

Cub Scout Den Meeting Outline

Month: **January**

Week: **4**

Point of the Scout Law: **Trustworthy**

	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	Hot Lava				
Opening	I've Got that Cub Scout Spirit Opening/Song				
Activities/Project	Walk Like the Animals/Can You Do These Exercises?				
Game/Song	Tennis Ball Soccer				
Business items/Take home	None	None	None	None	None
Closing	A Smile Closing				
After the meeting					

Materials:

Gathering: construction paper, masking tape

Opening: flag, song sheets

Project/Activity: tennis balls to throw, masking tape for lines

Game/Song: tennis balls, cones, masking tape

Closing: closing word strips

Home assignments: See home assignment sheets

Advancement:

Tiger - None

Wolf – Running with the Pack 4, 5

Bear – None

Webelos – Stronger, Faster, Higher 6

Arrow of Light – None

Hot Lava

Materials

Construction paper (6 sheets per group of Cub Scouts)

Masking tape (to mark the edges of the river of lava and also to securely tape down paper to floor)

Cub Scouts have to cross a river of lava and must stay only on the rocks (construction paper) or else they will get burned.



Setting up

Using masking tape make the edges of the river by making two parallel lines of tape (about 20 – 30 feet apart) on the floor. Within the river (between the pieces of tape), place the sheets of construction paper. Don't put the sheets of paper too close together or too far apart. However, the Cub Scouts should have to stretch their legs a little bit to reach. If you need to make the river wider, do so.

Instructions:

Each Cub Scout will have the opportunity to cross the lava. You can determine how they will cross. They could use only their feet, or alternate using feet and hands, etc. You could even number the sheets and they might have to cross the lava on the rocks in a specific order.

“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.



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



Can You Do These Exercises?

Materials

Balls for Cub Scouts to easily throw (tennis balls, larger balls, wads of paper, etc)
Masking tape (to make lines to walk on)

Directions:

The following exercises are done on a “Do Your Best” basis. If a Cub Scout cannot completely do a back roll, but shows that he is doing his best, he has completed that exercise.

Divide the Cub Scouts in to 2 or 3 stations. At each station they will be doing something differently. Some activities will take longer than others – so you may want to group the activities in the stations accordingly.

1. Play catch with someone 10 steps away. Play until you can throw and catch.

[The boys can start 10 steps away or work their way up to 10 steps away.]

2. Walk a line back and forth. Do it sideways, too.

[Using the tape, mark a line 8 to 10 feet long for the Cub Scouts to walk back and forth and sideways on.]

3. Do a front roll (somersault).



4. Do a back roll (backwards somersault).



5. Do a frog stand.



Tennis Ball Soccer



Materials:

Cones (4 for two teams)
Tennis ball (1 for two teams)
Masking tape (for lines)

Setup:

A rectangular “field” that can be indoors or outdoors. Mark the boundary lines and use cones to mark the sides of the goal.

Instructions:

1. Divide Cub Scouts into an even number of teams – preferably with fewer than 11 members on a team.
2. Have the team choose who will be their goalie and determine which side of the field each goalie will be on – that will also decide which direction each team will be trying to kick the tennis ball.
3. Tennis ball soccer is played much like regular soccer with the same objective of kicking the ball into the goal, with the opposing team trying to keep the team from scoring.
4. Start the game with a kick-off and watch for fouls (players getting kicked, tripped, hit, pushed, etc and touching the ball).
5. The only thing we do not do in Tennis Ball Soccer is use our head to move the ball.
6. The game can last as long as there is time available.

Variation:

Using 3 or 4 more cones set up a line of cones in the middle of the field and have the Cub Scouts have to kick the ball around the cones before they can make a goal. This makes the game a little more challenging.

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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