

Cub Scout Den Meeting Outline

Month: **January**

Week: **1**

Point of the Scout Law: **Helpful**

	Tiger	Wolf	Bear	Webelos	Arrow of Light
Before the Meeting	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.
Gathering	Exercise Crossword Puzzle				
Opening	New Year Opening				
Activity	Spin into Shape				
Game	Walk Like the Animals				
Business items/Take home	None	None	None	None	None
Closing	A Scout is Helpful Closing				
After the meeting					

Materials:

Gathering: copies of crossword puzzle, pencils

Opening: flag,

Activity: cardstock spinners, arrows, brads, push pins, scissors

Game: None

Closing: None

Home assignments: None

Advancement:

Tiger - None

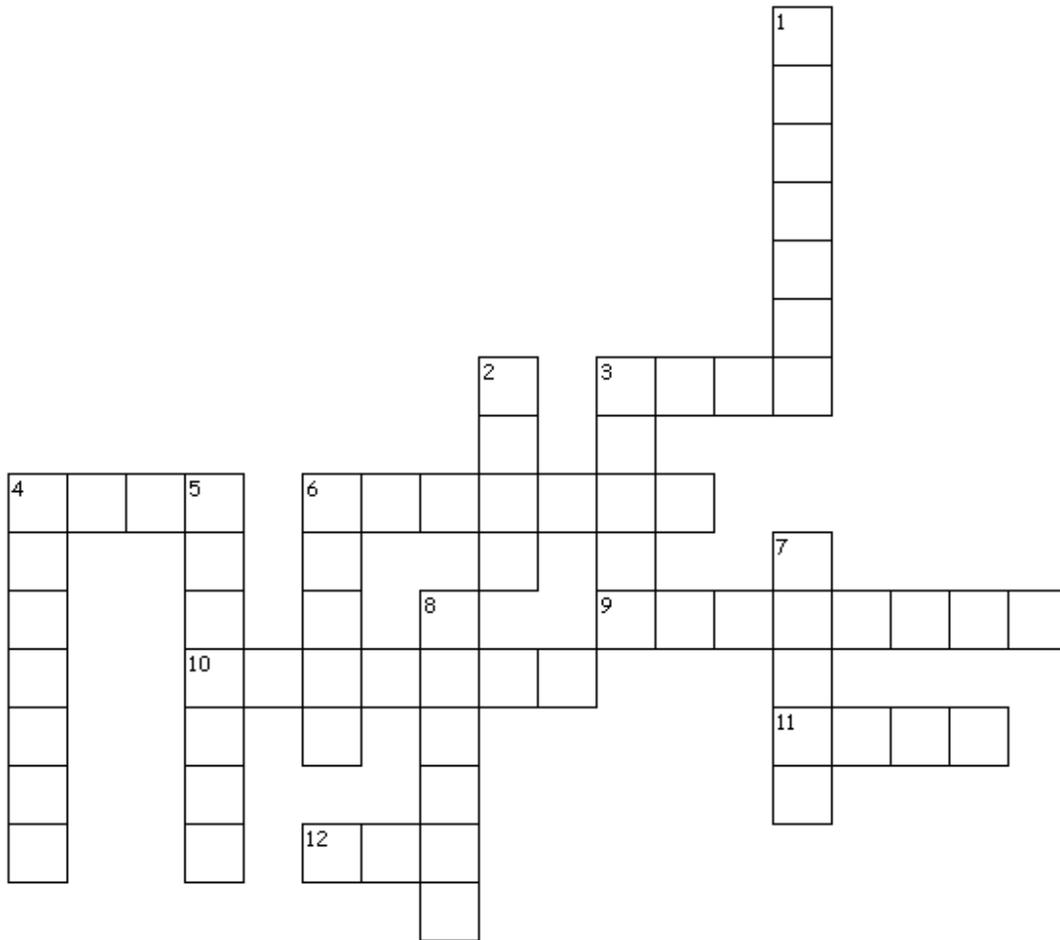
Wolf – Running with the Pack 5

Bear – None

Webelos – None

Arrow of Light – None

Exercise Crossword Puzzle



Across

3. A quick run.
4. One way to this is by using a rope.
6. Much faster than walking - we're _____!
9. Cub Scouts should _____ every day.
10. By exercising and eating nutritious food, you will help your body stay _____.
11. This can be an easy way to move. It rhymes with talk.
12. We should try to have _____ while we exercise.

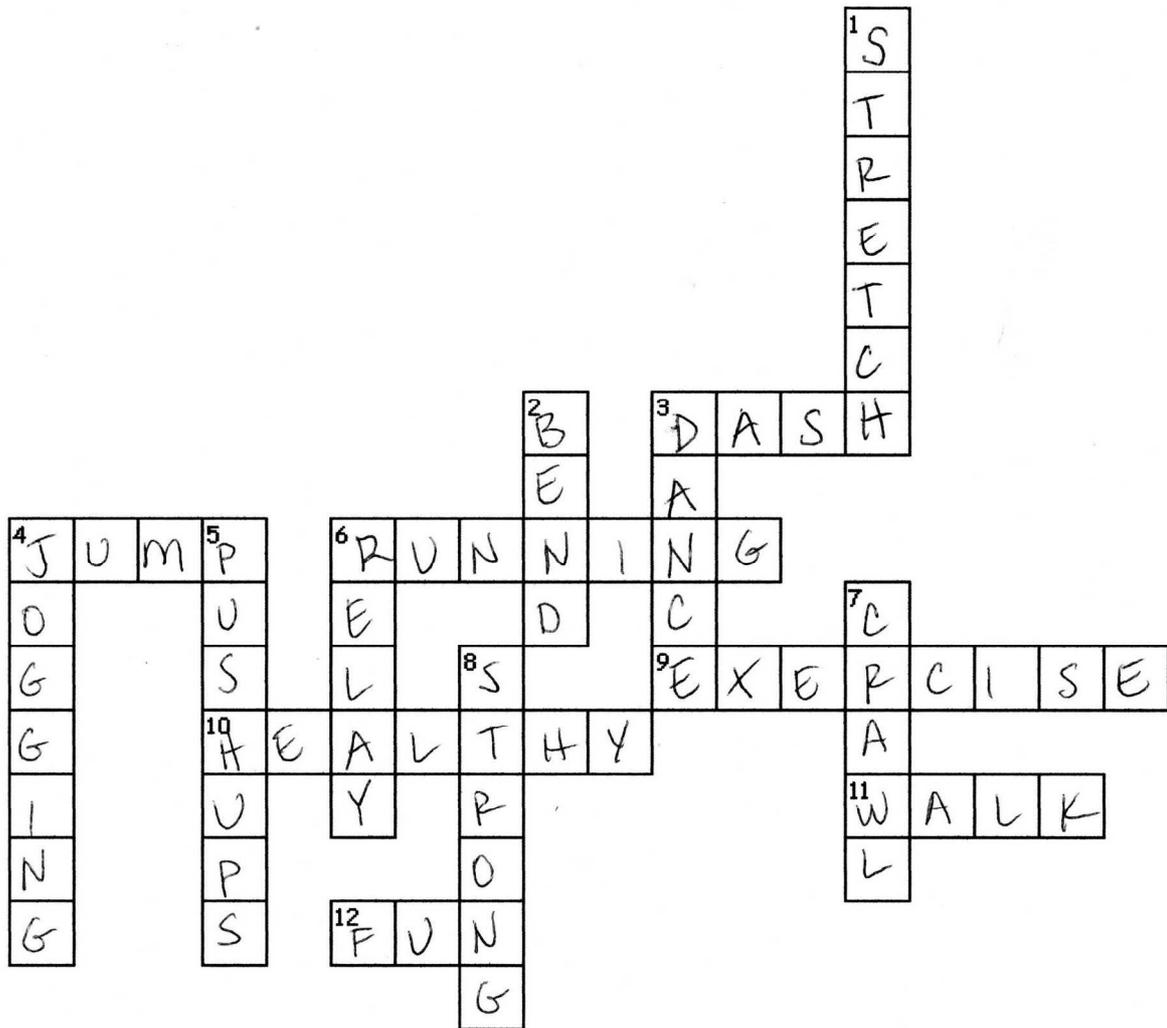
Down

1. You should do this before you exercise.
2. Try to _____ over and touch your toes.
3. One way to exercise is to _____ to your favorite music.
4. _____ is faster than walking, but slower than running.
5. We need to have strong arms to do _____.
6. When we have a _____ race, you need more than one person on each team.
7. Moving very slowly, sometimes on hands and knees.
8. Exercise helps us to build _____ muscles.

Words to Use

- | | | |
|----------|---------|---------|
| Bend | Healthy | Stretch |
| Crawl | Jogging | Strong |
| Dance | Jump | Walk |
| Dash | Pushups | |
| Exercise | Relay | |
| Fun | Running | |

Exercise Crossword Puzzle



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- Much faster than walking - we're _____!
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New Year Opening

Materials: flag

Cubmaster:

A new year has started! There are new things to do in this year – doing things and having experiences that you have never done before.

Maybe you have set some goals to try harder in whatever area you wish.

I hope that you will always do your best as a Cub Scout.

Join me in this new year by saying the Pledge of Allegiance and the Scout Oath. e.



Spin into Shape

Building Instructions:

Materials:

Printed cardstock spinners and arrows (1 per boy)

Brads (1 per boy)

Scissors

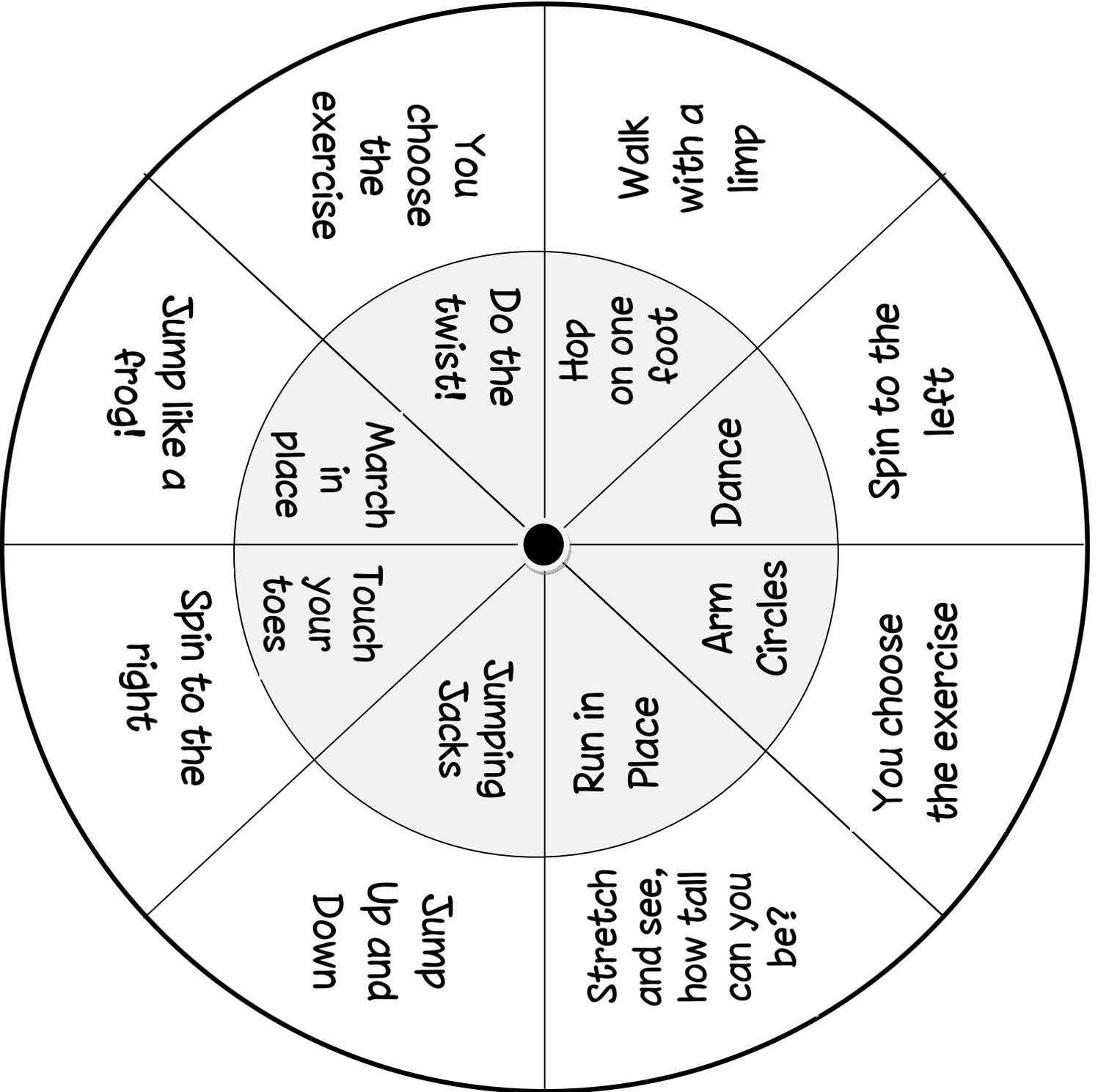
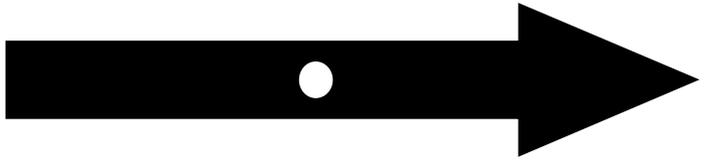
Pushpins

Have each Cub Scout cut out the spinner and the arrow. Using a push pin, make a hole in the arrow and another hole in the black circle in the middle of the spinner. Once holes are made, the brad will go through the push pin holes in the arrow and then through the spinner. Then spread apart the brad on the back of the spinner to hold them together - not too tightly, as the arrow will need to spin freely.

Game Instructions:

Once the spinner is assembled, place the Cub Scouts into small groups. Each group will decide which level to read the spinner (white or gray). The Cub Scouts will take turns spinning the arrow. When the arrow stops everyone in the group does the activity indicated by the arrow for 30 seconds to a minute.

Spin into Shape Spinner



Walk Like the Animals

Materials:

None

Instructions:

Have Cub Scouts line up at the end of large room or field.

As they come toward you, they need to do the frog leap (may have to have someone demonstrate it for the group).

After they have come a certain distance (it may only be 15-20 feet) - have them return to the starting place doing the inchworm walk (see diagram from the *Wolf Handbook* below).

Then have them come back to you doing the kangaroo hop and then return to their starting point doing the crab walk.

This does not have to be a race, but it could be.

Frog leap



Kangaroo hop



Inchworm walk



Crab walk



A Scout is Helpful Closing

Materials:

Flag

Cubmaster or Den leader:

We've come to the end of our meeting today. I have a few questions for you to answer and then think about today.

If I say "A Scout is helpful," what does that mean to you?

[Listen to their answers and make sure that they understand that "A Scout volunteers to help others without expecting a reward."]

How can Cub Scouts be helpful at home, at school and at den meetings?

[The Cub Scouts will likely have some perfect answers to your question. Encourage them to do their best to be helpful. Remind them that their oath says that they will do their best to "...help other people at all times."]

Let's try to see how helpful we can be this month in our den meetings and during school and at home.