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

Bobcat Bear



A "Character and Leadership" Adventure
REQUIRED (An Adventure "Required" to earn the Rank of Bear)

Snapshot of Adventure: Designed as the first required Adventure to earn the Bear badge of rank, Bobcat introduces Scouting to the Den. The "Den" is a key method of Cub Scouts – ideally, a group of 6 to 8 Scouts in the same grade who do things together, including fun and important Handbook Adventures. A positive first Den meeting sets the stage for a year of Cub Scouting fun.

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

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.

This Adventure has four key elements: (1) **getting to know the Scouts**, (2) **bonding** as a Den, (3) completing most of the **Bobcat Adventure**, and (4) **fun**.

Requirements from the Bear Handbook

1. **Get to know members of your den.**
2. **Recite the Scout Oath and Law with your den and den leader.**
3. **Learn about the Scout Oath. Identify the three points of the Scout Oath.**
4. **With your den create a den Code of Conduct.**
5. **Learn about the denner position and responsibilities.**
6. **Demonstrate the Cub Scout sign, Cub Scout salute, and Cub Scout handshake. Show how each is used.**
7. **Share with your den, or family, a time when you demonstrated the Cub Scout motto "Do Your Best." Explain why it is important to do your best.**
8. **At home, with your parent or legal guardian do the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."**

Meeting Plan

Does this take one Meeting to complete – or more? It's up to the Parents / Leaders! As written, you can do this in a single 60-minute session. But starting a Den History Book could be a good second meeting activity to build more identity of "Belonging to ***this*** Den" and getting to know each other!

PREPARATION (and materials needed): Read the Bobcat Bear Adventure in the Bear Handbook. Bring:

- Copies of this Meeting Plan for Parents and your Pack's schedule of upcoming Fun Activities
- U.S. flag (or picture of a flag), if you want to do a flag ceremony.
- Paper or poster to write the Den's "Code of Conduct" (a classroom whiteboard works)
- Ideally, wear your adult uniform or Pack T Shirt (if you have one) to all meetings, consistent with Pack practice.
- *If you do the Balloon Stomp Battle Royale game (below):* bring balloons and string.
- *If you do the Den History Book (below):* bring sheets of paper, pencils, crayons, and/or markers.

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

- If you're at a playground, field or gym, gathering activity will be easy. If not, maybe puzzles or coloring.
  - If the den desires, serve a healthy snack (fruits or vegetables to set an example of healthy eating).
  - Be aware of any food allergies in the den and communicate these to assisting adult partners.
- Welcome parents too. Encourage them to stay and participate … it will mean a lot to their Scouts.
  - Hand out this meeting plan to each and assign each parent to a meeting role.
  - Point out to the parents the Family Talent Survey at the end of this plan, asking them to complete it and return it to you today. Feel free to chat with parents about interests, abilities, hobbies, jobs.
  - Explain to parents that a den meeting is a series of short activities – we can each take on a part.

OPENING: (Requirement 2: "*Recite the Scout Oath and Law with your den and den leader.***")**
(*Den Leader Tip*: Recruit a different Parent to Lead Each Part of the Opening) An Opening ceremony says, "we've begun" and helps set the tone.

- Display a U.S. flag and recite the **Pledge of Allegiance**. (Parent leader: _____)
- Recite the **Scout Law**. (Parent leader: _____)

  The Scout Law is "*A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.*" For a Den with new Scouts, a Parent Leader can say "*we're going to repeat the Scout Law, and since this is our first meeting, let's do this as a* ***'repeat after me'*** *– I'll say a phrase, and everyone repeats it back.*"

(Leader goes first) respond)	***(Scouts and Parents***
A Scout is	*(... A Scout is)*
Trustworthy	*(... Trustworthy)*
Loyal	*(... Loyal)*
Helpful	*(... Helpful)*
Friendly	*(... Friendly)*
Courteous	*(... Courteous)*
Kind	*(... Kind)*

(Continued from the left side)	
Obedient	*(... Obedient)*
Cheerful	*(... Cheerful)*
Thrifty	*(... Thrifty)*
Brave	*(... Brave)*
Clean	*(... Clean)*
and Reverent	*(... and Reverent)*

- Recite the **Scout Oath**. (Parent leader: _____)

  Let's also recite the Scout Oath … also as a "repeat after me". I'll say a phrase – everyone else repeats it back:

(Leader goes first)	***(Scouts and Parents respond)***
On my honor I will do my best	*(On my honor I will do my best)*
To do my duty to God and my country	*(To do my duty to God and my country)*
and to obey the Scout Law	*(and to obey the Scout Law)*
To help other people at all times	*(To help other people at all times)*
To keep myself physically strong	*(To keep myself physically strong)*
mentally awake, and morally straight.	*(mentally awake, and morally straight)*

- If you want, feel free to add: "*Now let's say the Law and Oath all together at the same time.*"

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

◆Activity 1: Pleased to Meet You (Requirement 1: "*Get to know the members of your den.***")** (Parent leader: _____)

- Have each Scout (and attending parent) introduce themselves and tell something about themselves.
- Discuss what a den is and how it fits in with a pack.
- Discuss a den name: "*we may have a Den Number, but ... is that enough for our Den?*" Let the Cubs pick a (not offensive) name they all agree on, by their rules, with your oversight. [You might finish next time.]

- Polar Bears? Grizzly? Unbearable? Barefoot? Barking? Biking? Bouncing? Brave? Brilliant? Breakdancing?

🔶Activity 2: Fun Things We'll Do (and Code of Conduct) (Requirement 4: "*With your den Create a Den Code of Conduct.*") (*Den Leader Tip*: Recruit a Parent to jump in and lead the "Code of Conduct" chat once kids start talking over each other … it will happen! Look below a few pages for some "Code of Conduct" ideas.)

- As a transition out of "talk time," talk about upcoming fun Pack activities scheduled, or that might be scheduled if we get parents to help out, events like camping, hiking, biking, swimming (use events you know you plan to do), with highlights on ones that could come soon.
  - Ask the Scouts what they would like about these. Like campfires, or cooking marshmallows over a fire.
- The Scouts will start "talking over each other" which will be … chaos.
  - Let it happen for a bit … but then …
- … (Parent Code of Conduct leader: _____) interrupt and say, "*wait a second … if we're going to be a Den together … **don't we need to have some rules about how we act when we're together**?*"
  - Some Scouts will probably have immediate suggestions … like "one person talks at a time".
  - List your rules on a poster or paper or classroom chalkboard/whiteboard. [**Parent/Leaders:** use the attached Code of Conduct for ideas, and to ask questions to lead them to other points.]
- Then, after the Code of Conduct is done … Den Leader or another parent can step back in:
  - Congratulations on an impressive set of Rules … You did a great job!

🔶Activity 3: Scout Law (Requirement 3: "*Learn about the Scout Oath. Identify the three points of the Scout Oath.*") (Parent leader: _____)

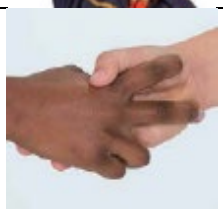
- We just said the Scout Oath in our Opening Ceremony. Let's talk about the three main points in the Oath:
  - **Duty To God And Country:** Your family and religious leaders teach you to know and serve God as your family believes. By following these teachings, you do your duty to God. By being a good family member and citizen, by working for your country's good and obeying its laws, you do your duty to your country.
  - **Duty To Other People:** Many people need help. A cheerful smile and a helping hand make life easier for others. By helping when you're needed, you do your part as a Scout to make this a better world.
  - **Duty To Self:** Keeping physically strong means taking care of your body – eat right and build strength. Staying mentally awake means learning all you can and asking questions. Being morally straight means live your life with honesty, be clean in your speech and actions, and be a person of strong character.

🔶Activity 4: The "Denner" (Requirement 5: "*Learn about the denner position and responsibilities.*")

- A denner is a Cub Scout who helps the den leader during a den meeting.
  - The den leader decides how the denner will be chosen and for how long the Cub Scout will serve as the denner.
  - Each Scout should have a chance to serve as the denner for at least one meeting.
- When a Cub Scout serves as a denner present them with the denner cord — a yellow cord that is worn over the left shoulder. The denner cord is passed on from one denner to the next.
- The den leader decides what the denner will help with. Common roles:
  - Arrive early to help set up the meeting and welcome everyone.
  - Lead the den in reciting the Scout Oath and the Scout Law.
  - Carry the United States flag during the opening.
  - Pick a game for the den to play.
  - Help hand out supplies for an activity or snacks if you have a snack break.
  - Stay after the meeting to help clean up.



Activity 5: Cub Scout Sign + Shake + Salute (Requirement 6: "*Demonstrate the Cub Scout sign, Cub Scout salute and Cub Scout handshake. Show how each are used.***")** (*Den Leader Tip:* Recruit Parents to Lead – maybe set up "stations" for Scouts to rotate to for each element)

Demonstrate the Cub Scout sign. Show how it is used. (Parent leader: _____)	Make the sign with your right hand – two fingers in a "V". Hold your arm straight up. The sign means it is time to be quiet and listen. *The fingers look like the sharp ears of the wolf ready to listen!*	
Demonstrate the Cub Scout handshake. Show how it is used. (Parent leader: _____)	When you shake hands with another Cub Scout, do this: Hold out your right hand just as you always do to shake hands. But then put your first two fingers along the inside of the other scout's wrist.	
Demonstrate the Cub Scout salute. Show how it is used. (Parent leader: _____)	Salute with your right hand. Hold your first two fingers close together. Touch your fingertips to your cap. If you aren't wearing a cap, touch your right eyebrow.	

Activity 6: Cub Scout Motto: "Do Your Best!" (Requirement 7: "*Share with your den, or family, a time when you demonstrated the Cub Scout motto "Do Your Best." Explain why it is important to do your best.***")** (Parent leader: _____) Gather the Den and any parents in a circle to discuss the Cub Scout motto: "Do Your Best."

- Review: a motto is a guiding principle and a rule for living. Do Your Best means trying your hardest, not just a little bit. Do your best all the time… in school and at home… when you play a game and help your team. Do your best as you work on your adventures!
- Sharing: Let each Scout share a time when they did their best. Also "Explain why it is important to do your best."

Activity 7: [*OPTION*: Den History Book [This is just a "getting to know you" optional activity that you might do ***if you like it***.] (Parent leader: _____): Since we're going to be together as a Den in Cub Scouts, let's be sure to keep track of our history – let's keep a Den History Book!

- To start the Den History Book, let' start with who is in our Den … each Scout gets to create their own "history page" to tell us who they are so we can get to know everyone.
- Distribute sheets of paper for the scrapbook pages, plus pencils, crayons and/or markers.
  - Encourage Scouts to complete a history page with names of Family Members, Pets, Favorite Places, Things to Eat, maybe have the Scouts draw pictures of some or all of these.
  - Encourage drawing pictures too. This helps you get to know the Scouts and their families.
- Collect all and return to this if you go forward with a Den History.

◆Activity 8: [*OPTION (you don't have to do it, but it is fun)*: Balloon Stomp Battle Royale!!



(Parent leader: _____): Let's play "Balloon Stomp Battle Royale".

Here's how we'll play this:

Materials Needed: balloons, string cut into 18-24 inch lengths.

Help Scouts blow up their balloons, tie the end of the balloon off, and then tie one end of their string to the balloon and the other to their ankle.

In a defined space (the "Balloon Stomp Arena"), arrange Scouts in a circle with their balloons tied to their ankles.



- On a signal, players try to stop and break the other balloons.
- When a balloon is broken, that player leaves the game.
- The game continues until just one player is left.

For maximum fun, **repeat in a game with just the parents/adults!** ***Scouts will find it hilarious!***

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.

- Remind all that to complete the Bobcat Adventure they need to do the Requirement 7: **"At home, with your parent or legal guardian do the activities in the booklet 'How to Protect Your Children from Child Abuse: A Parent's Guide.'"** Confirm that when this is complete, Bears will receive their Bobcat Adventure Loop.
- ***[OPTIONAL (if it's your plan):*** Maybe highlight that in a future gathering we can also make a den flag or "den doodle" to reflect who we are as a Den and to carry with us as we do our Cub Scout activities.]
- Maybe end with a "Living Circle" ceremony and recital of the Scout Oath, Law or Cub Scout Motto.

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

- Thank the Parents again, one on one. Meet Parents who are picking up their Scouts.
- Follow up with parents/guardians by email/text that they need to do that final Requirement at home, and how to report completion of that Requirement. For your email or text to parents, remind that a copy of the Parent's Guide can also be found at www.scouting.org/filestore/pdf/100-014_WEB.pdf
- 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.

Code of Conduct Discussion Tips.

A code of conduct is a list of behavioral expectations and consequences if the code is broken.

Scouts, with the den leader's guidance, usually create it themselves.

- Three or four points will be sufficient, and they should be positive; the words no or don't have no place in a code of conduct. Include a final rule such as "Have fun!"
- Also consider including the 3 R's: Respect for others, Responsibility for yourself and your things, and Reasonable behavior.
- You might have Scouts sign the code of conduct and it should be displayed at every den meeting.
- Using the 12 points of the Scout Law can serve as a strong foundation for a code of conduct, and also reinforce the values of Scouting.

IDEAS you might use for a Den "Code of Conduct" (How we'll treat each other in our Den)

*Don't hand these Ideas out or tell them "this is our Code" – but **use them as a discussion guide** to help the scouts come up with their rules. Rules work better if the **Scouts** agree and believe **they** had the idea!*

Respect others in the Den — fellow Scouts, Leaders, Parents and Guests.

- Help others, be helpful, friendly, courteous and kind!

Stay in Control of Yourself:

- Use good, appropriate, and positive manners.
- Listen when someone else is speaking. Do not interrupt.
- Raise your hand when you want to say something. Wait to be recognized before you speak.
- Respect the space of others. That includes no touching or bothering!

The Cub Scout sign means: *Everyone be quiet now*.

- When you see the sign go up, just be quiet and put the Cub Scout sign up.

Stay in the meeting space unless you have permission from the Den leader to go elsewhere.

- Walk –don't run – in the building (unless we are doing an activity letting you run).

Keep the Meeting Space Clean!

- Keep the room clean during the meeting and after the meeting.
- Everyone helps leave the meeting room better than we found it.

Let's all follow the 12 points of the Scout Law!

Everyone Has Fun! Parents and Family Too!

The Code of Conduct may be written on a poster to display where you meet.

*But: **do not post your consequences**, because posting the penalties puts a focus on unruly behavior*

*(you might **announce** consequences as First Time: Verbal Warning; Second Time: 5 Minutes "Time Out" from Meeting Activity; Third Time: Parents Notified and may need to leave the meeting too).*

ADVENTURE RESOURCES: Den Meeting Resources and "Activity Card" options for this Adventure are found at https://www.scouting.org/cub-scout-adventures/bobcat-bear/. 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. **Get to know members of your den.**
   - Bear Line Up (Indoor; **3** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
   - Den Doodle Bear (Indoor; **2** of 5 Energy; **4** of 5 Supplies; **4** of 5 Prep Time)
   - Den Flag Bear (Indoor; **2** of 5 Energy; **4** of 5 Supplies; **3** of 5 Prep Time)
2. **Recite the Scout Oath and Law with your den and den leader.**
   - Bobcat Beanbag Toss (Indoor; **4** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)
   - Recite the Oath and Law Bear (Indoor; **1** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
   - Scout Law Hop (Indoor; **4** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
3. **Learn about the Scout Oath. Identify the three points of the Scout Oath.**
   - Bear Charades (Indoor; **3** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Lights, Camera, Action (Indoor; **3** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Scout Oath Poster (Indoor; **1** of 5 Energy; **2** of 5 Supplies; **1** of 5 Prep Time)
4. **With your den create a den Code of Conduct.**
   - Code of Conduct Bear (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
5. **Learn about the denner position and responsibilities.**
   - A Bear Denner (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Denner Jobs (Indoor; **1** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
6. **Demonstrate the Cub Scout sign, Cub Scout salute, and Cub Scout handshake. Show how each is used.**
   - Bobcat Relay Bear (Indoor; **3** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
   - Flag Opening (Indoor; **2** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
7. **Share with your den, or family, a time when you demonstrated the Cub Scout motto "Do Your Best." Explain why it is important to do your best.**
   - Do Your Best Showcase (Indoor; **1** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
8. **At home, with your parent or legal guardian do the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."**
   - Child Abuse Protection Review Bear (Indoor; **1** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)

Cub Scout Pack Skill Survey

*"What Can **You** Share?"*

In our Pack, "**Every Parent Helps!**"



Welcome to our Cub Scout Pack! Cub Scouting is all about "Fun, Family + Friends" – that means for adult family members as well as youth. Every Adult can help their Den (a small group in a single grade level, ideally 6 to 8 Scouts) and Pack (all of the Scouts in all of the Dens from K through 5th Grade) – everyone has a skill or interest or Super Power to share!

Please share your talents and interests so that we can work together to provide the strongest program for our children. **Your child and their friends will appreciate whatever you can do!**

1. A topic I would help lead or teach youth is (*check all that apply* – and we can share plans + ideas):

☐ Outdoors / Walks	☐ Cycling	☐ Arts + Crafts	☐ Archery
☐ Personal Fitness	☐ Fishing	☐ Math	☐ Slingshots
☐ Citizenship	☐ Swimming / Boating	☐ Music / Theatre	☐ BB Guns
☐ Character/Leadership	☐ Camping	☐ Maps and Compass	☐ Knife Safety and Use
☐ Personal Safety	☐ Conservation	☐ Nature	☐ Carpentry
☐ Family/Reverence	☐ Pinewood Derby	☐ Gardening	☐ Yoyos
☐ First Aid	☐ Science	☐ Cooking/Nutrition	☐ Video Games
☐ Games	☐ Tech / Computers	☐ Flying Things	☐ Geocaching
☐ Sports: _____	☐ Engineering	☐ Marbles Games	☐ Skateboards/Scooters
☐ Service Projects	☐ Math	☐ Pets	☐ Summer Fun
☐ Disability Awareness	☐ Movie Making	☐ Magic	☐ Field Trips: _____

2. My job, business, or profession might be of interest to Cub Scouts: _____

3. I am willing to help my child and their Den and Pack in these ways (*check all that apply*):

☐ Helping to Welcome Other Families	☐ Den Leader or Co-Leader or Assistant	☐ Assistant Cubmaster	☐ Assistant Treasurer
☐ Pack + Den Communications	☐ Planning Activities	☐ Campout Planning and Cooking	☐ Blue + Gold Awards Banquet
☐ Pack Social Media	☐ Pinewood Derby	☐ Planning Activities	☐ Party Planning
	☐ Field Trip Leader	☐ School Relations	☐ Award Presentations

4. My Scouting experience (note: experience is not necessary to help on the leader team):

☐ Girl Scout	☐ Cub Scout	☐ Boy Scout	☐ Adult Leader
Highest Rank: _____	Highest Rank: _____	Highest Rank: _____	Role(s): _____

5. Three Places we'd like to go: _____

Adult Name: _____ Youth Name : _____

E-Mail Address: _____@_____ Best Phone No.: _____