Assembled Den Meeting Plan – TIGER (1st Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Tiger Adventures Den Meeting Resources found at Scouting.Org or from the requirements themselves, into the parts of a quality Den Meeting, which are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, followed by a series of activities, ideally alternating quiet and energetic fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) …

Tiger – 1st Grade

Tiger Bites

A "Personal Fitness" Adventure

REQUIRED (An Adventure "Required" to earn the Rank of Tiger)

Snapshot of Adventure. In this Adventure, Tigers will explore the different food groups, practice clean hands (hand washing), have fun being active, and learn about the importance of rest.

The QR Code to the right takes you to scouting.org/cub-scout-adventures/tiger-bites/ ➔

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas. For more, see the Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

Requirements from the Tiger Handbook

1. **Identify the 5 different food groups.**
2. **Practice hand washing. Point out when you should wash your hands.**
3. **Be active for 30 minutes.**
4. **Practice methods that help you sleep.**

Meeting Plan

Does this take one Meeting to complete? Easy to do as "One and Done". But more games are fun!

PREPARATION (and materials needed): Read the Tiger Bites adventure in the Tiger Handbook.

- For Activity 1 (Requirement 1, or *"Identify the five different food groups"*), you could talk or show pictures (like what we have below), or you might bring, share and eat some of each.
  - Don't forget plates, napkins and serving tools (toothpicks work), and a knife for you to slice foods.
- For Activity 3 (Requirement 3, or *"Be active for 20 minutes"*), pick what activity you'll do. Could be dance, hula hoop, **soccer**, kickball, catch, jump rope, disc … or what you like. If the activity needs gear … bring it.
- You'll need soap and a water supply for the hand washing activity.

A Tip About Den Meetings (especially dens of younger Scouts):

- Which is better? Classroom or Playground? ***Yes, Playground!***
  - Better for the Scouts – they'll know what to do at a Playground.

Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.

- If Scouting is "*A Game with a Purpose*", maybe Tiger Dens are "*A Play Date with a Purpose*" – combining fun with meaning + values is Cub Scouting!
  - Maybe visit multiple playgrounds during your Tiger Year –share hosting.



GATHERING: A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources*.

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

OPENING: (Parent leader: _____) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

ACTIVITIES (See also other Activities linked at Adventure Resources – use those if you like them):

◆**Activity Intro:** (Parent leader: _____) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆**Activity 1: Five Food Groups (Requirement 1: "***Identify the five different food groups.***")** (Parent leader: _____)



- Good: quality discussion about Fruits, Vegetables, Grains, Protein, Dairy.
  - Parents: You've Had The Talk Already!
- Better: discussion plus bring pictures of items from each food group.
- Best: bring actual examples of Fruits, Vegetables, Grains, Protein, Dairy.
- Even Better: **share Fruits, Vegetables, Grains, Protein, Dairy to eat!**



◆Activity 2: Wash Your Hands! (Requirement 2: "*Practice hand washing. Point out when you should wash your hands.*") (Parent leader: _____)



Notes about when you should wash your hands:

- Before and after preparing food or eating.
- After using the toilet / going to the bathroom.
- After sneezing, coughing or using a tissue.
- After touching an animal or animal waste.
- After handling shared objects, including plates, utensils, or cups.
- Before and after treating a cut or wound.
- After touching garbage.
- When your hands have dirt on them!
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- When your hands have been touching a lot of things that others have touched

◆Activity 3: Get Active! (Requirement 3: "*Be active for 20 minutes.*") (Parent leader: _____)

- As noted above, your activity could be from the Adventure Resources which has tips for Soccer, Red Light Green Light, and Obstacle Course, but the den might want to do something different, like kickball, soccer, frisbee, basketball, baseball, jump rope, obstacle course, badminton, pickleball, or others.





- Whatever you do, be sure you have the gear to do it plus necessary safety gear (biking? Helmets!) and if your Scouts need instruction, be ready to provide!

◆Activity 4: Sleep (Requirement 4: "*Practice methods that help you sleep.*") (Parent leader: _____)

- Ask Scouts and adult partners why they think getting enough sleep is important. Answers include:
  - Stay Healthy / Be Ready for the Next Day / Reduce Stress / Recharge "body batteries."
- Share with the den that one way to make sure you get enough sleep is to have a routine of things you do to get ready for bed. You can review the items on page 20 of the Tiger Handbook.
  - Maybe a warm bath, pajamas or sleep clothes, brush teeth, go to the bathroom, read quietly, lights out.

CLOSING: A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a "Living Circle".

AFTER THE MEETING: Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Tigers will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

ADVENTURE RESOURCES: Den Meeting Resources and "Activity Card" options for this Adventure are found at https://www.scouting.org/cub-scout-adventures/tiger-bites/. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

1. **Identify the 5 different food groups.**
   - Food Group Tiger Relay (Indoor; **4** of 5 Energy; **4** of 5 Supplies; **2** of 5 Prep Time)
   - My Favorite Foods (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - My Favorite Snack (Indoor; **2** of 5 Energy; **4** of 5 Supplies; **3** of 5 Prep Time)
2. **Practice hand washing. Point out when you should wash your hands.**
   - Scout Oath and Law Hand Washing (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **1** of 5 Prep Time)
   - Super Clean Hands! Worksheet (Indoor; **1** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
   - When Should I Wash My Hands Game (Indoor; **3** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
3. **Be active for 30 minutes.**
   - Tiger Obstacle Course (Indoor; **5** of 5 Energy; **5** of 5 Supplies; **4** of 5 Prep Time)
   - Tiger Red Light Green Light (Indoor; **5** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
   - Tiger Soccer (Indoor; **5** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
4. **Practice methods that help you sleep.**
   - Sleep Like A Star Worksheet (Indoor; **1** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
   - Tiger Get Ready for Bed (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Tiger Time to Sleep (Indoor; **1** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)