Assembled Den Meeting Plan – BEAR (3rd Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Bear 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) …



Bear – 3rd Grade

Bear Habitat



An "Outdoors" Adventure

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

Snapshot of Adventure: A bear is at home in the outdoors, and so is a Bear Cub Scout. In this Adventure, you'll learn how to plan a one mile walk with your den. When we are outside we also have responsibilities to make sure that others can enjoy the outdoors, too. Knowing and following the Leave No Trace Principles for Kids helps us do just that.

The QR Code above takes you to scouting.org/cub-scout-adventures/bear-habitat/

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 Bear Handbook

1. **Prepare for a one mile walk by gathering the Cub Scout Six Essentials and weather appropriate clothing and shoes.**
2. **"Know Before You Go" Identify the location of your walk on a map and confirm your one-mile route.**
3. **"Choose the Right Path" Learn about the path and surrounding area you will be walking on.**
4. **"Trash your Trash" Make a plan for what you will do with your personal trash or trash you find along the trail.**
5. **"Leave What You Find" Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.**
6. **"Be Careful with Fire" Determine the fire danger rating along your path.**
7. **"Respect Wildlife" From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, reptiles.**
8. **"Be Kind to Other Visitors" Identify what you need to do as a den to be kind to others on the path.**
9. **Go on your one mile walk while practicing your Leave No Trace Principles for Kids.**

Meeting Plan

Does this take one Meeting to complete? This can be "Done in One", but if want to explore more, go for it!

PREPARATION (and materials needed): Read the Bear Habitat adventure in the Bear Handbook.

- Determine where the outdoor walk will take place. This can be in an urban, suburban, or rural setting.
  - This can be where your den typically meets. A walk around the neighborhood is great.
  - Share plans for the walk with families — location, gear list, food arrangements, etc.
  - You'll need to share a map of where you'll walk. Paper or (powered) smart device – either is fine.
- Cub Scout Six Essentials (first-aid kit, filled water bottle, flashlight, trail food, sun protection, and whistle)
  - Families may be able to minimize cost by gathering items from home rather than buying everything new.

- Suggest that families bring their own trail food items: could include raisins, chocolate-coated candies, nuts (check for allergies among Scouts), dried fruit, marshmallows, etc.
  - You might bring plastic sandwich bags to let the Scouts make their own trail mix.
- Bring a small trash bag, camera (probably in your phone) and/or paper and pencils for Requirement 5.

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 have the Scouts recite 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.*"

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.

- You'll have plenty of opportunities to talk today because most of the Requirements call out for instruction and discussion with the Scouts, even if you do the related games in the Activity Cards.
- Feel free to change the order to fit what you find on your walk.

◆**Activity 1: Gear Up (Requirement 1: "***Prepare for a one-mile walk by gathering the Cub Scout Six Essentials and weather appropriate clothing and shoes.***")** (Parent leader: _____)

- Show and Tell (about the) Cub Scout Six Essentials (for more, see: https://vimeo.com/498051015):
  - **First-aid kit**: adhesive bandages, moleskin, gauze, antibiotic ointment, etc.
  - **Water bottle**: filled and large enough to last until it can be filled again.
  - **Trail food**: can be made as a den activity prior to a walk or hike or campout.
  - **Sun protection**: sunscreen of SPF 30 or more and a hat
  - **Flashlight**: small, for emergency use only
  - **Whistle**: also for emergency use only



- Have the Scouts identify (and show) what type of clothing they should wear.
  - **Shoes.** Footwear must always be closed-toed for Scouting activities. The right shoes depend on where you will be walking.
    - For a paved path walking shoes or sneakers work fine.
    - For more rugged paths shoes that have a harder sole and provide greater ankle support are best.
    - Shoes should fit snug and if the shoe has laces, they should be tied appropriately.
  - **Socks.** Socks are a must for walks. The best socks will keep your feet dry and pull moisture away from your feet. This helps to avoid blisters and to prevent fungus that may cause bad smells and itchy feet.
    - If your feet get wet during the walk just make sure that when you are finished, you take them off along with your socks and allow your feet to dry.
  - **Hats.** Hats that cover their heads and ears protect from the sun.
  - **Other Clothing.** Pick clothes appropriate for the weather. Be prepared for rain with a rain jacket.
    - If it's cold, be sure to have a warm jacket, hat, gloves, scarf.
    - Layers are good, because you can add or remove as needed as you heat up and cool down.

Activity 2: Know Your Way (Requirement 2: "*Know Before You Go" Identify the location of your walk on a map and confirm your one-mile route.*") (Parent leader: _____)

- While you can solicit walking locations from the Scouts, ultimately an Adult Leader will decide/confirm.
- Gather the Scouts and give each Scout a copy of the map that includes the area for the walk.
  - Explain to Scouts that this is a map of the area where they will walk. Show them the scale of the map.
  - If you like and if not a single specified trail, let the Scouts identify a one-mile route on the map.
- Discuss how to find the starting point.
  - Have them find several other points to highlight along the route, such as bathrooms, water fountains, scenic areas, or other points of interest, and the ending point.



- Ask the following questions about the path selected (or multiple paths, if you've got different options):
  - Is there anyone in our den who might have a hard time on this path (any of these paths)?
  - What are some safety concerns for this path (any of these paths)?
  - What kind of terrain do you think our route should have?
  - Does our route have any terrain that is too advanced for our den?
  - How long is our route? Is it at least one mile?

Activity 3: On the Right Path (Requirement 3: *"Choose the Right Path" Learn about the path and surrounding area you will be walking on.*") (Parent leader: _____)

- The Bear Handbook and the No Two Trails Alike Adventure Card focus on details about the walking route, like where is the start/end point, are there bathrooms, is there a trail name, is it part of a park, is it wilderness, are there connecting trails, what is the landscape. All good topics to discuss.
- Also good to discuss is why we stay on the right path. Ask Scouts why we should stay on designated trails to help preserve the natural environment and how we can do that. Solicit answers like:
  - Many trails are cut to protect certain ecosystems for plants, trees, flowers, and wildlife.
  - Going off the path can cause problems that take a long time to heal.
  - Walk in pairs or single-file lines to reduce your impact.
  - If you need to go off-trail for any reason, step lightly and avoid trampling vegetation. Avoid walking around mud if it means going off the trail, even by a few inches.

Activity 4: Walk On! (Requirement 9: "*Go on your one mile walk while practicing your Leave No Trace Principles for Kids.*") (Parent leader: _____) Enjoy the Walk! Work in the following activities into breaks on your walk.

Activity 5: Trash Your Trash (Requirement 4: *"Trash your Trash" Make a plan for what you will do with your personal trash or trash you find along the trail.*) (Parent leader: _____)

- Ask the Scouts what our plan should be for our trash and trash we find.
  - If needed, maybe wave a small trash bag and see who picks up on that. Better, who will carry it.
- The Leave No Trace advice about trash is: Pack it in, pack it out.
  - Pack out all trash, leftover food, and litter. Inspect your route for trash or spilled food.
  - We should always leave our trails and campsites cleaner than we found them.

◆Activity 6: Leave What You Find (Requirement 5: *"Leave What You Find" Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk."***)** (Parent leader: _____)



- If you like it, leave it where it is! Take nothing but pictures!
- Discuss with Scouts that we need to leave everything we see where it is for the next people to enjoy when they come along.
  - Like that flower? Don't pick it! Picture it!
- This also means don't turn over logs and rocks … you may be harming the habitat of our animal friends.

◆Activity 7: Fire Danger (Requirement 6: *"Be Careful with Fire" Determine the fire danger rating along your path."***)** (Parent leader: _____)

- As you walk or on a break, let the Scouts explain what they think the fire danger rating is for the area.

◆Activity 8: Be Kind to Animals (Requirement 7: *"Respect Wildlife" From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, reptiles."***)** (Parent leader: _____)

- As you walk or on a break, discuss the type of animals (mammals, birds, insects, or reptiles) that are common in the area that you will be walking. This includes domesticated and wild animals.
- Discuss the signs of the animal's habitat, food sources, or travel paths.
  - Listen for sounds. Not just the sound the animal would make, but also the sound of the animal moving.
  - Look for where they live. A bird's nest, a burrow (hole in the ground), or a plant.
  - Look for what they eat. Many animals eat plants, so you might see a bite mark on a leaf.
  - Look for animal scat (poop!). Different animals leave different types of scat.
  - Look for animal tracks. If it has rained recently and there is mud, you may see footprints.
- Ask how we can respect wildlife.

◆Activity 9: Be Kind to People (Requirement 8: *"Be Kind to Other Visitors" Identify what you need to do as a den to be kind to others on the path."***)** (Parent leader: _____)

- Ask Scouts how they can be kind and considerate to visitors on the path. From the Bear handbook:
  - Know your right-of-way. Walk on the right side of a path. Check signs and follow their directions.
  - On a trail or path wide enough for only one person where you must walk single file, step aside and give space to anyone going uphill. If it's a flat area, be the first to step aside and give space for others to pass.
  - Make yourself known. When you encounter other people, offer a friendly "hello." If you approach another walker from behind, announce yourself in a friendly, calm tone and let them know you want to pass.
  - Be mindful of the path or trail conditions. If a path or trail is too wet, muddy, or slippery, turn back and do the walk another day or find a different path.
  - Take time to listen. Be respectful of nature and other users and keep noise from electronic devices off.
  - Be aware of your surroundings. It will help keep you and any members of your group safe.

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 Bears 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/bear-habitat/. 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. **Prepare for a one-mile walk by gathering the Cub Scout Six Essentials and weather appropriate clothing and shoes.**
   - Backpack Packing Challenge (Indoor; **3** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)
2. **"Know Before You Go" Identify the location of your walk on a map and confirm your one-mile route.**
   - Digital Path Finding (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)
   - Paper Paths (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)
3. **"Choose the Right Path" Learn about the path and surrounding area you will be walking on.**
   - Ask the Path Expert (Indoor; **1** of 5 Energy; **2** of 5 Supplies; **5** of 5 Prep Time)
   - No Two Trails Alike (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **3** of 5 Prep Time)
4. **"Trash your Trash" Make a plan for what you will do with your personal trash or trash you find along the trail.**
   - Trash Timeline Game (Indoor; **4** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
5. **"Leave What You Find" Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.**
   - Take Only Memories (Travel; **5** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
6. **"Be Careful with Fire" Determine the fire danger rating along your path.**
   - Fire Danger Matching (Indoor; **4** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
7. **"Respect Wildlife" From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, reptiles.**
   - Wildlife Snapshot (Travel; **5** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
8. **"Be Kind to Other Visitors" Identify what you need to do as a den to be kind to others on the path.**
   - Consider Others (Travel; **5** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
9. **Go on your one-mile walk while practicing your Leave No Trace Principles for Kids.**
   - Leave No Trace Walk (Travel; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)