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's Roar

A "Personal Safety" Adventure

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



Snapshot of Adventure. In partnership with the Barbara Sinatra Children's Center Foundation, Tigers will learn about the "Protect Yourself Rules" and other skills needed to stay safe. This may be completed at home or as a den. Prior to the meeting inform parents, legal guardians, and adult partners of the Adventure and content. See this Notification form for a way to notify parents.

The QR Code above takes you to scouting.org/cub-scout-adventures/tigers-roar/ ↑

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. **With permission from your parent or legal guardian watch the Protect Yourself Rules video for the Tiger rank.**
2. **With your Tiger adult partner, demonstrate Shout, Run, Tell as explained in the Protect Yourself Rules video.**
3. **With your Tiger adult partner, demonstrate how to access emergency services.**
4. **With your Tiger adult partner, demonstrate that you know what to do if you get lost or separated.**

Meeting Plan

Does this take one Meeting to complete? This is easily done in a single 60 minute session.

PREPARATION (and materials needed): Read the Tiger's Roar adventure in the Tiger Handbook.

- Decide how you will do the Video parts (Req 1 + 2), either at home or at the Den Meeting.
  - Let parents know whether you're watching this at a Den Meeting (some may want to opt out and do it at home) or that the parents need to watch this at home.
  - For a form of message to the parents, see this form from the Adventure Resources.



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. Yes, today if you watch the video, you'll probably need to do that inside … but then go to a Playground!
  - Better for the Parents – while the Scouts play you can make plans for the next part of the Adventure.
- 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 – adult partners can host at new playgrounds.

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: Protect Yourself! (Requirement 1: "***With permission from your parent or legal guardian watch the Protect Yourself Rules video for the Tiger rank.***")** (Parent leader: _____)

- The video is found at https://vimeo.com/325064660





◆**Activity 2: Shout, Run, and Tell (Requirement 2: "***With your Tiger adult partner, demonstrate Shout, Run, Tell as explained in the Protect Yourself Rules video.***")** (Parent leader: _____)

- You can discuss this in reaction to the video. Maybe say the following: "*In the video we just watched, we learned about what parts our bodies are considered private parts. A private part is one that is covered by a bathing suit.*"
- If anyone tries to touch your private body parts or wants you to touch their private body parts:
  - **Shout** at them to "Stop!". Don't be afraid to get as loud as you can.
  - **Run** Away, and
  - **Tell** an Adult you trust. You can tell your parents, a teacher or another grown up what happened. A trusted adult is someone that both you and your parents know, and a trusted adult would never ask you to keep secrets from your parents.



Here's a way for Scouts to demonstrate **Shout, Run, and Tell.**

- During this activity, allow each Scout to come up with what they want to shout – something like "Help!" or "Don't Touch Me!" or "Help! I don't know this person!" or "I don't want to be touched!"
  - Have the Scouts line up single file with each Scout about 10 yards away from an adult partner.
  - When the den leader signals "Go," the first Scout in line will yell their "Help!" yell.
  - The first Scout will then run to their adult partner. When this is done, the next Scout gets a turn.
  - Repeat until all the Scouts have had a chance to practice how they would shout, run, and tell.
- If Scouts raise questions or concerns that you can or want to answer or comment on, do so.
  - If Scouts raise concerns that you cannot or do not want to comment on, take down and thank them for their comment, and – if appropriate – tell them you'll follow up with their parent or guardian.

- In some cases (here, or in other settings during your time as a leader), you may need to counsel the Scout personally but with another leader present for Youth Protection Rules and follow Youth Protection protocols. See https://www.scouting.org/training/youth-protection/.

◆Activity 3: Get Emergency Help (Requirement 3: "*With your Tiger adult partner, demonstrate how to access emergency services.*") (Parent leader: _____)

- Have the Scouts make a list of emergency numbers. There is a page in the Tiger Handbook for this.
- Have the Scouts show that they know how to call for help in an emergency. (No actual 911 calls!)
- Have the Scouts identify people who could help if a parent is not available.
- If you do need to call 911: Always know where you are. Don't hang up! Answer the dispatcher's questions. Never be afraid to call if you have a real emergency. They can help you at any time of the day or night.

◆Activity 4: S.A.W.: Stay Answer Whistle (Requirement 4: "*With your Tiger adult partner, demonstrate that you know what to do if you get lost or separated.*") (Parent leader: _____)

- Help Scouts learn "S.A.W." and have them practice so they commit it to memory.

S = STAY put! If you move around, you make it harder for people to find you.

A = If you hear your name being called, ANSWER!

W = Blow your WHISTLE. If you try to use your voice to call for help, you will become hoarse and no one will be able to hear you. But they can hear your whistle. Blow every so often.



- In the event a Scout is separated from the group during an outing, the Scout needs to know how to stay safe. Once you have explained SAW (Stay Answer Whistle), demonstrate the three SAW principles.
  - Then have all of the Scouts practice SAW.

◆Activity 5: [*OPTION*: Fun Game We Like (Parent leader: _____):



If this meeting is too dry or the games in the Activity Cards in Adventure Resources don't resonate with you as something your Scouts will like, you can turn up the "Fun Meter" and play a game or some other Fun Activity you like. Some ideas here. NOTE: the fun game doesn't' need to be connected to today's Adventure topic – it can just be FUN!

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/tigers-roar/. 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. **With permission from your parent or legal guardian watch the Protect Yourself Rules video for the Tiger rank.**
   - Protect Yourself Rules Video Tiger (Indoor; **1** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
2. **With your Tiger adult partner, demonstrate Shout, Run, Tell as explained in the Protect Yourself Rules video.**
   - Police Officer Visit (Indoor; **1** of 5 Energy; **1** of 5 Supplies; **5** of 5 Prep Time)
   - Shout Run and Tell Worksheet (Indoor; **1** of 5 Energy; **2** of 5 Supplies; **1** of 5 Prep Time)
   - Shout, Run, Tell Relay (Indoor; **5** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
3. **With your Tiger adult partner, demonstrate how to access emergency services.**
   - Emergency Services 911 Relay Race (Indoor; **4** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Smart Phone Emergency Services (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Voice Activated Devices Emergency Services (Indoor; **2** of 5 Energy; **5** of 5 Supplies; **2** of 5 Prep Time)
4. **With your Tiger adult partner, demonstrate that you know what to do if you get lost or separated.**
   - Emergency Whistle Testing (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **1** of 5 Prep Time)
   - Hide and Seek (Indoor; **4** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Pinewood Derby Driver's License (Indoor; **3** of 5 Energy; **5** of 5 Supplies; **3** of 5 Prep Time)