

Cub Scout Den Meeting Outline

Month: **February**

Week: **4**

Core Value: **Resourcefulness**

	Tiger	Wolf	Bear	Webelos
Before the Meeting	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.
Gathering	How Many Words?			
Opening	First Aid Courage Opening			
Activities/Project	Be a Hero! - Courage Steps and Emergency Phone Numbers Activity			
Game/Song	First Aid Red Light Green Light			
Business items/Take home	None	Wolf 12d, 12i	None	Arrow of Light #7 (Honesty Character Connection p. 64)
Closing	Be a Hero Closing			
After the meeting				

Materials:

Gathering: copies of How Many Words, pencils

Opening: instructions, flag

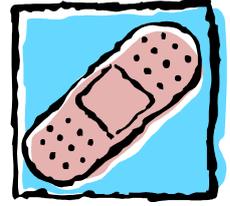
Project/Activity: copies of emergency phone numbers sheet, blank copy paper, pencils, scissors

Game: instructions, statement list (in instructions)

Closing: instructions

Home assignments: see home assignment sheets

How Many Words?

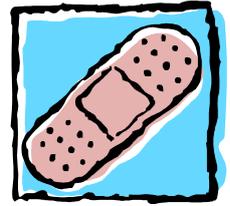


How many words can you make with the letters in First Aid?

First Aid

How many words can you make with the letters in Resourcefulness?

Resourcefulness



How Many Words?

How many words can you make with the letters in First Aid?

First Aid (some answers)

rid	sat	tar	star
fast	rat	tad	rats
dirt	fat	sir	fir
raid	stir	sift	sad
said	fist	rift	fad

How many words can you make with the letters in Resourcefulness?

Resourcefulness (some answers)

resource	core	our	self	uses
source	score	ours	fuel	use
sour	scour	sore	elf	sun
see	sees	ore	fun	run
soul	cores	scores	lens	sore

First Aid Opening



Materials:

Flag

Cubmaster:

Cub Scouts and Webelos Scouts should know a little bit of first aid. First Aid is the immediate or first help that we can give to someone else when they are hurt. It's important to know the right ways to help right away.

One of the first things we have to do is to stay calm and think.

The second thing is to send for help.

The third thing to remember is to not move anyone unless you have to.

We will learn more things to do, but we have to be brave and strong to be able to do first aid. Sometimes it can be scary to help someone. In an emergency it can be hard to be brave and strong. We have to be brave and strong at other times too.

What other times do we need to be brave and strong? [See what answers the Cub Scouts give, you can mention standing up to a bully, avoiding fights, being fair, not stealing or cheating when tempted, etc.]

We can be brave and strong.

Let's say the Pledge of Allegiance and the Cub Scout Promise together.

Be a Hero - Courage Steps and Emergency Phone Numbers



Materials:

Emergency Phone Number Sheets (1 per Cub Scout)

Blank copy sheets (1 per Cub Scout)

Pencils

Scissors

Instructions:

Emergency Phone Numbers

1. Distribute the emergency phone number sheets to each Cub Scout. They should each have a pencil as well.
2. Talk about why it is important to have a page of emergency phone numbers at their home. For your area, determine the emergency phone numbers for the police department, fire department and ambulance. In most cases this number will be 911.
3. If they know the name of their doctor, they could write the doctor's name in. They will need to fill in the doctor's phone number at home.
4. Have them write the names of their neighbors and relatives that they could contact if there is an emergency. They will need to probably fill in the neighbors' and family members' phone numbers at home.
5. Once they have filled out all that they can, encourage the Cub Scouts to take this sheet home and put it in a place at their home where it can be found easily.
6. They can be a hero by helping and making the right decision in an emergency.

Learning the Courage Steps – Be a Hero!

1. Distribute a blank sheet of paper and pencil (though they may already have a pencil) to each Cub Scout.
2. Have them fold the paper in half lengthwise and then open it again. Then they need to fold the paper in half widthwise and then open it again. The folds have divided the page into 4 sections.

For Webelos Scouts –

The Webelos Scouts need to write the following phrases – one phrase per sheet section:

Be strong. Be calm. Be clear. Be careful.

For Cub Scouts and Tiger Cubs -

The other Cub Scouts need to write the following phrases – one phrase per sheet section:

Be brave. Be calm. Be clear. Be careful.

3. As the Scouts write their phrases and then cut their papers along the fold lines making 4 courage step cards, have them think about what each of those phrases means in regards to giving first aid in an emergency. Below are some ideas. Discuss their ideas with them. Why is it important to be all of these things when we want to help and give first aid?

Be strong (for Webelos Scouts) – it's sometimes easy to let someone else be strong and do what needs to be done in an emergency. We have to be strong.

Be brave – it's sometimes scary to step up and do things when someone might be hurt badly. We have to be brave.

Be calm – We can't panic. We need to talk softly and be in as much control as possible so as not to worry the person or people who are hurt.

Be clear – When someone else shows up to help (the policeman or the fireman or the ambulance driver, etc), we need to make sure they understand what happened. When did it happen? What have we done already to help?

Be careful – We need to make sure that we're safe when we help other people. We don't want to get ourselves hurt while we are helping someone else.

5. To help the Webelos and Cub Scouts memorize these Courage steps, have them turn their cards over so that they cannot see the courage steps written on the cards. Can they remember all four? With the Webelos – have them say as a group – Be strong, Be calm, Be clear, Be careful. With the other Cub Scouts – have them say as a group – Be brave, Be calm, Be clear, Be careful.

How long will it take for them to memorize the four courage steps? Probably not very long.

6. They can be a hero by helping and making the right decision in an emergency – they can make those correct decisions by following the 4 courage steps.

Emergency Phone Numbers



Police Phone _____

Fire Phone _____

Medical Emergency Phone _____

Poison Control Phone _____

Doctor _____ Phone _____

Family Members and Neighbors:

Name: _____ Phone _____

First Aid and Safety Red Light Green Light

Materials:

List of statements

Instructions:

Cub Scouts stand in a line side-by-side, with a goal of making it to the opposite end of the playing area. As the leader reads the statements, a Cub Scout takes three steps forward if he believes the answer is "true." If he thinks the answer is "false," he does not move. If a Cub Scout gets an answer wrong, he must go back to the beginning.



First Aid and Safety statements:

- *To treat a burn you should run cold water over it. [True]
- *A good way to stop bleeding from a cut is to press down on the cut. [True]
- *Cold water on an insect sting will help the pain. [True]
- *You should always wear a helmet when you ride a bicycle. [True]
- *If your clothes are on fire you should run very fast to put out the fire. [False] (Stop, Drop and Roll)
- *The best way to clean out a cut or scrape is with water. [True]
- *If you get a nosebleed, you should tilt your head back. [False] (Lean forward, pinch nostrils together)
- *Driving a bicycle at night without a front light or rear reflector is not safe. [True]
- *It's safe for a bicycle driver to carry a passenger. [False] (Just one person)
- *One of the courage steps is to Be Calm. [True]
- *If you have a cold, one thing you should do is to stay away from other people. [True]
- *If there is an emergency, the number you call is 322. [False] (911)
- *We should always fasten our seat belts when we ride in a car. [True]
- *When you go swimming you should always have a buddy. [True]
- *The worst kind of burn is called a 3rd degree burn. [True]

*You could keep from getting a sunburn by putting on some sunscreen. [True]

*A “nonswimmer” is someone who can swim 100 yards in the pool. [False]

(Nonswimmers are people who cannot swim.)

*When you are riding your bike you should never hitch a ride by holding onto a truck, car or other vehicle. [True]

*You only need a first aid kit in your house. [False] (It is good to have one in the car too.)

*You should keep your hands, head and feet inside a car. [True]

*One of the courage steps is to Be Careful. [True]

*You should never go back into a burning building for any reason. [True]

*If someone slips from shore into the water, you should jump in and save them. [False] (Without getting in the water, reach the person, with your hand or leg or something else. Throw something to the person that will float.)

*You treat a person in shock by having him lie down and raise his feet. [True]

*You can keep a cut or scrape clean by putting a bandage on it. [True]

You can come up with more statements if necessary.

Be a Hero Closing



Materials:

None

Cubmaster:

What does a hero do?

Heroes like Superman or Iron Man or Spiderman usually help people.

We have heroes that are around us all the time. These heroes are our policemen and our firemen and our doctors. They want to help us – anytime we need help. That’s what they do. You can be a hero by preparing to help other people in emergencies – by knowing first aid and by knowing and following the 4 courage steps.

You can also be a hero by being a friend. You can be there when they need help – even if it isn’t an emergency.

Go be that hero today!

Name _____

February Week 4

Home Assignment

Wolf Cub Scouts:

____ Wolf Requirements 12d and 12i
See pages 103 and 105 of the Wolf Handbook.

Webelos Scouts:

____ Arrow of Light Requirements 7a, 7b, 7c
See page 64 of the Webelos Handbook .

Akela's OK Date

Return this paper to the next Cub Scout meeting.

Name _____

February Week 4

Home Assignment

Wolf Cub Scouts:

____ Wolf Requirements 12d and 12i
See pages 103 and 105 of the Wolf Handbook.

Webelos Scouts:

____ Arrow of Light Requirements 7a, 7b, 7c
See page 64 of the Webelos Handbook .

Akela's OK Date

Return this paper to the next Cub Scout meeting.

Name _____

February Week 4

Home Assignment

Wolf Cub Scouts:

____ Wolf Requirements 12d and 12i
See pages 103 and 105 of the Wolf Handbook.

Webelos Scouts:

____ Arrow of Light Requirements 7a, 7b, 7c
See page 64 of the Webelos Handbook .

Akela's OK Date

Return this paper to the next Cub Scout meeting.

Name _____

February Week 4

Home Assignment

Wolf Cub Scouts:

____ Wolf Requirements 12d and 12i
See pages 103 and 105 of the Wolf Handbook.

Webelos Scouts:

____ Arrow of Light Requirements 7a, 7b, 7c
See page 64 of the Webelos Handbook .

Akela's OK Date

Return this paper to the next Cub Scout meeting.

TIGER DEN MEETING PROGRAM



DEN NO. _____ PACK NO. _____

MEETING PLACE _____

MONTH February WEEK 4 TIME _____

THIS MONTH'S TOPIC Tools/Valentines/Presidents/Heroes/Resourcefulness

Use this form at a den leader meeting or at your monthly pack leader's meeting. Include ways for the den chief and denner to help you in the den meeting.

BEFORE THE MEETING

Gather materials for gathering and other activities, games and have home assignments ready.

GATHERING

With the help of their Tiger Adult Partners, Tiger Cubs will find see how many smaller words they can find in the phrase "First Aid" and in the word "Resourcefulness".

Materials: Copies of How Many Words, pencils

OPENING

Tiger Cubs and their adult partners will participate in the First Aid Courage Opening.

Materials: flag

ACTIVITIES / PROJECTS

Tiger Cubs, with help from their adult partners, will make a list of emergency names and phone numbers and learn about the courage steps.

Materials: copies of emergency phone number sheets, blank copy paper, pencils, scissors

GAME / SONG

With the help of their Tiger Adult Partners, Tiger Cubs will play First Aid Red Light Green Light.

Materials: statement list

BUSINESS ITEMS / TAKEHOME

None

CLOSING

Be a Hero Closing

Materials: None

AFTER THE MEETING

Evaluate the meeting and review next week's plans.

WOLF DEN MEETING PROGRAM



DEN NO. _____ PACK NO. _____

MEETING PLACE _____

MONTH February WEEK 4 TIME _____

THIS MONTH'S TOPIC Tools/Valentines/Presidents/Heroes/Resourcefulness

Use this form at a den leader meeting or at your monthly pack leader's meeting. Include ways for the den chief and denner to help you in the den meeting.

BEFORE THE MEETING

Gather materials for gathering and other activities, games and have home assignments ready.

GATHERING

How Many Words?
Materials: copies of How Many Words?, pencils

OPENING

First Aid Courage Opening
Materials: flag

ACTIVITIES / PROJECTS

Be a Hero – Courage Steps and Emergency Phone Numbers Activity
Materials: emergency phone number sheets, blank paper, pencils, scissors

GAME / SONG

First Aid Red Light Green Light
Materials: statement sheets

BUSINESS ITEMS / TAKEHOME

Wolf 12d, Wolf 12i – see home assignment sheet

CLOSING

Be a Hero Closing
Materials: None

AFTER THE MEETING

Evaluate the meeting and review next week's plans.

BEAR DEN MEETING PROGRAM



DEN NO. _____ PACK NO. _____

MEETING PLACE _____

MONTH February WEEK 4 TIME _____

THIS MONTH'S TOPIC Tools/Valentines/Presidents/Heroes/Resourcefulness

Use this form at a den leader meeting or at your monthly pack leader's meeting. Include ways for the den chief and denner to help you in the den meeting

BEFORE THE MEETING

Gather materials for gathering and other activities, games and have home assignments ready.

GATHERING

How Many Words?

Materials: copies of How Many Words?, pencils

OPENING

First Aid Courage Opening

Materials: flag

ACTIVITIES / PROJECTS

Be a Hero – Courage Steps and Emergency Phone Numbers Activity

Materials: emergency phone number sheets, blank paper, pencils, scissors

GAME / SONG

First Aid Red Light Green Light

Materials: statement sheets

BUSINESS ITEMS / TAKEHOME

None

CLOSING

Be a Hero Closing

Materials: None

AFTER THE MEETING

Evaluate the meeting and review next week's plans.

WEBELOS DEN MEETING PROGRAM



DEN NO. _____ PACK NO. _____

MEETING PLACE _____

MONTH February WEEK 4 TIME _____

THIS MONTH'S TOPIC Tools/Valentines/Presidents/Heroes/Resourcefulness

Use this form at a den leader meeting or at your monthly pack leader's meeting. Include ways for the den chief and denner to help you in the den meeting.

BEFORE THE MEETING

Gather materials for gathering and other activities, games and have home assignments ready.

GATHERING

How Many Words?

Materials: copies of How Many Words?, pencils

OPENING

First Aid Courage Opening

Materials: flag

ACTIVITIES / PROJECTS

Be a Hero – Courage Steps and Emergency Phone Numbers Activity

Materials: emergency phone number sheets, blank paper, pencils, scissors

GAME / SONG

First Aid Red Light Green Light

Materials: statement sheets

BUSINESS ITEMS / TAKEHOME

Arrow of Light 7 – see home assignment sheet

CLOSING

Be a Hero Closing

Materials: None

AFTER THE MEETING

Evaluate the meeting and review next week's plans.