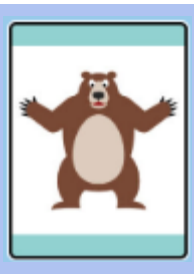
Assembled Den Meeting Plan – BEAR (3rd Grade)

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

Standing Tall



A "Personal Safety" Adventure

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

Snapshot of Adventure: The Protect Yourself Rules will give you guidance on keeping yourself safe. You will also identify ways to use electronics responsibly and ways to protect your body when you're playing or working. When bears feel they are in danger, they may stand on their back legs, standing tall, to let the danger know that they are brave and know how to keep themselves safe.

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

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. **With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Bear rank.**
2. **Complete the Personal Space Bubble worksheet that is part of the Protect Yourself Rules resources.**
3. **With your parent or legal guardian, set up a family policy for digital devices.**
4. **Identify common personal safety gear for your head, eyes, mouth, hands, and feet. List how each of these items protect you. Demonstrate the proper use of personal safety gear for an activity.**

Meeting Plan

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

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

- Determine how you will do the Video and digital safety requirements. Options are:
  - Video and digital safety at home with parents (Requirements 1, 2 + 3), and Den Meeting built around the learning about personal safety gear. Probably plus a game or sport for fun with safety gear.
  - Do the video and all at the Den Meeting: have a computer, internet connection, projector + screen.
  - Either way, be sure to let the 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. And send them the link.
    - If you need a form of message to parents, this form can be used (found at the bottom of this page).
- Copies of the "Personal Bubble Worksheet" posted in this Activity Card. And Pencils and/or crayons.
- Copies of the "Digital Safety Pledge" posted in this Activity Card.
- Bring some personal safety gear to demonstrate, like a bike helmet, googles, sunglasses, mask, gloves, and/or sturdy walking shoes. If tying this into an activity, like a bike ride, be sure there is gear for all.

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 Bear rank.***")** (Parent leader: _____)

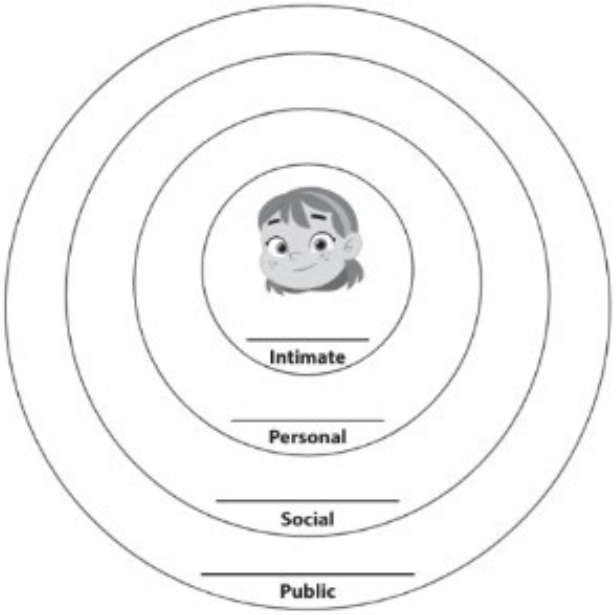
- The video is found at https://vimeo.com/325064786





◆**Activity 2: Personal Bubbles (Requirement 2: "***Complete the Personal Space Bubble worksheet that is part of the Protect Yourself Rules resources.***")** (Parent leader: _____)

- Discuss our personal space bubbles and who we are most comfortable being close to.
  - Explain that we feel more comfortable being close to people we know well and prefer to keep some space between us and strangers.
  - The space directly around us is our intimate space. This space is just for us, although we may also allow family in this space.
  - Next is our personal space, which goes all around us as far as the ends of our outstretched fingertips. We are usually comfortable with friends and family in this space.
  - After that is social space. We're most comfortable hanging out with friends or talking in groups in this space.
  - Last is public space, which is where we're most comfortable with strangers or people out in public.



- Provide a pencil and worksheet for each Scout. Have Scouts write the names of people who they would feel comfortable having in each space circle.

  - Personal space would have the names of friends or family members.
  - Public space can describe a stranger, like a mail carrier or a neighbor.
- Share with the Scouts: why do we feel more comfortable with certain people in certain spaces around us?
  - Give each Scout a chance to respond.
- Share with the Scouts that it is important for us to be aware of these spaces in order to be able to tell others when they are too close to us.
  - If someone comes into our personal space and we don't want them to, we can tell them politely to move away. We can also be forceful if they don't listen.
  - It is important for us to feel safe + comfortable – we all must respect each other's personal space bubbles.

🔶**Activity 3: Digital Safety Policy (Requirement 3: "***With your parent or legal guardian, set up a family policy for digital devices.***")** (Parent leader: _____)

- Discuss with Scouts what risks exist with digital devices like smartphones, computers and tablets.
  - Using them in the evening may make it hard to get enough sleep.
  - Strangers may attempt to contact you through messaging or comments, and they may not be people you would permit in your personal or social bubbles.
- Share the "Digital Safety Pledge" that will be posted in this Activity Card. Have Scouts take turns reading off each item and ask the following questions when finished:
  - Why do you think it is important to have rules about this?
  - Do you have digital policy rules already?
  - What should we do if someone tries to ask for personal information?
- Have Scouts and parents and legal guardians fill out the form and sign.

🔶**Activity 4: Personal Safety Gear (Requirement 4: "***Identify common personal safety gear for your head, eyes, mouth, hands, and feet. List how each of these items protect you. Demonstrate the proper use of personal safety gear for an activity.***")** (Parent leader: _____)

- Show and tell about any personal safety gear you brought, like bike helmet, googles, sunglasses, mask (*you know you still have some*), gloves, and/or sturdy walking shoes. Discuss why you'd use each item.
  - Let Scouts try out the gear and explain back why it would be used.

🔶**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 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/standing-tall/. 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 Bear rank.**
   - Protect Yourself Rules Video Bear (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
2. **Complete the Personal Space Bubble worksheet that is part of the Protect Yourself Rules resources.**
   - Personal Bubble (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
3. **With your parent or legal guardian, set up a family policy for digital devices.**
   - Family Digital Device Policy (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
4. **Identify common personal safety gear for your head, eyes, mouth, hands, and feet. List how each of these items protect you. Demonstrate the proper use of personal safety gear for an activity.**
   - Kitchen Safety Gear (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Science Safety Gear (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Sport Safety Gear (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)