Assembled Den Meeting Plan – WOLF (2nd Grade)

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



Wolf – 2nd Grade

Germs Alive!

A "Public Health and Hygiene" Adventure
ELECTIVE (2 "electives" are needed to earn the Rank of Wolf)



Snapshot of Adventure. In this Adventure, you'll get to explore how to keep your body healthy. Why is it important to wash your hands? Why is the slimy mucus in your nose (yep, snot) important to your health? What happens if you sneeze into the air instead of into the bend in your elbow? How does keeping your room clean help keep you healthy? We will explore all of these questions while we journey through the sticky, sickening world of germs.

The QR Code above takes you to scouting.org/cub-scout-adventures/germs-alive/

This Den Meeting Plan adapts Activity content from that Scouting 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 Wolf Handbook

1. **Wash your hands with soap and water while singing the "Happy Birthday" song two times.**
2. **Play Germ Magnet with our den or your family. Wash your hands afterward.**
3. **Conduct the sneeze demonstration.**
4. **Conduct the mucus demonstration.**
5. **Grow a mold culture. Show what formed at a den or pack meeting.**

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 session plus time for mold to grow, but some of the experiments might be fun for longer. Or mix some of these into pure fun game den meetings.

PREPARATION (and materials needed): Read the Germs Alive! adventure in the Wolf Handbook.

- As always, decide whether you like any of the "Activity Card" options for the Requirements or the suggested activities below or some other way to deliver this Adventure.
  - When you decide, check the materials and supplies you need.
  - Each of the experiments and demonstrations requires a fair amount of items and planning.
- This is a great Adventure to seek the assistance of a science teacher. Many love this stuff!

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 below – 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: Wash Your Hands! (Requirement 1: *"Wash your hands with soap and water while singing the "Happy Birthday" song two times."*) (Parent leader: _____)

- Tell your Scouts (if you haven't already over and over again):
  - Our hands are valuable tools. We use them every day. Because of this, hands become "germ magnets," and when we touch other people, those germs move from hand to hand!
  - So you need to remember to wash your hands often every day to make sure your "Wolf paws" are as clean as can be!
- Ask your Scout to name the six times that it is very important to wash their hands. If they need help:
  - When they are dirty
  - Before you eat and before you handle food or utensils
  - After using the bathroom
  - After playing outside
  - After touching pets or other animals
  - Before and after visiting someone who is sick



- When someone works soap and warm water into a lather on both hands and then sings the "Happy Birthday" song twice, that will be long enough to wash away all the germs.

Activity 2: Germ Magnet (Requirement 2: *"Play Germ Magnet with our den or your family. Wash your hands afterward."*) (Parent leader: _____)

The plan below adapts Glitter Germ Magnet from the Adventure Resources.

- Explain to your Scouts that germs are so small we can only see them with a microscope.
  - Some germs can get us sick.
  - Germs can travel through the air, but they can also travel through contact with each other.
  - Today we are going to see just how germs can travel if we don't keep our hands clean.
- To see how germs can travel, we'll play the "Germ Magnet" game.
  - To do this, you'll need a bit of glitter – that will represent the "germs".
  - The game is likely to be messy (it's *glitter*, after all), so you may want to do this outside or use washable paint rather than glitter.
- Instructions:
  1) Wash your hands, and form a circle with the players in your family.
  2) Put a pinch of bright colored glitter into one person's hand in the circle.
     - Have that person shake hands with the next person.
     - Do not touch your face or eyes with glitter on your hands!
  3) Pass the handshake around the circle and see how far the "germs" (glitter) go.
     - You can also add a second color to show how different "germs" can build up.



4) Wash your hands after the game.

- Ask your Scouts: What did you learn about how germs are passed by hand contact?
  - Did it help you understand why an important part of the Scout Law we live by is "A Scout is clean"?

🔶Activity 3: Sneeze Demonstration (Requirement 3: "*Conduct the sneeze demonstration.*") (Parent leader: _____)

The Adventure Resources offers Sneeze-splosion! to show how far a germ can spread when we are sick.

Items needed for the sneeze demonstration:

- A blanket, old sheet, paper or tarp with concentric bull's-eye rings drawn on it in washable ink.
  - (If it's not too windy, you could also do this outside and draw chalk circles for the rings)
  - Each inner ring should be about 12 inches narrower than the one that surrounds it.
- One balloon
- Paper confetti
- One sheet of paper to roll into a funnel
- Tape
- Tape measure



Symbols: The bull's-eye represents the air. The balloon is a sneeze. The confetti represent the germs.

Instructions:





1) Roll the paper to make a funnel.
2) Insert the small end of the funnel into the balloon.
3) Pour a couple of tablespoons of paper confetti into the balloon.
4) Blow up the balloon to its full size and tie it.
   - Be sure you pinch off the end of the balloon if they stop blowing, or the confetti in the balloon may get in their mouths.
5) Place the blanket with the bull's-eye on the ground.
6) Place the balloon in the center ring of the bull's-eye.
   - Have your Scouts guess how far they think the "sneeze" will spread the germs.
   - Have your Scouts and any others move several feet away from the balloon.





7) On the count of three, have your Scouts yell "ACHOO!" – and you pop the balloon.

- Ask your Scouts: How far did the confetti spread?
  - Measure the distance the "sneeze" traveled with a tape measure.
  - How did their guess compare to the results?
  - How easy or hard would it be to catch a cold or other illness from a single sneeze?
- Discuss with your Scouts that in this activity, they see the importance of "A Scout is courteous."

- Just like popping the balloon spreads the confetti, sneezing causes germs to spread quickly and powerfully. Scouts protect those around them and are courteous by sneezing into their elbows.
- The air in the balloon is like the air in our lungs and the confetti in the balloon is like our saliva or spit. When we sneeze a lot of air in our lungs push out a lot of spit and sometimes mucus that can get others sick.

🔶Activity 4: Snot Sorcery. Booger Bombs. *This is the Mucus Demonstration.* (Requirement 4: "*Conduct the mucus demonstration.*") (Parent leader: _____)

The Adventure Resources offers Mucus-tastic.

- Yes, this is a "mucus demonstration". This activity will help your Scout understand the role of mucus in protecting us from germs.
  - Give your Scout the chance to mix their own bag of boogers, a mess of mucus, a sample of snot, so they can see firsthand evidence of the chemical change when the Borax and glue interact.
- Here's the materials and supplies you need:

○ Borax ○ Warm water ○ White school glue	○ Food coloring ○ Two plastic containers ○ Quart-size zippered storage bag	○ Pinch of dirt, flour, glitter or cocoa ○ Paper plate

- Here's how to mix up your mucus:
  - Container One: dissolve two tablespoons of borax into 2 cups of warm water.
  - Container Two: dissolve two teaspoons white glue into three teaspoons of warm water
- Mixing instructions:
  1) Dissolve Borax into the warm water in container one.
  2) Dissolve glue into the warm water in container two.
  3) Slowly combine both containers into a zip lock quart size bag and add a few drops of yellow or green food coloring.
  4) Close the bag and "squish" the mixtures together to mix them.
  5) Continue to knead them until the "slime" forms and all the liquid is absorbed.



- Let your Scout play with this slimy creation for a few minutes.
  - Ask: *What does it feel like?*
    - *How do you think something so slimy could protect your body?*
- Have your Scout do a filtering test by putting their fake mucus on a plate and gently blowing a pinch of dirt, glitter, flour, or cocoa onto it.
  - Ask: *Did you notice how it stuck onto the surface?*
  - *Does this help you see how the mucus in the membranes inside your nose might keep you from breathing in germs, bacteria, and viruses?*
  - *When you blow your nose mucus comes out along with the stuff your mucus has collected.*

🔶Activity 5: Mold Growth (Requirement 5: "*Grow a mold culture. Show what formed at a den or pack meeting.*") (Parent leader: _____)

The plan below adapts the substance of Germy Bread Investigation from the Adventure Resources.

- Gather the Scouts and inform them that germs are alive! Like all living things, germs need to eat.
  - Some germs are bacteria or fungi that eat the same food you and I do.
  - If we don't properly wash our hands and we have germs on them the bacteria or fungi will get on it and start to eat it and will get so big you can see them without a microscope.

- Materials needed:
  - Plastic sandwich bags, two for each Scout
  - Slices of sandwich bread, two for each Scout
  - Permanent markers, one for each Scout
- Ask Scouts to label their two bags.
  - One is labeled Clean Hands (or Soap & Water), and the other is labeled Dirty Hands.
- Provide a piece of bread to each Scout and ask them to gently touch the piece of bread on one side.
  - Tell Scouts to place this piece of bread into their bag labeled Dirty Hands.
- Have Scouts wash their hands.
- Provide another piece of bread to each Scout and ask them to gently touch the piece of bread on one side.
  - Tell Scouts to place this piece of bread into their bag labeled: Clean Hands.



- Ask Scouts to take their two bags home and place them somewhere they can see them easily such as a table or windowsill. Make sure they are kept at room temperature.
- Ask Scouts to check on their bread slices and record what they see on a piece of paper. Make sure to note the differences between the “Dirty Hands” and “Clean Hands” bread.
- Tip: For extra fun, do the same experiment and add other options such as rubbing the bread on a cell phone. Share the results at the next den meeting.

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 Wolves 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/germs-alive/. 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. **Wash your hands with soap and water while singing the "Happy Birthday" song two times.**
   - Happy Birthday Hand Washing (Indoor; **3** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
2. **Play Germ Magnet with our den or your family. Wash your hands afterward.**
   - Glitter Germ Magnet (Indoor; **3** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Glo Germ™ Exploration (Indoor; **3** of 5 Energy; **4** of 5 Supplies; **3** of 5 Prep Time)
3. **Conduct the sneeze demonstration.**
   - Sneeze-splosion! (Indoor; **3** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time)
4. **Conduct the mucus demonstration.**
   - Mucus-tastic (Indoor; **3** of 5 Energy; **4** of 5 Supplies; **2** of 5 Prep Time)
5. **Grow a mold culture. Show what formed at a den or pack meeting.**
   - Germy Bread Investigation (Indoor; **3** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Moldy Meals Mystery (Indoor; **3** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time)