

Cub Scout Den Meeting Outline

Month: **February**

Week: 4

Point of the Scout Law: **Cheerful**

	Tiger	Wolf	Bear	Webelos	Arrow of Light
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.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.
Gathering	Hand Washing Fortune Teller				
Opening	Good Health Opening				
Game	Healthy Food Names Game, Food Group Game				
Activity	Why We Wash Our Hands				
Business items/Take home	Tiger Bites 1-4, Games Tigers Play 2	Running with the Pack 6	Bear Picnic Basket 1-3	Cast Iron Chef 1-3	None
Closing	Staying Healthy Closing				
After the meeting					

Materials:

Gathering: copies of Hand Washing Fortune Teller, scissors

Opening: flag

Game: food cards

Project: spray bottle with water

Closing: lines to read

Home assignments: See Home assignment sheets

Advancement:

Tiger – Tiger Bites 1-4, Games Tigers Play 2

Wolf – Running with the Pack 6

Bear – Bear Picnic Basket 1-3

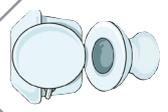
Webelos – Cast Iron Chef 1-3

Arrow of Light – None



Hands

I should always wash my hands with soap after I go to the



TOILET

SOAP AND WATER

I wash my hands with



Soap

I wash my hands to make them



CLEAN



EAT

I should always wash my hands before I

Germ on my hands can make me



SICK

GERMS



I wash my hands to kill the



GOOD

GERMS



Germ on

Clean hands feel

Use Soap and water to kill



Water

How to make the Four Finger Game



- ◆ Cut out the four finger square along the outside line
- ◆ With the printed side up, fold the square in half and then in half again, open the folds.
- ◆ Fold each corner over so they meet in the middle, do not let them overlap.
- ◆ Leave the square folded, and flip the square over.
- ◆ Now fold the corners into the centre make sure they do not overlap.
- ◆ Fold the entire square in half and poke your thumbs and forefingers in under the flaps.
- ◆ Bring your fingers together to make a peak



You are ready to PLAY!

Good Health Opening

Materials:

None

Cubmaster:

We take our bodies and good health for granted when we are well, strong, and feeling good, but injuries and illness can strike at any time. We should do our best to take care of ourselves by practicing good healthy habits and eating the proper foods. Each one of us needs to be strong and healthy in mind and body to be able to contribute to our family, community, and nation.

Join me in saying the Pledge of Allegiance.



Healthy Food Names Game

Materials:

None

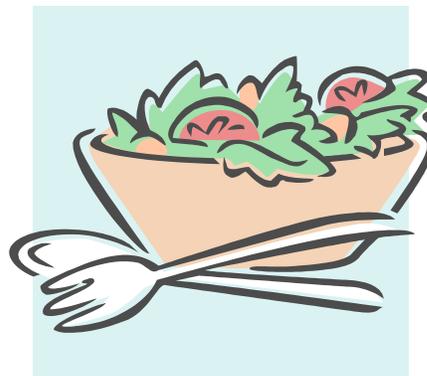
Instructions:

Cubmaster: We all know what healthy foods are – they can become a part of us – just like our names.

[Have Cub Scouts stand in a circle.]

[Cub Scouts and Cub Scout leaders will each take a turn at saying their first name and a healthy food or food dish whose first letter begins the same as their first name.]

[Examples: **A**llen **A**pple, **B**obby **B**eans, **W**ayne **W**heat bread, **C**arlos **C**arrot, **S**teve **S**alad, etc]



Food Group Game

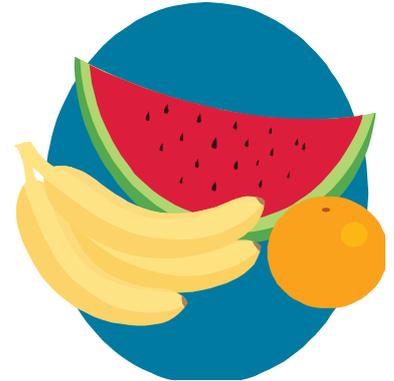
Materials:

Food Group Game cards (1 set of 30 cards per team – 4-5

Cub Scouts per team)

Scissors

Flat surface for playing



Using the scissors, cut out the cards on the lines.

Play the game:

Object of the game: To match the food cards with the food group. There is no competition amongst the Cub Scout team, their object is to match the cards with the food groups. You can add competition by seeing which team is the first to match all 25 food cards with their food groups.

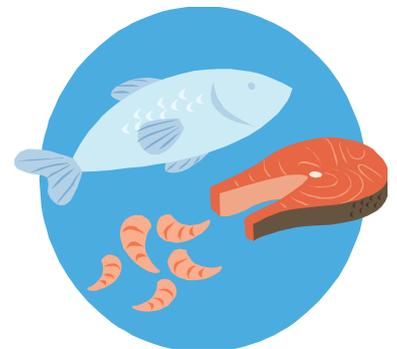
Separate the cards with the words – Fruits, Vegetables, Grains, Dairy, Protein – from the rest of the food cards. Set the word cards face up on a table.

Shuffle or mix up the food cards. Turn the food cards upside down in a pile on the table.

The first player turns over the top food card and tries to put the food card with the correct food group.

Keep going around from player to player until all food cards have been matched to the food groups.

If playing for competition, the first team to work together and match all of their food cards to the food groups wins.



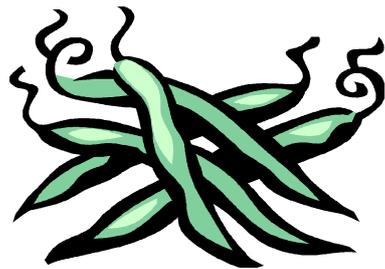
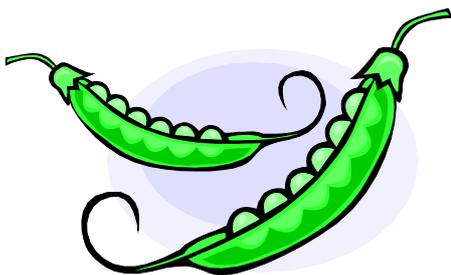
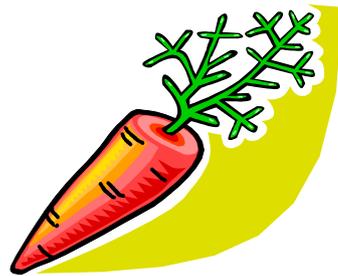
Fruits

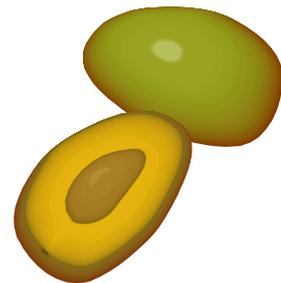
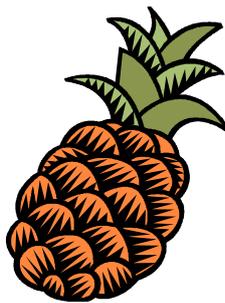
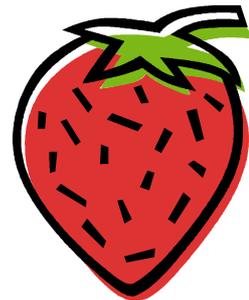
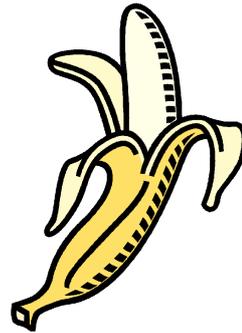
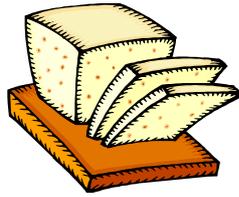
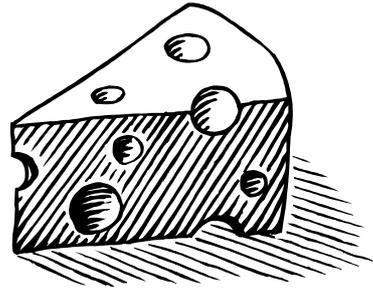
Vegetables

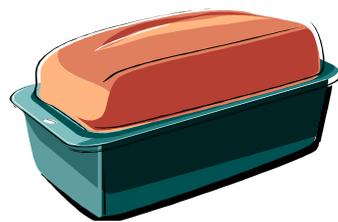
Grains

Dairy

Protein







Why We Need to Wash Our Hands

Materials:

Spray bottle filled with clean water

Instructions:

1. Spray water on the Cub Scouts' hands.
2. Explain to the Scouts that the water on their hands represents the dirt and germs (bacteria, viruses, etc) that come out of the mouth when they cough or sneeze.
3. Have the Cub Scouts touch an object in the room (door, table, chair, etc) – whatever they touch with that wet hand gets damp.
4. Explain how this is what happens when we cough or sneeze into our hands and then touch something else (the germs on our hands get on the object).
5. Ask the Cub Scouts what might happen if a friend touches the object while it is moist (from the water). The friend might pick up the germs and get sick.
6. Explain that if you wash your hands after sneezing or coughing in them the germs will mostly be washed away and there will be less of chance for people to get sick.



How Do We Wash our Hands?

1. Start a discussion and role play about how we wash our hands. [Answers will vary.]
2. Make sure they understand that they need to use warm, running water, and liquid soap when they can.
3. They should rub their hands together while they count to 10 and even try to wash under their fingernails.
4. Then they rinse their hands in water and dry their hands.

A role play of them rubbing their hands together and actually counting to 10 may help them remember.

Shared from the

Utah Hygiene Education Coalition

2001 S. State S-2500 SLC UT 84190-2150 (801) 468-2700

Stay Healthy Closing

Materials:

Printed lines for Cub Scouts to read

Den leader or Cubmaster: Good personal-health habits should be practiced daily.

Cub Scout #1: Shower every day, especially after exercising.

Cub Scout #2: Brush your teeth every day.

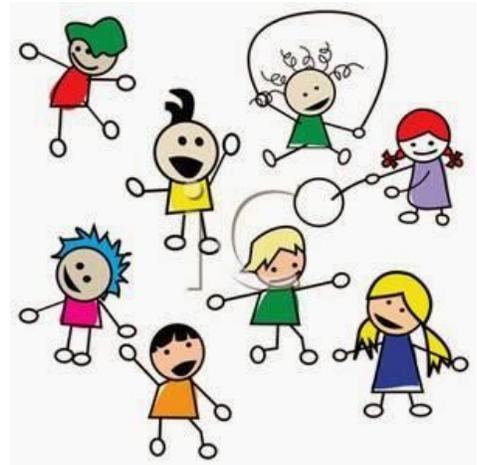
Cub Scout #3: Get plenty of sleep.

Cub Scout #4: Wash your hands frequently.

Cub Scout #5: Eat right! A balanced diet will make you feel good!

Cub Scout #6: Get plenty of exercise to make you feel great!

Den leader or Cubmaster: Stay healthy, everyone. See you at our next meeting!



Stay Healthy Closing (lines to cut)

Cub Scout #1: Shower every day, especially after exercising.

Cub Scout #2: Brush your teeth every day.

Cub Scout #3: Get plenty of sleep.

Cub Scout #4: Wash your hands frequently.

Cub Scout #5: Eat right! A balanced diet will make you feel good!

Cub Scout #6: Get plenty of exercise to make you feel great!