 walk, using the real weather conditions that day instead of guessing ahead of time.

MATERIALS — ONE PRINTED FIRE DANGER DETECTIVES WORKSHEET PER SCOUT · PENCILS

4 CONSIDER OTHERS REQUIREMENT 8 · 5 MIN

Discuss trail courtesy: hikers going uphill get the right of way; keep voices down near wildlife or other groups; step aside rather than crowding the trail.

Ask Bears for their own ideas about being considerate outdoors.

MATERIALS — NONE

5 DIGITAL PATH FINDING REQUIREMENT 2 · 10 MIN

Pull up the map for next week's walk. Show Bears the starting point and trace the route, and check the distance.

If using a phone app, drop a pin at the parking area so it's easy to find again.

MATERIALS — A SMARTPHONE OR TABLET WITH A MAP APP, OR A PRINTED MAP OF THE WEEK 3 ROUTE

TRASH TIMELINE CARDS

 <p>Orange Peel</p>	 <p>Banana Peel</p>
 <p>Cigarette Butts</p>	 <p>Leather</p>

BEAR | Bear Habitat / Requirement 4

TRASH TIMELINE CARDS

 <p>Wool Socks</p>	 <p>Gum</p>
 <p>Plastic-Coated Paper</p>	 <p>Plastic Bag</p>

BEAR | Bear Habitat / Requirement 4

TRASH TIMELINE CARDS



Nylon Fabric



Tin Can



Aluminum Can



6-Pack Holder

BEAR | Bear Habitat / Requirement 4

TRASH TIMELINE CARDS



Glass Bottle



Newspaper



Paper Towels



Cotton Shirt

BEAR | Bear Habitat / Requirement 4

101

BEAR | Bear Habitat / Requirement 4

TRASH TIMELINE

The following are the lengths of time that trash takes to break down.

Paper Towels	2 months
Organic Cotton Shirt	3 months
Orange or Banana Peel	Less than 1 year
Cigarette Butts	1 to 5 years
Leather	1 to 5 years
Wool Socks	1 to 5 years
Gum	5 years
Plastic-Coated Paper	5 years
Newspaper	5 to 7 years
Plastic Bags	10 to 20 years
Nylon Fabric	30 to 40 years
Tin Cans	50 years
Aluminum Can	80 to 100 years
Plastic 6-Pack Holder	100 years
Glass Bottles	1,000,000 years



BEAR | Bear Habitat / Requirement 4

BEAR | Bear Habitat / Requirement 4

TRASH TIMELINE

Less than
1 year

1 year

BEAR | Bear Habitat / Requirement 4

TRASH TIMELINE

5 years

10 years

BEAR | Bear Habitat / Requirement 4

TRASH TIMELINE

20 years

30 years

BEAR | Bear Habitat / Requirement 4

TRASH TIMELINE

40 years

50 years

BEAR | Bear Habitat / Requirement 4

TRASH TIMELINE

70 years

100 years

BEAR | Bear Habitat / Requirement 4

TRASH TIMELINE

200+ years

BEAR | Bear Habitat / Requirement 4

FIRE DANGER DETECTIVES

Name: _____ Date: _____

TODAY'S MISSION

You are a Fire Danger Detective! Use the clues below to figure out today's fire danger level.

STEP 1 – OBSERVE THE WEATHER

Temperature: ☐ Cool ☐ Warm ☐ Hot

Moisture: ☐ Wet (rainy/damp) ☐ Dry

Wind: ☐ Calm ☐ A little windy ☐ Very windy

STEP 2 – WHAT DO YOU THINK?

Based on the clues, what is today's fire danger level?

☐ Low ☐ Moderate ☐ High ☐ Very High ☐ Extreme

Explain your thinking: _____

STEP 3 – ACT IT OUT!

Draw a line to match the fire danger level with how a fire might move:

FIRE DANGER LEVEL	HOW A FIRE MIGHT MOVE
Low	Sits still
Moderate	Moves a little
High	Crawls
Very High	Moves quickly
Extreme	Runs very fast!

STEP 4 – CHECK THE REAL FIRE DANGER

Your leader will show the real fire danger level for today.

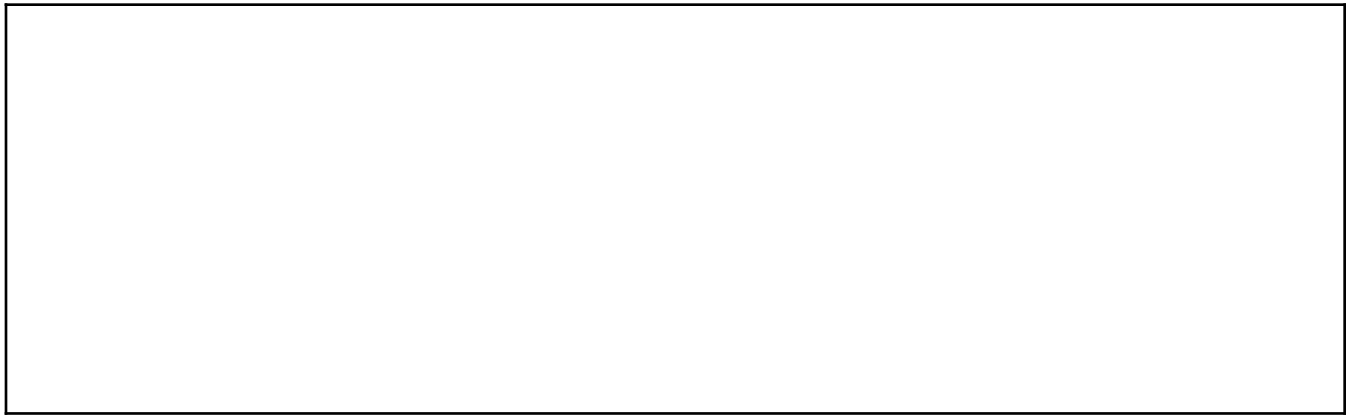
Actual fire danger: _____ Was your prediction correct? ☐ Yes ☐ No

STEP 5 – STAY SAFE!

What is one thing people should do today to prevent fires?

BONUS – BE A FIRE SAFETY HERO!

Draw a picture of how you can help prevent wildfires:



Remember: only YOU can help prevent wildfires!

1 PLAN A ROUTE REQUIREMENT 2 · 10 MIN

As a den, identify the starting point and trace a roughly 2-mile route. Mark any water, restrooms, or shade along the way.

Confirm it matches what's been announced to families.

MATERIALS — A MAP (PAPER OR APP) OF THE WEEK 3 WALKING LOCATION

2 WHAT'S THE FORECAST? REQUIREMENT 3 · 5 MIN

Look up the forecast for the actual date of the Week 3 walk.

Talk through what that means to bring — layers, rain gear, extra water on a hot day.

MATERIALS — A PHONE OR TABLET WITH A WEATHER APP

3 SAFETY FIRST REQUIREMENT 4 · 5 MIN

Discuss outdoor safety basics: stick with your buddy; tell an adult before wandering off; watch footing near water or rocks.

Cover what to do if stung or if a Scout sees a snake — stop, back away, tell an adult.

MATERIALS — NONE

4 TRAIL FIRST AID REQUIREMENT 5 · 10 MIN

Show how to clean and bandage a small scrape or blister.

Let each Webelos practice putting a bandage on a buddy, with permission.

MATERIALS — A BASIC FIRST AID KIT — BANDAGES, ANTISEPTIC WIPES, TWEEZERS

1 SCOUT BASIC ESSENTIALS 10 MIN

Compare the Cub Scout Six Essentials to the longer list Scouts BSA troops carry (pocketknife, map and compass, rain gear, extra food, fire starter).

Frame it as a preview: AOL Scouts don't need all of this gear yet, but it's coming after crossover.

MATERIALS — A PRINTED LIST, OR SAMPLE ITEMS, FOR THE FULLER SCOUTS BSA GEAR LIST

2 SHAKEDOWN OUTDOOR ADVENTURER REQ. 1-4 · 15 MIN

A “shakedown” is laying out everything you plan to bring so a leader can check it before the trip. Walk each Scout through their pile: anything missing (sleeping bag, warm layer, rain gear)? Anything unnecessary weighing the pack down?

This doubles as campout prep, so it's worth doing even if the den hasn't finalized every detail yet.

MATERIALS — EACH SCOUT'S ACTUAL GEAR FOR THE UPCOMING CAMPOUT · A TARP OR TABLE TO LAY IT OUT ON

1 CAT'S TAIL LION · TIGER · WOLF · 10 MIN

On “go,” everyone tries to grab other players' tails while protecting their own.

A Scout who loses their tail sits out one round, then rejoins (or keeps playing tail-less, leader's call). Last Scout with a tail, or whoever has collected the most, wins.

MATERIALS — ONE BANDANA, SOCK, OR STRIP OF FLAGGING TAPE PER SCOUT, TUCKED INTO THE BACK OF A WAISTBAND LIKE A TAIL

2 NUMBER CALL-OUT BEAR · WEBELOS · AOL · 10 MIN

Scouts scatter and move around the space (walking, marching, hopping — leader's choice). Leader calls out a number; Scouts scramble to form groups of exactly that size and sit down.

Anyone left over does a quick, silly task — five jumping jacks — before the next round.

MATERIALS — OPEN SPACE — NOTHING ELSE NEEDED

ARROW OF LIGHT BREAKOUT — CONFIRMING THE CAMPOUT

Bring the date and location the AOL families set back in Month One (see 1.1). Tonight is about confirming that decision and locking the option — not starting from scratch.

PRINTABLE · ONE PER AOL FAMILY

OPTION	WHAT IT INVOLVES	NEEDS A BALOO LEADER?	GOOD FIT IF...
Den campout	The AOL den organizes and runs its own overnight, typically at a local council property or campground.	Yes — at least one attending adult must be BALOO-trained.	Your den has an adult willing to get BALOO-trained and a group ready to camp together.
Family campout	Each family camps together, on their own or alongside other pack families, at a site of their choosing.	Yes, if the pack is organizing it as a pack event; not required for a private family trip.	Families want flexibility on dates and want to camp at their own pace.
District or council event	The Scout registers for an overnight already organized and staffed by the district or council.	No — the event's own trained staff cover this.	Your pack has no BALOO-trained adult yet, or wants the lowest-effort option.
With a Scouts BSA troop	The AOL Scout joins a troop's campout as a guest, usually the troop your pack feeds into.	Yes — a BALOO-trained adult from the pack side is still required, even though the troop leads the outing.	Your pack has a troop partnership already, and the Scout would benefit from seeing where they're headed next.

Chosen option: _____ Target date: _____ Confirmed by: _____

CUBMASTER MINUTE

“Tonight every rank practiced the same idea in a different way: know what you need before you go. That's true for a short walk and it's true for a lot bigger things in life. Good job getting ready, Scouts — next week, we put it to use.”

WITHIN 48 HOURS

- ☐ AOL campout option confirmed and locked for every family
- ☐ Route and rain date for Week 3 confirmed and sent home
- ☐ Six Essentials reminder sent with the Week 3 announcement
- ☐ Any family needing gear connected with one who has spares

WHO CAME TONIGHT

Everyone signs in, including families you already know. Type it up within two days — this is your roster.

ADULT NAME	CHILD'S NAME	GRADE	PHONE	EMAIL

Total present _____

PACK _____ · WHAT HAPPENS NEXT

At tonight's meeting we spent time preparing for a gentle outdoor adventure.

DATES FOR YOUR FRIDGE

Next meeting _____ Where _____

Following meeting _____ Where _____

CUB SCOUT SIX ESSENTIALS FOR A HIKE

- Water
- Trail food
- Sun protection
- Rain gear or an extra layer
- Flashlight
- First aid kit

THE OUTDOOR CODE

As an American, I will do my best to —

Be clean in my outdoor manners.

Be careful with fire.

Be considerate in the outdoors.

Be conservation-minded.

GET A HEAD START — FAMILY & REVERENCE (WEEK 4)

These need to be done before Week 4's meeting:

- All ranks — talk with your parent or legal guardian about your family's beliefs, traditions, and holiday celebrations. Start thinking of a symbol you could draw or use for a sun catcher at the meeting.
- Lion, Tiger, Wolf, Bear — attend a religious service or another gathering that shows how your family expresses reverence.
- Arrow of Light — talk with your parent or legal guardian about what “Duty to God” means to you and how you live it out through the Scout Oath and Law.

Questions? Contact _____ Phone or email _____

THE WALK

OUTDOORS ADVENTURE

DATE	START TIME	LOCATION
TWO EVENTS, SAME WEEK The pack walk is the whole-pack event and completes the walking requirement for every rank. The AOL den meeting locks the campout logistics decided in Week 2 — it can happen the same evening, before or after the walk, or on a separate night if your den prefers.		

READ THIS FIRST

This is an outdoor meeting away from your usual room, so the prep that matters is logistical, not programmatic: a confirmed location, a headcount, and a plan for the weather. Everything else about tonight is just walking together.

Keep it short and keep it easy. The requirement is a walk, in any setting — a park, a trail, or the neighborhood. It does not need to be strenuous, and it should not turn into a forced march for the sake of mileage.

BEFORE THE WALK

- Confirm the route and rain plan (indoor backup or a rescheduled date) three days out.
- Send the third reminder the morning of, with the meeting point and what to bring.
- Print a headcount sheet — everyone signs in before the walk starts and signs back in when it ends.
- Assign one adult to walk at the back of the group ('sweep') and one to lead at the front, so the line never outpaces its slowest walker.

PRINT AND BRING

☐ Headcount / sign-in sheet (next page)	1
☐ A few spare Six Essentials	—
☐ This book, open to the safety briefing page	1
☐ A first aid kit (pack-level)	1
☐ Camera or phone	—
☐ Outdoors Adventure loops/pins	1 / Scout
☐ AOL campout decision sheet from Week 2	1

RUN SHEET · ABOUT 65 MINUTES

0:00 Arrival, sign-in, Six Essentials check

0:10	Safety briefing + Leave No Trace hand signs
0:15	The walk
0:40	Closing circle
0:50	Outdoors Adventure recognition
0:55	Cubmaster minute, sign-out

SAFETY BRIEFING SCRIPT

Read this aloud before stepping off. The hand sign for each Leave No Trace principle gets taught here, once, together — not practiced den-by-den ahead of time.

READ ALOUD · BEFORE THE WALK

"Hello everyone! We're glad that you're here. We have a couple of trail rules to keep us all safe so we can have lots of fun."

BUDDY SYSTEM

"Everyone find a buddy and lift their hand in the air." — wait a beat, make sure everyone has a buddy. "Great! Make sure to stay close to your buddy today, and check in with each other to see how you're doing."

LEAD ADULT AND SWEEP ADULT

"We will have a lead adult and a sweep adult for this hike. _____ will be the lead, or pacesetter. _____ will be the sweep — the last person in our group. Be sure to stay between them."

THE SEVEN PRINCIPLES OF LEAVE NO TRACE

"Now, let's review the seven principles of Leave No Trace — this is our guide for how we act in the outdoors." Demonstrate each finger sign and have everyone copy it back.

#	PRINCIPLE	HAND SIGN
1	Know before you go	Hold up one pointer finger and tap your forehead.
2	Choose the right path — stay on durable surfaces	Hold up two fingers upside down (like an upside-down peace sign) and "walk" them across your other hand, like a hiker staying on a trail.
3	Trash your trash	Hold up three fingers in a "W" and pretend to shoot some trash into a trash can.
4	Leave what you find — take only pictures	Form an "L" shape with the thumb and pointer finger of both hands (four fingers total) to frame a camera lens, and say "take only pictures."
5	Be careful with fire	Hold up all five fingers on one hand and wiggle them like the flames of a small, contained campfire; hold your wrist with the other hand for a "fire ring."
6	Respect wildlife	Hold up three fingers on each hand (six total) to the sides of your head to mimic animal antlers or ears.
7	Be kind to other people	Hold up five fingers on one hand and two on the other

#	PRINCIPLE	HAND SIGN
		(seven total). The two fingers give a peace sign; the five-finger hand waves politely to fellow trail users.

PRESENTATION SCRIPT – OUTDOORS ADVENTURE RECOGNITION

SUPPLY LIST – AN ADVENTURE BELT LOOP OR PIN FOR EACH CUB SCOUT

DEN (ADVENTURE)	COUNT
Lions (Mountain Lion)	# _____
Tigers (Tigers in the Wild)	# _____
Wolves (Paws on the Path)	# _____
Bears (Bear Habitat)	# _____
Webelos Scouts (Webelos Walkabout)	# _____
Arrow of Light Scouts (Outdoor Adventurer)	# _____

Set-Up — gather Cub Scouts and families, and have the Adventure recognition ready to present.

“As Cub Scouts, we love going outside! Every journey begins with just one step, and that first step can take you on a fun-filled adventure. It starts by simply going outside for a walk, just like our Pack took. During our walk, we saw signs of nature in different forms, and we had fun along the way.”

PRESENTATION OF ADVENTURE

Cubmaster calls each rank in order, inviting Cub Scouts who completed the Adventure to step forward.

LION DEN

(Call up the Lion den and their adult partners and present their Cub Scouts’ Adventure loops.)

“Our Lions earned Mountain Lion. Congratulations!”

TIGER DEN

(Call up the Tiger den and their adult partners, and present their Cub Scouts’ Adventure loops.)

“Our Tigers earned Tigers in the Wild. Great job!”

WOLF DEN

(Call up the Wolf den and their parents/guardians, and present their Cub Scouts’ Adventure loops.)

“Our Wolves earned Paws on the Path. Congratulations!”

BEAR DEN

(Call up the Bear den and their parents/guardians, and present their Cub Scouts’ Adventure loops.)

“Our Bears earned Bear Habitat. Awesome job!”

WEBELOS DEN

(Call up the Webelos den and their parents/guardians, and present their Cub Scouts' Adventure pins.)

"Our Webelos Scouts earned Webelos Walkabout. Great job!"

ARROW OF LIGHT DEN

(Call up the AOL den and their parents/guardians, and present their Cub Scouts' Adventure pins.)

"Finally, our Arrow of Light Scouts earned the Outdoor Adventurer. Congratulations!"

CUBMASTER MINUTE

"Cub Scouts, as part of this adventure we learned about Leave No Trace. Like the Scout Oath and Law, we should make these a part of our daily lives:"

- To know before we go — use maps to show you where you'll be going.
- To always choose the right path — stay on the main trail to protect nature.
- To trash our trash — pack it in, pack it out.
- To leave what we find — leave plants, rocks and historical items as you find them so the next person can enjoy them.
- To be careful with fire — burn all wood to ash, and be sure the fire is completely out and cold before you go.
- To respect wildlife — observe animals from a distance and never approach, feed, or follow them.
- To be kind to others — make sure the fun you have in the outdoors does not bother anyone else.

"Good job tonight, Scouts. And remember, have fun and do your best!"

ARROW OF LIGHT DEN MEETING — LOCK THE CAMPOUT

Bring the Week 2 worksheet. Whatever option each family chose, this meeting turns it into a plan with a date, a place, and a name attached to every open item.

ITEM	WHO OWNS IT	DONE?
Date and location confirmed		
Permission slips / campout consent forms out		
Medical records on file for every attending Scout		
BALOO-trained adult confirmed (required for every option)		
Gear list sent home — tents, sleeping bags, layers		
Menu or meal plan set, with allergies checked against the Month 1 list		
Two-deep leadership confirmed for the whole trip		

WITHIN 48 HOURS

- ☐ Walk recorded as complete for every rank
- ☐ Photos shared with families
- ☐ AOL campout logistics table filled in and shared with attending families
- ☐ Anyone who missed the walk — plan for how they complete it (a family walk works fine)

WHO CAME ON THE WALK

Everyone signs in before stepping off, and signs out when the walk ends — this is your headcount both ways.

ADULT NAME	CHILD'S NAME	GRADE	SIGNED IN	SIGNED OUT

Total on the walk _____

FAMILY & REVERENCE

DATE	START TIME	LOCATION
<p>THIS WEEK ALSO HAS THE AOL CAMPOUT</p> <p>If the Arrow of Light campout lands in Week 4, it's a separate off-site event from this pack meeting — don't try to combine them.</p> <p>Confirm the two dates don't collide, and that the same adults aren't needed at both.</p>		

READ THIS FIRST

The one thing this meeting needs that the others didn't is a guest speaker, arranged in advance. Everything else about the evening is ordinary — book the speaker early and the rest of tonight plans itself.

BOOKING THE GUEST SPEAKER

Two weeks' notice, minimum. A speaker who shows up to a room of six-year-olds without knowing that is the single most common way this meeting goes sideways.

WHO TO ASK

- A chaplain or faith leader connected to your chartered organization, if you have one — often the easiest yes.
- A representative of a faith-based organization that assists people in crisis regardless of background — a food bank, the Salvation Army, or a similar community service group works well.
- A parent or grandparent willing to speak for a few minutes about a family tradition, holiday, or practice that matters to them. This is a legitimate substitute for clergy and often lands better with younger Scouts.

WHAT TO ASK THEM TO COVER

- Keep it to 10–15 minutes, aimed at Kindergarten through fifth grade.
- A short story or example of a tradition, a value, or an act of gratitude — concrete beats abstract at this age.
- Leave five minutes for questions from the Scouts; they will ask better questions than you expect.

LOGISTICS

- Confirm date, time, and duration in writing.
- Tell them the age range and that families of multiple faiths and of no particular faith will be in the room.
- Have someone greet them at the door and introduce them to the Cubmaster before the meeting starts.

- Send a thank-you note within 48 hours — the card the Scouts sign tonight (Station 1) covers this.

PRINT AND BRING

☐ Large paper tree trunk + pre-cut paper leaves (one per person)	1 set
☐ Markers or pens	—
☐ Blank cards or folded construction paper	—
☐ Markers/crayons/stickers; one larger card for the guest speaker	1
☐ Paper, crayons or markers	—
☐ Clear contact paper or laminating sheets, tissue paper scraps	—
☐ Scissors, a hole punch, string or yarn	—
☐ Two-column chart (“My family's tradition” / “Another family's tradition”)	1 / Scout
☐ Two paper plates per Scout	2 / Scout
☐ Family & Reverence adventure loops/pins	1 / Scout
☐ Flags and stands	—

RUN SHEET · ABOUT 70 MINUTES

0:00	Gathering — Tree of Reverence
0:12	Opening flag ceremony
0:15	Opening remarks
0:18	Guest speaker
0:33	Activity stations 1-4
1:03	Reverence Adventure ceremony
1:08	Fun and games, Cubmaster minute, closing flag

GATHERING — TREE OF REVERENCE

PRINTABLE · CUT OUT · GATHERING

TREE OF REVERENCE ALL · 10-12 MIN

As families arrive, hand each person a paper leaf. Ask them to write or draw one thing their family is thankful for, or a tradition their family shares.

Tape or glue each leaf onto the tree as they finish. By the time the meeting starts, the tree is full — a visual reminder that every family's traditions look a little different, and that's the point of tonight.

MATERIALS — A LARGE PAPER TREE TRUNK TAPED TO A WALL OR POSTER BOARD · PRE-CUT PAPER LEAVES (ONE PER PERSON) · MARKERS OR PENS

OPENING REMARKS

“Good evening, everyone. Tonight's meeting is about family and reverence — not any one belief, but the traditions, values, and gratitude every family in this room carries in its own way. We'll hear from a guest speaker, do some activities about kindness and tradition, and

close by thinking about what we're each grateful for. However your family marks what matters most, there's a place for it here tonight."

ACTIVITY STATION CARDS

Run these as rotating stations if you have the adults for it, or work through them as a den in sequence — either works. Every rank does Station 1 and Station 4; Stations 2 and 3 have a younger and older version.

PRINTABLE · CUT OUT · STATION 1 — KINDNESS

1 ACT OF KINDNESS LION/TIGER/WOLF/BEAR REQ. 3 · WEBELOS REQ. 2 · 10 MIN

Each Scout makes a simple kindness card — a kind message or drawing — for someone of their choosing (a family member, a friend, a neighbor).

As a den, also sign the larger thank-you card for tonight's guest speaker, to be presented at the end of the meeting.

MATERIALS — BLANK CARDS OR FOLDED CONSTRUCTION PAPER · MARKERS/CRAYONS/STICKERS · ONE LARGER CARD FOR THE GUEST-SPEAKER THANK-YOU

PRINTABLE · CUT OUT · STATION 2 — CRAFT

2a FAVORITE HOLIDAY DRAWING LION/TIGER · REQ. 1 (PARTIAL) · 10 MIN

Ask each Scout to name three favorite family holidays or traditions (an adult can help write them down).

Have them draw a picture of their favorite one — the celebration, the food, the people involved.

MATERIALS — PAPER · CRAYONS OR MARKERS

2b SUN CATCHER WOLF/BEAR/WEBELOS · REQ. 1 (PARTIAL) · 10 MIN

Arrange tissue paper scraps between two pieces of clear contact paper to form a symbol connected to a family holiday tradition — a star, a candle, a heart.

Trim the edges, punch a hole, and tie on a loop of string so it can hang in a window at home.

MATERIALS — CLEAR CONTACT PAPER OR LAMINATING SHEETS · TISSUE PAPER SCRAPS · SCISSORS · A HOLE PUNCH · STRING OR YARN

PRINTABLE · CUT OUT · STATION 3 — DISCOVERING FAITH TRADITIONS

3 DISCOVERING FAITH TRADITIONS LION/TIGER/WOLF/AOL DEN · BEAR REQ. 4 · WEBELOS REQ. 3 · 10 MIN

As a den, talk about a faith or tradition different from your own family's — this can come from another Scout in the den, from tonight's guest speaker, or from a tradition the leader looked into ahead of time.

Fill in the chart together, finding at least two things that tradition has in common with your own family's values — kindness, gratitude, and helping others usually show up in nearly every tradition.

MATERIALS — A SIMPLE TWO-COLUMN CHART ("MY FAMILY'S TRADITION" / "ANOTHER FAMILY'S TRADITION") · PENCILS (PRINTABLE FOLLOWS, 2-UP)

MY FAMILY'S TRADITION	ANOTHER FAMILY'S TRADITION

MY FAMILY'S TRADITION	ANOTHER FAMILY'S TRADITION

4 PAPER PLATE SHUFFLE LION/TIGER/WOLF/BEAR/WEBELOS DEN · 10 MIN

Each Scout stands with one foot on each paper plate and “shuffles” across the floor without lifting feet off the plates, like cross-country skiing.

Race in heats, or set up a simple relay where each Scout shuffles to a line and back before tagging the next.

MATERIALS – TWO PAPER PLATES PER SCOUT

FUN AND GAMES – SCOUT VESPERS

Gather everyone together for a quiet closing song. Scout Vespers is a traditional Scouting vesper (evening) song, sung to the tune of “O Tannenbaum.” Teach the group the tune and words a line at a time, then sing it together.

[Paste the first verse of “Scout Vespers” here — words in hand, not reproduced in this guide.]

PRESENTATIONS AND CEREMONIES – REVERENCE ADVENTURE

Gather all Scouts earning the adventure with their families in a horseshoe, recognition sorted by rank.

CUBMASTER: “Every family in this pack carries its own traditions, its own beliefs, and its own way of saying thank you for what matters most. Tonight, these Scouts spent time with their families thinking about exactly that.”

Call each rank forward in turn with their families. As each comes forward, name what that rank explored: Lions and Tigers — sharing a favorite family celebration. Wolves and Bears — a tradition of their own making. Webelos — comparing their family's values with someone else's. Arrow of Light — a faith tradition and how it connects to the Scout Law.

Present the adventure loop or pin to each Scout from their own family member, not the Cubmaster — the same practice as the Bobcat ceremony in Month One.

CUBMASTER (closing): “However your family marks what matters most — a holiday, a meal, a quiet moment — that's worth carrying forward. Congratulations, Scouts.”

CUBMASTER MINUTE

“Tonight wasn't about deciding whose traditions are right. It was about noticing that every family has them, and that noticing them together — even when they look different — is its

own kind of respect. That's reverence: paying attention to what matters, in your own family and in someone else's."

WITHIN 48 HOURS

- ☐ Family & Reverence adventure recorded for every Scout
- ☐ Thank-you note (signed at Station 1) sent to the guest speaker
- ☐ AOL campout confirmed as complete, medical incident log checked (should be empty)
- ☐ Month 3 calendar drafted and ready for the next parents' meeting
- ☐ Talent survey and volunteer follow-ups from Month 1 finally closed out, if any are still open

WHO CAME TO THE MEETING

Everyone signs in, including families you already know. Type it up within two days — this is your roster.

ADULT NAME	CHILD'S NAME	GRADE	PHONE	EMAIL

Total present _____

END OF MONTH TWO — every family has walked together, the AOL den has camped, and the pack has spent one evening thinking about what matters to them and why. That's the whole month.