

Cub Scout Den Meeting Outline

Month: **January**

Week: **4**

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	Hidden Pictures: Tug of War Fun				
Opening	I've Got that Cub Scout Spirit Opening				
Activity	Obstacle Course				
Game	Bounce, Toss & Jump Relay				
Business items/Take home	None	None	None	None	None
Closing	A Smile Closing				
After the meeting					

Materials:

Gathering: copies of Hidden Pictures, pencils

Opening: flag, song sheets

Activity: cones, masking tape, stopwatch, balls/beanbags

Game: large balls, beanbags

Closing: closing word strips

Home assignments: None

Advancement:

Tiger - None

Wolf – None

Bear – None

Webelos – Stronger, Faster, Higher 6

Arrow of Light – None

“I’ve Got That Cub Scout Spirit” Opening

Materials:

Song lyric sheets

Cubmaster:

We have a song to sing for our opening today!



I’ve Got That Cub Scout Spirit

Tune: Down in My Heart

I’ve got that Cub Scout spirit up in my head
Up in my head, Up in my head
I’ve got that Cub Scout spirit up in my head
Up in my head to stay.

[Point to each part of the body as you sing. Replace “up in my head” with other words in the last four verses]

Deep in my heart
Down in my feet
All over me (use the verse below)

I’ve got that Cub Scout spirit up in my head
Deep in my heart, down in my feet
I’ve got that Cub Scout spirit all over me
All over me to stay!

Cubmaster:

Welcome to our Cub Scout den meeting today! Join me in saying the Pledge of Allegiance and the Scout Oath and Law.

I've Got That Cub Scout Spirit

I've got that Cub Scout spirit
Up in my head, up in my head, up in my head
I've got that Cub Scout spirit
Up in my head, Up in my head to stay.

I've got that Cub Scout spirit
Deep in my heart, deep in my heart, deep in my heart
I've got that Cub Scout spirit
Deep in my heart, deep in my heart to stay.

I've got that Cub Scout spirit
Down in my feet, down in my feet, down in my feet
I've got that Cub Scout spirit
Down in my feet, down in my feet to stay.

I've got that Cub Scout spirit
All over me, all over me, all over me
I've got that Cub Scout spirit
All over me, all over me to stay.

I've got that Cub Scout spirit
Up in my head, deep in my heart, down in my feet
I've got that Cub Scout spirit
All over me, all over me to stay.



Obstacle Course

Materials:

Cones

Masking tape (for balancing on)

Balls/Beanbags

Stopwatch (or way to keep time)

Have the Webelos den quickly create an obstacle course and then have the Webelos dens lead younger Cub Scouts on the course.

Obstacle courses combine many activities. You get to move in different ways and try new skills. Like other sports activities, you can improve your time on an obstacle course with practice.

Here are some movements you could include in your obstacle course:

Crawling under a table

Jumping over a line

Tossing a ball or beanbag into a bucket

Running a specific distance

Weaving through cones

Walking backward 10 steps

Balancing as you run along a tape

Bounce, Toss and Jump Relay

Materials:

A ball that can be bounced for each team of 10-15 boys

A beanbag for each team of 10-15 boys

Instructions:

1. Divide the Cub Scouts into teams of 10-15 boys – as evenly as possible.
2. Each team will get a ball and a beanbag that will be placed at a spot 20 feet in front of the team.
3. On “Go,” the first player on each team runs to the ball and beanbag, picks up the ball. He bounces the ball 10 times, tosses the beanbag in the air 10 times, and then jumps up and down 10 times. The first player then puts the ball and beanbag where he found them and then runs back to his team and tags the next player.
4. Play continues until all members of the team have had a turn.



A Smile Closing

Materials:

Word strips for each Cub Scout participating.

Cub Scout #1: I think there were at least 100 smiles here today at our den meeting, but did you know...

Cub Scout #2: A smile costs nothing...

Cub Scout #3: But it creates much...

Cub Scout #4: It happens in a flash, but the memory sometimes lasts forever.

Cub Scout #5: It cannot be bought, begged, borrowed, or stolen.

Cub Scout #6: But it is of no earthly good to anyone unless it is given away.

Cub Scout #7: So, if in your hurry and rush, you meet someone who is too weary to give you a smile, leave him one of yours.

Cub Scout #8: No one needs a smile as much as a person who has none left to give.

Cubmaster: Let's give a smile away today. We'll see you at our next den meeting.



A Smile Closing Word Strips

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