
CUB SCOUT PRINTED PROGRAM GUIDE

FOR MULTI-RANK DENS AND SMALL PACKS



FIRST FOUR MEETINGS

- 1.1 Parent and Leader: Orientation and Planning Meeting
- 1.2 Teambuilding Pack Meeting
- 1.3 Character and Leadership Pack Meeting (Bobcat)
- 1.4 Personal Fitness Pack Meeting

PARENT ORIENTATION & PLANNING

1.1

MONTH ONE
WEEK ONE

DATE	START TIME	LOCATION
------	------------	----------

The pack's first event, held *before* the first full pack meeting. Welcome new families, explain what Cub Scouting is, let parents meet each other, and put the next two months on a calendar. No program for Scouts tonight.

RUN SHEET · 85 MINUTES

0:00	Arrival — name tags, sign-in, handouts
0:12	Welcome, and what Cub Scouting is
0:27	Calendar review
0:37	Monthly pack planning — weeks 2, 3 and 4
1:07	...ending with the talent survey
1:15	Registration and training
1:21	Questions, then closing remarks
1:25	Ends

No flag ceremony at either end. This is a working session for adults.

ARRIVE WITH A DRAFT, NOT A BLANK

Fill in the calendar on [p 11](#) before tonight. A roomful of parents asked to invent a calendar produces nothing. The same roomful asked to update one produces a calendar in twenty minutes.

PHONE EVERY PARENT, ESPECIALLY NEW ONES

A call gives each parent the chance to ask the question they will not ask in front of others, and it is the single thing that most affects who turns up.

BEFORE THE MEETING

-30 d	Confirm you can get into the building
-30 d	Ask your council and the school district to pass on the details — date, time, place, and who to contact
-14 d	Fill in the draft calendar p 11
-10 d	Call each parent, one at a time
-7 d	First reminder
-3 d	Second reminder
0	Third reminder, morning of
0	Chairs out for everyone you expect

COPY AND BRING

☐ Sign-in sheet p 9	2
☐ Talent survey p 10	1 / adult
☐ Calendar, filled in p 11	1 / family
☐ Pack planning sheets p 12	1 each
☐ Take-home sheet p 20	1 / family
☐ <i>Welcome! New Cub Scout Family</i> pamphlet	1 / family
☐ Youth applications, or QR registration code	roster + 6
☐ Adult applications	10
☐ Blank sticky name badges	1 / person
☐ Marker pens	4
☐ Ordinary pens	15
☐ A handbook and a uniform shirt, to pass round	—
☐ Coffee and something to eat	—

IF THIS IS YOUR FIRST ONE

Thank you for stepping up to be a leader in your pack!

WHAT THE EVENING HAS TO ACHIEVE

Four things. Every family understands what Cub Scouting is. The next two months are on a calendar. You have contact details for everyone who came. And a few people have agreed to take on a specific job. Everything else is optional.

WHEN YOU DO NOT KNOW THE ANSWER

Say you will find out and email them this week, write the question down, and do it. Guessing about fees, requirements or dates creates problems that surface later.

THE SCRIPTS ARE WRITTEN TO BE READ

The welcome is on p 5, the closing on p 8. Both are timed, and both cover things that get dropped when improvised. Read them off the page.

TWO THINGS THAT MAKE THE NIGHT EASIER

Ask a second adult to come early, to greet people and pour coffee while you set up.

Say the finish time out loud at the start. It stops the calendar segment eating the evening.

WORDS YOU WILL HEAR

You will hear all of these tonight, and parents will ask about some of them.

Pack

All the children and families together. Usually tied to one school or community.

Den

A small group inside the pack, normally one school year, meeting separately between pack meetings, or in den breakouts during pack meetings.

Pack meeting

Everyone together. Games, ceremonies, and work toward adventures.

Den meeting

One den only, usually shorter and more hands-on.

Cubmaster

Runs pack meetings and is the face of the pack to the children.

Committee chair

Runs the pack's business — budget, paperwork, planning, recruiting adults.

Den leader

Runs one den, or helps the Cubmaster with pack meetings.

Denner

A child who takes a turn helping their den leader. A helper, never in charge of other children.

Chartered organization

The church, school or club that formally hosts the pack and provides the meeting place.

Council

The regional Scouting body supporting your pack. Has paid staff, a service center and usually a shop.

District

A smaller area within the council. Where your nearest volunteer support comes from.

Scout Shop

Where uniforms, handbooks and badges are bought.

Roundtable

A regular meeting where leaders from local packs swap ideas. Free, and worth going to if it is offered in your area.

Rank

The level a child is working at, set by school year. Lion in kindergarten, then Tiger, Wolf, Bear, Webelos, and Arrow of Light.

Adventure

A themed set of activities. Completing one earns a loop or pin. Eight of them make up a rank.

Adventure loop / pin

The small awards for completing an adventure. Loops for younger children, pins for older.

Handbook

The child's own book for their rank. Families buy it; most of the at-home work lives in it.

Scout Oath and Scout Law

The promise and the twelve points Scouts learn and are asked to recite.

Safeguarding Youth

Free online training every registered adult must complete before working with Scouts, and renew annually.

Two-deep leadership

The rule that two registered adults are present at every activity, without exception.

Annual Health and Medical Record

The medical form families complete. Needed before campouts. Records allergies and medicines.

Pinewood Derby

The wooden car race. Usually the best-attended event of the year.

Raingutter Regatta

The same idea with small sailing boats in a water-filled gutter.

Blue and Gold

The pack's birthday banquet, traditionally in February.

Crossover

The ceremony where AOL Scouts leave the pack for a Scouts BSA troop.

Service project

Something the pack does for the community. Every rank has a requirement involving one.

DURING THE MEETING

0:00 ●

12 MIN

ARRIVAL — NAME TAGS, SIGN-IN, HANDOUTS

Stand at the door and shake hands. Ask each adult to write their first name on a badge and stick it on — including you, and including anyone who says they do not need one.

Then three things happen at the door, in this order:

- They sign in with a phone number and an email [p 9](#).
- They take a handout pack: the draft calendar, the Welcome pamphlet, a blank talent survey, and the take-home sheet.
- Anyone whose child is not yet registered fills in an application tonight.

Why the sign-in sheet matters more than it looks. It is the only complete list of your families you will get. Building one afterwards from memory and email costs two weeks and you will still be missing people.

Put the coffee out, or another drink or snack. It gives somebody who arrived alone and knows nobody a place to stand and something to do with their hands.

0:12 ●

15 MIN

WELCOME, AND WHAT CUB SCOUTING IS

Ask everyone to sit down. Wait for the room to settle rather than talking over it.

The words are written out for you. [p 5](#) Read them straight off the page if you want to.

While you talk, pass a handbook and a uniform shirt round the room. Physical objects support what you say, and it gives people something to look at.

WORTH ADDING

Be specific about what the family is signing up for, before anyone signs anything: weekly meetings, a few weekend adventures, and roughly twenty minutes a week at the kitchen table with the handbook. Share the total cost, including registration fees, pack dues, activity expenses and summer camp.

THE WELCOME

Fill in the two blanks before the meeting. Read it slowly. At the right pace it takes four minutes.

— WAIT FOR THE ROOM TO SETTLE. DO NOT TALK OVER IT.

Good evening, everyone, and welcome to our Cub Scout Parent Orientation Night! My name is _____, and I'm proud to be part of Pack _____.

Cub Scouting is all about fun, friendship, and family. It's a program where kids and parents learn, play, and grow together. We build things, go on adventures, serve our community, and celebrate our accomplishments along the way.

— START PASSING THE HANDBOOK AND THE UNIFORM SHIRT ROUND NOW.

Whether you are brand new to Scouting or already part of our Pack, we're excited you're here! No matter what your family enjoys — the outdoors, crafts, science, or just spending time together — there's a place for you in Cub Scouts.

Tonight, you'll get a taste of our engaging program — meeting new friends and discovering how families are at the heart of everything we do. As you meet our leaders and take part in the activities, imagine the fun and adventures waiting for your family this year: campouts, the Pinewood Derby, hikes, service projects, and pack events where everyone joins in on the fun.

— STOP HERE. TAKE A BREATH. THEN THE TWO ADDITIONS BELOW, IN YOUR OWN WORDS.

HOLDING THE PAGE

Look up at the end of each paragraph rather than mid-sentence. It keeps your place and it keeps the room with you.

0:27 • CALENDAR REVIEW

10 MIN

Hand out the calendar you filled in beforehand [p 11](#) and look at it together. You are asking the room to **update a draft**, not to invent one.

Check the fixed dates first, because these are the ones that force changes: school terms and holidays, anything your council or district has already scheduled, your chartered organization's own calendar, and religious holidays across *all* the families in the room rather than just your own.

Ten minutes. The three weeks that follow get worked through one at a time in the next segment.

0:37 • WEEK 2 – TEAM BUILDING

10 MIN

An open house. Games in rotations, and a separate track where new parents get the program explained while their children play.

Settle tonight: who is bringing a friend — ask every family to bring one child who is not in the pack. And a big enough space, because the games need room.

0:47 • WEEK 3 – BOBCAT

10 MIN

Every Scout earns **Bobcat**, focusing on character and leadership.

Settle tonight: families buy the handbook **this week**. They do the child-protection exercises in the front of it, together, at home. Scouts start learning the Scout Oath and Law.

Parents of AOL (5th grade) Scouts plan a troop visit.

0:57 • WEEK 4 – PERSONAL FITNESS

10 MIN

An active meeting about everyday habits — sleep, teeth, handwashing, moving about.

Settle tonight: medical records completed and brought in. Clothes children can move in. And ask about food allergies now, because there is food in that meeting.

WORTH ADDING

Use the pack planning sheets [p 12](#) to ask parents to help with activities and breakouts. Each one lists every job in that meeting with a column for a name — go through them here, while everybody is in the room.

Finish by asking what local resources anybody knows about — a museum with a program, a fire station that gives tours, a farm, a parent whose employer would host a visit. Write the names down on the spot. This is free program for the rest of the year and it only ever surfaces if somebody asks out loud.

1:07 • WRAP UP WITH THE FAMILY TALENT SURVEY

8 MIN

Hand out the survey [p 10](#), explain what it is in one sentence, and then **be quiet for five minutes** while people fill it in. Resist filling the silence. Collect them in the room before anyone stands up.

It asks what somebody *can do* rather than whether they will volunteer, which is a much easier question to say yes to. Four separate columns — help, teach, lead, or be a leader — so a parent who would never tick the last one will happily tick "I live or work by the Scout Shop and can pick up Advancements." That tick is a real job, filled.

Point at the second table before they start. Most parents skip it, and it is where you find the truck, the large kitchen and the workshop that make a whole year of program possible.

1:15
6 MIN

REGISTRATION AND SAFEGUARDING YOUTH TRAINING

Keep this factual and brief. It is a list of steps, not a warning.

- **Safeguarding Youth** — free, online at my.scouting.org, done before working with Scouts, and renewed annually. Every registered adult, no exceptions. All parents encouraged to take it.
- **Two registered adults present at every activity.** That includes a den meeting in somebody's front room.
- No one-to-one contact between an adult and a child who is not their own. That covers texts and phone calls as much as rooms.

Say the two-adult rule twice. It is the one new packs break by accident — usually when a leader arrives early and a parent drops a child off and drives away.

1:21
4 MIN

QUESTIONS, THEN THE CLOSING REMARKS

Take questions for two minutes, then stop. Anything still unresolved is a conversation at the door, not a meeting — and the people with the longest questions will find you anyway.

Then read the closing. p. 8 It is written out, like the welcome, and it does a specific job in a specific order — so read it rather than paraphrasing.

LAST, AT THE DOOR

Applications and talent surveys to me before you go. If you took something on, put your number next to it on my sheet.

AFTER THE MEETING · WITHIN 48 HOURS

☐ Applications sent in or approved online

☐ Everyone who took a job emailed individually

☐ Sign-in sheet typed into a list

☐ Anyone who missed tonight phoned **and** emailed

☐ Talent surveys read and sorted by skill

☐ Calendar corrected and reprinted for Week 2

WHAT HAPPENED

Families here ____ of ____ · Surveys in ____ · Applications ____ · Ran ____ min

THE CLOSING REMARKS

Fill in the next date before the meeting.

— FILL THESE THREE BLANKS IN BEFOREHAND. DO NOT WORK THEM OUT AT THE FRONT.

Before we finish, one date for your calendar. Our next meeting is on _____ at _____.

Thank you all for joining us and taking part in the fun. I hope you got a sense of what Cub Scouting is all about.

Thank you again for coming, for your enthusiasm, and for being a part of the fun tonight. But most importantly, thank you for giving your child the chance to begin their adventure along the Cub Scout trail. We are delighted to have you in our Pack for the journey ahead.

— SLOW DOWN HERE. THIS NEXT PART IS A KEY ASK OF THE EVENING.

If you have not joined us yet, we welcome you to join the Pack and share in the fun. Please talk with our leaders before you leave tonight — we're happy to answer any questions and help you get started.

Together, let's keep the spirit of Cub Scouting alive!

DO NOT SKIP THE INVITATION

The paragraph asking people to speak to a leader before they leave is the only thing the whole evening asks for, and it sits second to last on purpose — right before the sign-off, when nobody has started putting their coat on. Read it. Some families in the room have not committed yet and are waiting to be asked.

PARENT ORIENTATION & PLANNING · PACK _____ · DATE _____

[illegible]

Applications collected _____ · Surveys collected _____ · Total adults _____

FAMILY TALENT SURVEY

FAMILY TALENT SURVEY

You are a unique person with special talents, abilities, and resources that can help build our Cub Scout community. We want to tap into everyone's special talents. When we do this we will be able to provide the best possible experience for our Cub Scouts.

FIRST NAME _____ LAST NAME _____

Please provide the best contact information for you. We understand that you may have multiple emails and phone numbers, and we want to assure you that the information you provide is only used by our local Cub Scout pack. Your information is not shared with anyone else.

EMAIL _____ PHONE _____

OCCUPATION _____ JOB TITLE _____

HOBBIES / TALENTS _____

At this time, what is your willingness and ability to participate? (Check all that apply.)

☐ I would be willing to help with a meeting or special event	☐ I would be willing to teach a Cub Scout skill	☐ I would be willing to lead a special event or activity	☐ I am interested in being a volunteer leader.
☐ I can come early to help set up ☐ I can stay after to help clean up ☐ I can help pick up craft supplies or refreshments ☐ I live or work by the Scout Shop and pick up Advancements or drop off paperwork	What subject(s) or skill(s)? ☐ Arts and crafts ☐ Fishing ☐ Cycling ☐ Hiking ☐ Camping ☐ Conservation ☐ U.S. history ☐ Science ☐ Technology ☐ Engineering ☐ Math ☐ Woodworking ☐ Sports ☐ Health and nutrition ☐ Other: _____ ☐ Other: _____	What type of events or activities? ☐ Banquets or potlucks ☐ Award ceremonies ☐ Camping ☐ Hiking ☐ Aquatics ☐ Cycling ☐ Fishing ☐ Boating ☐ Service projects ☐ Pinewood Derby ☐ Raingutter Regatta ☐ Fundraising for Scouting ☐ Product sales ☐ Other: _____ ☐ Other: _____ ☐ Other: _____	What type of leadership position would you be interested in? ☐ Working with my child and other children of my child's age with another adult leader. ☐ Working with the other adults to support those who are working directly with Cub Scouts. ☐ Working on administrative tasks such as record-keeping or communications.

What resources would you be willing to provide, when needed, for the Cub Scout pack? (Check all that apply.)

Vehicles	Adult meeting locations	Den meeting locations	Pack events locations	Other resources
☐ Truck or large SUV — the pack might need a truck to pick up inventory for product sales, haul equipment, pull a trailer of equipment, or float in a parade. ☐ Classic car for parades or special events.	☐ Space in your home to host adult meetings ☐ Outdoor space to host adult meetings ☐ Access to a location for adult meetings	☐ Space at your home to host small meetings of 12 or fewer Cub Scouts ☐ Access to a location to host small meetings of 12 or fewer Cub Scouts	☐ Space at your home to host large events outside ☐ Access to a location to host large events outside ☐ Access to a location to host large events inside	☐ Extra camping gear ☐ A workshop with woodworking tools ☐ A/V equipment (microphone, speakers) ☐ Large kitchen ☐ Other: _____

THE NEXT TWO MONTHS

Fill this in beforehand and hand it out as a draft. Mark pack meetings, den meetings, the campout, the service project and the recruiting event. Leave a few gaps — a room that can change something believes the rest.

MONTH _____

SUN	MON	TUE	WED	THU	FRI	SAT

MONTH _____

SUN	MON	TUE	WED	THU	FRI	SAT

FIXED BEFORE WE START

School holidays _____ Council / district dates _____

Chartered organization _____ Religious holidays _____

PACK MEETING PLANNING SHEETS

Three sheets, one for each of the next three meetings. Every job in the meeting is a row, and the last column is a name. **Work through them at the planning segment**, while every family is in the room — that is the only evening this month when they all are.

Read a row, say what it involves, then ask one person by name. A row is a small, bounded job with an obvious end — far easier to say yes to than "we need help."

SHEET	COVERS	PAGE
Week 2	Team Building	p 13
Week 3	Character and Leadership — Bobcat · 3 pages	p 15
Week 4	Personal Fitness	p 18

PRINT ONE PER MEETING, OR JUST WRITE IN THIS BOOK

These are the Cubmaster's working copies. Fill them in as people volunteer, then photograph or copy the completed sheet for whoever is running that meeting.

WEEK 2 · TEAM BUILDING

DATE _____ TIME _____ LOCATION _____

Detailed directions for each activity are in this book. Parents can also scan the QR codes for a link to directions.**BEFORE THE MEETING**

ACTION	DESCRIPTION	ACCEPTED BY
Confirm location	Confirm the meeting location and access	
Meeting reminders	Reminders to parents: 7 days before, 3 days before, and the day of the meeting	
Gathering supplies	Purchase or gather supplies needed for the pack meeting	
At-home requirements	None	

DURING THE MEETING

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Gathering activity	Adventure Journals		
Opening flag ceremony	Traditional Flag Ceremony		
Opening remarks	Team Building opening remarks		
Rotation 1	Floating Treasure — all		
Rotation 2	Guess Who — adults		
Rotation 2	Cups and Downs — youth		

WEEK 2 · TEAM BUILDING**DURING THE MEETING · CONTINUED**

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Rotation 3	What is Cub Scouting? — new adults		
Rotation 3	This or That — youth		
Rotation 4	Popcorn Pop — all		
Cubmaster minute	Team Building Cubmaster minute		
Closing ceremony	Traditional Flag Ceremony		

AFTER THE MEETING

ACTION	DESCRIPTION	ACCEPTED BY
Clean up	Put the meeting space back in order. Clean up stations. Check bathrooms. Take out trash.	
Lock up	Check all rooms and secure the meeting space.	

WEEK 3 · CHARACTER AND LEADERSHIP

DATE _____ TIME _____ LOCATION _____

Detailed directions for each activity are in this book. Parents can also scan the QR codes for a link to directions.**BEFORE THE MEETING**

ACTION	DESCRIPTION	ACCEPTED BY
Confirm location	Confirm the meeting location and access	
Meeting reminders	Send reminders to families: 7 days before, 3 days before, and the day of the meeting	
Purchase adventures	Purchase the adventure loops and pins, and any other recognition	
Gathering supplies	Purchase or gather the supplies needed for the pack meeting	
At-home requirements	Give notice to parents about at-home requirements to complete beforehand	

DURING THE MEETING

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Gathering activity	Get to Know You Bingo		
Opening flag ceremony	Traditional Flag Ceremony		
Opening remarks	Opening remarks		
Lion, Tiger, Wolf	Duck, Duck, Goose		
Bear	Denner Jobs		
Webelos	What does a denner do?		

WEEK 3 · CHARACTER AND LEADERSHIP

DURING THE MEETING · CONTINUED

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Arrow of Light	Patrol Elections		
Station 1	Scout Oath puzzle		
Station 1	Recite the Oath and Law — Webelos		
Station 1	Scout Law word search		
Station 2	Sign, salute and handshake relay		
Station 2	Scouts BSA sign, salute and handshake		
Station 3	Do Your Best Showcase		
Station 3	Scout slogan and motto		

WEEK 3 · CHARACTER AND LEADERSHIP**DURING THE MEETING · CONTINUED**

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Station 4	Code of Conduct		
Fun and games	Cups and Downs		
Ceremony	Passing on the Cub Scout Spirit — Bobcat		
Closing ceremony	Traditional Flag Ceremony		

AFTER THE MEETING

ACTION	DESCRIPTION	ACCEPTED BY
Clean up	Put the meeting space back in order. Clean up stations. Check bathrooms. Take out trash.	
Lock up	Check all rooms and secure the meeting space.	

WEEK 4 · PERSONAL FITNESS

DATE _____ TIME _____ LOCATION _____

Detailed directions for each activity are in this book. Parents can also scan the QR codes for a link to directions.

BEFORE THE MEETING

ACTION	DESCRIPTION	ACCEPTED BY
Confirm location	Confirm the meeting location and access. Check for sinks.	
Meeting reminders	Reminders to families: 7 days before, 3 days before, and the day of the meeting	
Purchase adventures	Purchase the adventure loops and pins, and any other recognition	
Gathering supplies	Purchase or gather the supplies needed for the pack meeting	
At-home requirements	Notice to parents about at-home requirements to complete beforehand	

DURING THE MEETING

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Gathering activity	Cub Scout Critter Dash		
Opening flag ceremony	Traditional Flag Ceremony		
Opening remarks	Opening remarks		
Lion, Wolf, Bear, Webelos, AOL	Music Can Soothe the Savage Beast		
Tiger	Tiger Get Ready for Bed		
Station 1	Circuit Exercise		

WEEK 4 · PERSONAL FITNESS**DURING THE MEETING · CONTINUED**

ACTION	DESCRIPTION	SCAN	ACCEPTED BY
Station 2	Yoga		
Station 3	Hand washing		
Station 3	Trail Mix prep		
Station 4	Clean Chompers		
Fun and games	Over and Under Relay		
Ceremony	Fit for Adventure! — needs two readers		
Closing ceremony	Traditional Flag Ceremony		

AFTER THE MEETING

ACTION	DESCRIPTION	ACCEPTED BY
Clean up	Put the meeting space back in order. Clean up stations. Check bathrooms. Take out trash.	
Lock up	Check all rooms and secure the meeting space.	

WELCOME – WHAT HAPPENS NEXT

YOU'VE JOINED PACK -----

Cub Scouting works best when it is done together. The single most valuable thing you can do is sit down with your child and their handbook for twenty minutes a week. Everything else is a bonus.

WHAT WE ARE ASKING OF YOU

- ☐ Come to the weekly meeting
- ☐ Do the short bits of work at home, with your child, not for them
- ☐ Come to our weekend activities — outdoor adventures, service projects and more
- ☐ Do **something** to help the pack.

WHAT TO BUY, AND WHEN

Handbook Your child's own book, for their year group.

Uniform shirt Second-hand is completely normal. Ask us before you buy new.

Uniform belt Where recognition goes for Lion through Bear.

If cost is a problem, speak to us privately. No child misses out over money. This is normal, it happens every year, and the conversation stays between us.

DATES FOR YOUR FRIDGE

Next pack meeting _____ Den meeting _____

Recruiting event _____ Campout _____

WHO TO CONTACT

Cubmaster _____ Phone _____

Den leader _____ Phone _____

ONE MORE THING

If your child comes home and says they do not want to go back, tell us. Usually it is something small and fixable, and we would much rather hear it in week three than find out later.

TEAM BUILDING

1.2

MONTH ONE
WEEK TWO

DATE

START TIME

LOCATION

Your first proper pack meeting, built to bring visitors in. Everyone plays together, then **the adults break off for their own session** while the Scouts play, then everyone comes back together. Invite widely — the whole design assumes people who have not joined yet.

RUN SHEET · 90 MINUTES

0:00	Gathering — Adventure Journals
0:15	Opening flag ceremony p 27
0:18	Opening remarks p 26
0:22	Everyone — Floating Treasure
0:35	Split. Adults break out; Scouts play
1:05	Everyone — Popcorn Pop
1:20	Closing remarks p 28
1:25	Closing flag ceremony p 27

No awards and no ceremonies beyond the flags. Nothing has been earned yet.

PRINT AND BRING

☐ Visitor contact sheet p 35	3
☐ Whole-group cards p 30	cut up
☐ Scout track card p 31	1
☐ Adult breakout guide p 32	1
☐ Take-home sheet p 36	1 / family
☐ Guess Who slips p 33	1 / adult
☐ Journals, assembled — supplies on p 29	1 / Scout
☐ Markers	—
☐ Paper plates and scrap paper	1 / group
☐ Masking tape	2 rolls
☐ Plastic cups	60
☐ Balloons , inflated, plus spares	12
☐ Whistle · name badges · markers	1 / 60 / 4
☐ Pens for the adult breakout	20
☐ Youth and adult applications	20 / 10
☐ Talent surveys · Welcome pamphlets	15 / 20
☐ US flag, pack flag, stands	—

No flags or stands yet? Use a classroom flag, a flagpole, or even a printed flag taped to the wall.

BEFORE THE MEETING

-21 d	Book a room big enough, plus a side room
-14 d	Council and school asked to publicise it
-10 d	Every family asked to bring one friend
-7 d	Track leaders given their cards; reminder out
-5 d	Assemble the journals — allow an hour p 29
-3 d	Second reminder
0	Third reminder; balloons inflated beforehand

TWO ROOMS, FOUR ADULTS

Everyone plays, the adults step out for twenty minutes, everyone comes back. For those twenty minutes you are running two rooms at once.

WHO YOU NEED

Four adults is ideal. One on the door all evening with badges and the contact sheet. One leading the Scout track. One leading the adult breakout. And you, running the whole-group parts and keeping the clock. A fifth pair of hands with the younger Scouts helps but is not essential.

HAND OUT THE CARDS A WEEK EARLY

Each track has a card — whole-group on p 30, Scout track on p 31, adult breakout on p 32. Cut them out and give each leader theirs seven days ahead, not on the night. Instructions read cold in front of thirty Scouts cost you the first five minutes of the activity.

THE BREAKOUT IS IMPORTANT

Twenty-two minutes with new parents in a side room is vital to helping them connect with each other and the pack. Put a beautifully persuasive person on it — **and remember that it does not have to be you.** You are more useful keeping the games moving, and a warm committee chair who can talk to strangers is worth more in that room than a Cubmaster who feels obliged to do everything.

PRACTICAL, FROM EXPERIENCE

Name badges on everybody, adults included. More important here than at any other meeting, because half the room does not know each other and visitors will not ask twice.

Inflate the balloons before anyone arrives and bring twice as many as you need. A leader blowing up balloons is a leader not watching the room.

Count the cups at the end. Sixty cups scatter across a gym. Ask the children to collect them as a race — they are faster than you are.

NOISE IS NOT A PROBLEM

A room of families laughing at a balloon is what a visiting parent should see. Stop the room for two things: safety, and a child who is on their own.

DURING THE MEETING

0:00 ● GATHERING — ADVENTURE JOURNALS

12 MIN

A notebook with a paper lunch bag cover, for recording the adventures a Scout goes on. **You build them beforehand** — the Scouts decorate them and draw in them. Set them out with the markers before anyone arrives, so a family walking in late joins in seconds.

Assembly and prompts on p 29. Journals go home tonight; ask families to bring them back to future meetings.

Put one adult on the door for the whole evening with badges, applications and the contact sheet p 35. Every visiting family should be spoken to before the flags go up.

0:12 ○ OPENING FLAG CEREMONY

3 MIN

Nine commands, about ninety seconds. Your pack has probably never done one, so walk the color guard through it *during the gathering activity* rather than teaching it in front of visitors. Script and staging on p 27.

0:15 ● OPENING REMARKS

7 MIN

Written out in full on p 26. Read it — it does more than welcome people. The last third explains the shape of the evening, which is the only warning the adults get that they will shortly be taken into another room.

 0:22 — 0:34 · EVERYONE TOGETHER

FLOATING TREASURE

0:22 ● Tape a start line and a finish line about twelve feet apart, one lane per group. Each group gets a paper plate as a raft and a crumpled paper ball as treasure.

12 MIN

Split into small mixed groups of four to six people — Cub Scouts, siblings and parents together, and deliberately not by den. Everyone must keep at least one finger touching the raft the whole way, and the treasure must not fall off. When it does, and it will, they go back to the start.

Say out loud that this is not a race, and do not time it. It is the first thing visiting families do with your pack, and what they should take away is the shared problem-solving, cooperation and laughter.

MATERIALS — 1 PAPER PLATE AND 1 PAPER BALL PER GROUP OF 4-6 · MASKING TAPE

THE SPLIT

Send the adults out first, with their leader, so they do not have to pick their way past a game in progress. Any adult who would rather stay with their child may — say so, and mean it. A parent whose five-year-old will not let go is not a problem to solve.

SCOUTS STAY HERE

0:35 • Cups and Downs

Scatter about sixty cups, half up and half down. Two teams, one UP and one DOWN. A cup may be flipped but **never moved from its spot**. Count after five minutes; replay with weaker hand only if it ends too fast.

CARD – p 31

0:50 • This or That

Call out two choices. Players move to the side of the room matching theirs — left for the first, right for the second. Say "*Ready?*" and begin. Ask two or three of them why, then move on quickly.

CARD – p 31

1:05 • POPCORN POP – EVERYONE BACK TOGETHER

15 MIN

Everyone in a loose circle, not too close. Toss a balloon towards the middle and call "*Popcorn, POP!*" Keep it off the ground with **gentle taps of hands or arms only** — no catching, grabbing or spiking. Add more balloons as it settles.

The pack is like a bag of popcorn, and to keep it popping everyone has to work together.

MATERIALS – 12 INFLATED BALLOONS • A CLEAR SPACE FOR EVERYBODY

ADULTS GO NEXT DOOR

0:35 • Guess Who

Each adult writes a surprising fact, a bucket list item and a hidden talent on an unnamed slip. The leader mixes them up, reads them out, and the room guesses who wrote each one.

0:50 • The conversation

What Cub Scouting asks of a family, what it costs, and then questions.

GUIDE – p 32

TEAM BUILDING · 1.2

1:03 ●

5 MIN

CLOSING REMARKS

Written out on p 28. Read it rather than paraphrasing — it does a specific job in a specific order.

1:08 ○

2 MIN

CLOSING FLAG CEREMONY

Six commands, under a minute. p 27

Then take-home sheets into hands at the door p 36, journals into bags, and say goodnight to as many families as possible.

AFTER THE MEETING · WITHIN 48 HOURS

☐ Every visiting family contacted personally

☐ Applications sent in

☐ Talent surveys read and sorted by skill

☐ Dens sorted and sent to den leaders

☐ Bobcat recognition and denner cords ordered

☐ Family sheet out for Week 3

TWO THINGS WEEK 3 DEPENDS ON

Order Bobcat loops & pins now — they are awarded next week.

Confirm the Scouts BSA troop visit for your oldest Scouts. Arrow of Light Scouts cannot earn Bobcat without one, and next week is the ceremony.

WHAT HAPPENED

Scouts ____ · Adults ____ · Visiting families ____ · New applications ____ · Ran ____ min

THE OPENING REMARKS

Fill in the two blanks beforehand. The last two paragraphs explain the evening — do not cut them.

— WAIT FOR THE ROOM TO SETTLE. DO NOT TALK OVER IT.

Good evening, everyone, and welcome to our Cub Scout Orientation Night! My name is _____, and I'm proud to be part of Pack _____.

Cub Scouting is all about fun, friendship, and family. It's a program where kids and parents learn, play, and grow together. We build things, go on adventures, serve our community, and celebrate our accomplishments along the way.

Tonight you'll get to experience what Cub Scouting is all about — not through long speeches, but with games, laughter, fun, and teamwork — the very things that make Cub Scouting special. In Cub Scouts, we learn by doing: we build, explore, race, hike, camp, and help others. But most importantly, we do it together.

Whether you are brand new to Scouting or already part of our Pack, we're excited you're here! No matter what your family enjoys — the outdoors, crafts, science, or just spending time together — there's a place for you in Cub Scouts.

Tonight, you'll get a taste of our engaging program — meeting new friends, learning by playing, and discovering how families are at the heart of everything we do. As you meet our leaders and take part in the activities, imagine the fun and adventures waiting for your family this year: campouts, the Pinewood Derby, hikes, service projects, and pack events where everyone joins in on the fun.

— THIS NEXT PART TELLS EVERYONE WHAT IS ABOUT TO HAPPEN. SAY IT CLEARLY.

We're going to kick things off with an activity that everyone gets to play — that's right, kids and adults! So get ready to laugh, move around, and have some fun together! After our first game, adults, you'll head to a special breakout session just for you, where you'll get to meet and connect with other grown-ups and learn all about the world of Cub Scouting. Meanwhile, Scouts — you get to have some fun of your own! You'll be playing an awesome game to get to know your new friends. Then, when everyone's done, we'll come back together as one big group for a game that's full of energy, laughter, and teamwork! It's going to be a fun night.

Let's move, laugh, and make some noise, because this isn't a meeting where you just sit and listen — this is Cub Scouts! Let's start the fun and do our best!

— STRAIGHT INTO FLOATING TREASURE. NO QUESTIONS HERE.

TRADITIONAL FLAG CEREMONY

The most-used page in the book — every pack meeting opens and closes with it. Both scripts together run to about seventy words, so they sit here once and every meeting points back.

OPENING · ABOUT 90 SECONDS

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Hand salute
5	<i>Pledge of Allegiance</i>
6	<i>Scout Oath</i>
7	<i>Scout Law</i>
8	Two
9	Color guard, dismissed

CLOSING · UNDER A MINUTE

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Color guard, halt
5	Color guard, retrieve the colors
6	Color guard, dismissed

THE WORDS · STEPS 5 TO 7

PLEDGE OF ALLEGIANCE

I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

SCOUT OATH

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

SCOUT LAW

A Scout is:

Trustworthy	Loyal
Helpful	Friendly
Courteous	Kind
Obedient	Cheerful
Thrifty	Brave
Clean	and Reverent.

STAGING — GET THIS RIGHT ONCE AND IT HOLDS ALL YEAR

- Flag stands out **before anyone arrives**.
- Color guard forms at the **back**. Facing the front, the American flag is on the left, the pack flag on the right.
- On *advance* they walk forward and **cross about halfway** to reach the correct stand. The American flag crosses first.
- Anyone not in uniform puts their right hand over their heart instead of saluting. **Say so before you begin** — tonight the room is full of visitors who will not know.
- Walk the route beforehand. Watch the doorway height if flags go through one.

TWO ADULTS, SMALL PACK — OR A NEW PACK

With no pack flag, use the American flag alone and drop the crossing entirely — one Scout, one stand, straight up the middle. The ceremony is not diminished by being simple.

THE CLOSING REMARKS

Fill in the next date before the meeting. This doubles as the leader's minute — there is no separate one tonight.

— EVERYONE BACK TOGETHER. WAIT UNTIL THE ROOM IS QUIET.

Wow — what a great night! Thank you all for joining us and being part of the fun. I hope you got a taste of what Cub Scouting is all about — learning by doing, laughing together, and growing as families and friends.

In Cub Scouts, every game, project, and adventure helps our Scouts discover something new about the world, teamwork, and themselves. And the best part is that we do it together.

If you enjoyed tonight, just imagine what the year ahead can bring — campouts, Pinewood Derby races, hikes, service projects, and pack events where the whole family is part of the adventure.

Thank you again for coming and for giving your child the chance to start their journey along the Cub Scout trail. We're excited to have you with our Pack.

— SLOW DOWN. THIS NEXT PART IS THE ONLY ASK OF THE EVENING.

If you haven't joined yet, we'd love to welcome you — please talk with one of our leaders before you leave and we'll be happy to help you get started.

And before you go, don't forget our next Pack meeting is on _____ at _____. We hope to see you there!

Until then, keep the spirit of Cub Scouting alive — have fun, help others, and always do your best!

— THEN THE CLOSING FLAG CEREMONY. THEN STAND BY THE DOOR.

ADVENTURE JOURNALS

THIS IS A PREP JOB, NOT A MEETING ACTIVITY

You assemble one notebook per Scout **before the meeting**. Cutting, folding, punching, threading and tying — reckon on **two to three minutes each**, so about an hour for a pack of twenty. The Scouts decorate and draw; they do not build.

SUPPLIES

☐ Brown paper lunch bags	1 / Scout
☐ Blank copy paper	1.5 sheets / Scout
☐ Yarn	1 ft / Scout
☐ Markers	—
☐ Hole punch	1
☐ Ruler	1
☐ Scissors	1

ASSEMBLY · BEFORE THE MEETING

- 1 Cut the blank copy paper in half **length-wise**. Each Scout needs three half sheets.
- 2 **Do not open the bag** — keep it flat. Fold the lunch bag in half, top to bottom. This is the front and back cover.
- 3 Take three half sheets and fold them in half, top to bottom.
- 4 Enclose the folded sheets inside the folded bag cover, making a notebook.
- 5 Punch **two holes along the folded edge**, through the bag and all the sheets inside.
- 6 Measure one foot of yarn.
- 7 Thread it through both holes and tie it to bind the notebook securely.
- 8 Lay the journals and markers out where Scouts will walk in.

Keeping the bag flat in step 2 is the one that catches people out. An opened bag will not fold into a flat cover.

ON THE NIGHT

Say: everyone is going to make their own adventure notebook, to start recording the adventures you have in Cub Scouting.

Cub Scouts decorate the cover — and ask them to put their name on it. Then **add drawings or notes to the pages inside**. Offer a prompt to anyone who stalls:

- 1 Draw a picture of a friend you met tonight.
- 2 Write or draw an activity you are looking forward to doing in Cub Scouts.
- 3 Draw a picture of something fun you did today.
- 4 Write or draw a way you were helpful today.

CARDS · WHOLE-GROUP GAMES

1 FLOATING TREASURE

EVERYONE · 12 MIN

Before: tape a start line and a finish line about 12 feet apart, one lane per group. Put a paper plate and a crumpled paper ball on each start line.

Small mixed groups — Cub Scouts, siblings and parents together — 4 to 6 per group.

Say: carry your treasure across on the raft. Everyone keeps at least one finger touching the raft the whole way, and the treasure must not fall. If it falls, back to the start.

This is not a race. Say so, and do not time it.

MATERIALS — 1 PAPER PLATE + 1 PAPER BALL PER GROUP · MASKING TAPE

3 POPCORN POP

EVERYONE · 7 MIN

Balloons, not popcorn. Inflate 12 beforehand and clear space for the whole group.

Say: our pack is like a bag of popcorn — full of energy and fun. But to keep the popcorn popping, we have to work together.

Loose circle, not too close. Toss a balloon towards the middle and call "**Popcorn, POP!**" Keep it up with gentle taps of hands or arms only — no catching, no grabbing, no spiking. Add balloons as it settles.

Prompt people to cheer each other. Help anyone struggling rather than letting the tallest take over.

MATERIALS — 12 INFLATED BALLOONS, PLUS SPARES

CARD · SCOUTS, DURING THE SPLIT

2a CUPS AND DOWNS

SCOUTS · 12 MIN

Before: scatter about 60 cups across a flat area, half facing up and half facing down. You need roughly 50 × 50 ft.

Two teams. One team is UP, one is DOWN. On the whistle, both work at once.

One rule: a cup may be flipped, but never moved from its spot.

After five minutes, blow the whistle and count. Most cups facing your team's direction wins. If it ends too fast, replay with weaker hand only, or feet only.

At the end, ask the children to collect all sixty cups as a race. They are faster than you are.

MATERIALS — 60 PLASTIC CUPS · A WHISTLE

2b THIS OR THAT

SCOUTS · 10 MIN

No materials and no setup. Just space to move.

Say: when I call out two things, run to the side of the room that matches your choice. Left side is the first one, right side is the second. Ready?

Then call pairs: pancakes or waffles · swimming or hiking · summer or winter · dogs or cats · tent or cabin · pizza or burgers · morning or night.

After each one, ask one or two children why. Keep it moving — the pace is the fun.

Finish with a Scouting one: hiking or fishing, campfire or swimming. It plants what the year ahead looks like.

MATERIALS — NONE

THE ADULT BREAKOUT

TIME	WHAT HAPPENS
0:34	Guess Who — eight minutes. Slips, then guessing. Instructions and the slips themselves on p 33.
0:42	What it asks of a family — four minutes, honestly.
0:46	What it costs — three minutes, with the numbers.
0:49	Questions — five minutes, and this is the valuable part.
0:54	Talent surveys handed out. Back to the main room.

WHAT IT ASKS OF A FAMILY

Be specific and honest. Families who hear this now are more likely to stay.

- Weekly meetings — like tonight.
- A few weekend adventures across the year — outdoor trips, service projects and more.
- About twenty minutes a week at the kitchen table with your child and their handbook.
- Something to help the pack. Not everything.

WHAT IT COSTS

Give a single total per Scout for the year rather than making people assemble it. Registration, council fee, handbook, uniform shirt, pack dues and summer camp.

Then say this, and say it in the room: if cost is a problem, come and talk to me privately — no child misses out over money. Say it once, plainly.

QUESTIONS — THE PART WORTH PROTECTING

Stop talking at 0:49 whatever you have not covered. The three you will always get:

- **Do I have to stay?** For Lions and Tigers, yes — an adult comes with them. Older Scouts, no, but you are welcome.
- **How much time is it really?** Answer with the truth from the list above.
- **My child is shy, or not outdoorsy, or has additional needs.** Say yes, we can work with that, and put them in touch with a leader afterwards rather than solving it now.

FINISH WITH THESE IN HAND

A talent survey given to every adult, applications available to anyone who asks.

GUESS WHO

Hand every adult a slip p 34 and a pen. Three prompts on it: a surprising fact, a bucket list item, and a hidden talent. Give them two or three minutes.

Collect the slips, **mix them up properly**, then read them out one at a time and let the room guess who wrote it. The writer owns up, and you move straight on.

TWO THINGS THAT MAKE OR BREAK THIS

Say out loud that nobody writes their name.

With more than a dozen adults, read a selection rather than all of them. Twenty slips at thirty seconds each is ten minutes and you have eight. Read eight or nine, then stop while people still want more — you can finish the rest later if there is time.

WHY THIS GOES FIRST

Eight minutes of adults laughing at each other's bucket lists before anybody is asked for a commitment. Parents who have spoken to one other parent come back; parents who spent the evening silent do not.

THREE COPIES COVERS A FULL ROOM

Eight slips a page, so three photocopies of p 34 handles twenty-four adults. Print one extra — somebody always arrives late.

Please write down • A surprising fact • A bucket list item • A hidden talent	Please write down • A surprising fact • A bucket list item • A hidden talent
Please write down • A surprising fact • A bucket list item • A hidden talent	Please write down • A surprising fact • A bucket list item • A hidden talent
Please write down • A surprising fact • A bucket list item • A hidden talent	Please write down • A surprising fact • A bucket list item • A hidden talent
Please write down • A surprising fact • A bucket list item • A hidden talent	Please write down • A surprising fact • A bucket list item • A hidden talent

TEAM BUILDING · PACK _____ · DATE _____

[illegible]

Every ticked line gets a personal message inside two days, naming their child and the next meeting date. A week later and they have forgotten you. Open houses do not fail at the event — they fail in the days after it.

THANKS FOR COMING

PACK _____ · WHAT HAPPENS NEXT

If your child had fun tonight, that is what Cub Scouting is. Games, friends, and families doing things together — most weeks look a lot like this one.

DATES FOR YOUR FRIDGE

Next pack meeting _____ Where _____

Den meeting _____ Where _____

IF YOU WOULD LIKE TO JOIN

☐ Talk to any leader tonight — we have the forms with us

WHAT IT INVOLVES

Time	Weekly meetings, plus a few weekend adventures across the year.
At home	About twenty minutes a week with your child and their handbook.
Cost	Registration, a handbook and a uniform shirt. Second-hand uniform is normal.
You	Every family does something to help. Not everything.

If cost is a problem, speak to us privately. No child misses out over money.

WHO TO CONTACT

Name _____ Phone _____

Email _____

ONE MORE THING

Bring a friend next time. Most children who join Cub Scouts come because somebody they already know asked them to.

BOBCAT

CHARACTER & LEADERSHIP

1.3

MONTH ONE
WEEK THREE

DATE

START TIME

LOCATION

FOUR WEEKS OUT, NOT FOUR DAYS

Arrow of Light Scouts cannot earn Bobcat unless they have already visited a Scouts BSA troop.

Every Scout earns **Bobcat** tonight. The stations are the requirements; the ceremony awards them.

RUN SHEET · 90 MINUTES

0:00	Get to Know You Bingo p 49
0:12	Opening flag ceremony p 48
0:15	Opening remarks
0:22	Den breakouts — three groups, all ranks busy
0:38	Four activity stations, rotating p 40
1:00	Cups and Downs
1:06	Bobcat ceremony p 46
1:18	Cubmaster minute, closing flag

THREE GROUPS, NOT SIX DENS

Bear and Webelos combine for the denner work. Arrow of Light run a patrol election. Lions, Tigers and Wolves play a game. Three adults for the breakouts, then one per station — and station leaders can be parents working from a card.

PRINT AND BRING

☐ Bingo cards p 49	1 / Scout and parent
☐ Word search p 50	1 / Scout
☐ Station cards p 40	cut up
☐ Breakout cards p 43	cut up
☐ Family sheet p 51	1 / family
☐ Adventure loops and pins	1 / Scout
☐ Tea lights , battery, flames colored	1 / Scout
☐ Denner cords, yellow · pencils	1 / den · 1 ea
☐ Opaque plastic cups	60
☐ Posterboard 22 × 28 in, markers, decorations	1 / den
☐ Craft sticks marked with the Oath · index cards · half sheets — see the cards	—
☐ Ballot slips and a box — AOL	—
☐ Flags, stands, camera, advancement sheet	—

BEFORE THE MEETING

-30 d	Confirm access to the meeting location
-30 d	Arrange the AOL troop visit
-21 d	Assignments made at the parents' meeting; at-home notice out
-7 d	Reminder out; buy loops, pins and tea lights
-7 d	Station and breakout leaders given their cards
-3 d	Second reminder
0	Third reminder; color the flames; test every light

THE NIGHT THAT MATTERS MOST

Of the four meetings this month, this is the one to get right. Every child in the room leaves with their first badge. Families will photograph it. Some of them will still have the picture in ten years.

COUNT THE RECOGNITION TWICE

Order the loops and pins **three weeks out** and physically count them against your roster the day before. Buy two or three extra — somebody always joins late.

THE STATIONS ARE THE REQUIREMENTS

This is not decoration. Each station covers part of the Bobcat adventure, so a Scout who misses one has not finished.

WHO YOU NEED

Five adults is comfortable: one on the door and three running breakouts, then those three move onto stations with you. Four works if you run the stations in sequence rather than as a rotation. Station leaders can be parents who have never done anything before — that is what the cards are for, and handing a parent a card a week early is also how you recruit them for next time.

DURING THE MEETING

0:00 ●

12 MIN

GATHERING – GET TO KNOW YOU BINGO

A card and a pencil to everyone as they arrive — **Scouts and parents both**. Each square describes something; a Scout finds a person it fits and has them write their **initials** in the square. Five in a row, across, down or diagonally, and it goes to their den leader.

Cards on p 49.

0:12 ○

3 MIN

OPENING FLAG CEREMONY

Nine commands, about ninety seconds. p 48

0:15 ○

7 MIN

OPENING REMARKS

Written out on p 45, with the three announcements that belong in the same breath. Read the script, then do the practicalities — it is short, and the room is still settling.

0:22 ●

16 MIN

DEN BREAKOUTS – THREE GROUPS

Bear and Webelos work on the **denner** position, combined into one group. Arrow of Light hold a **patrol election**. Lions, Tigers and Wolves **play a game**. All six ranks are occupied, so you need three adults here. Cards on p 43.

ACTIVITY STATIONS · 1 AND 2

Four stations, and they are the Bobcat requirements. Every Scout does all four. Each station is led by one adult who has had the card for a week — and each has a different activity depending on the age in front of them, so read both halves of your card.

1 THE OATH AND THE LAW

5 MIN

ADVENTURE BOBCAT · ALL RANKS

Younger Scouts — Oath puzzle on craft sticks. Beforehand, write the Scout Oath across a set of popsicle sticks, one phrase per stick, a set per Scout.

On the night: the Scout holds their sticks in one hand about a foot above the table and lets go, so they fall in a loose pile. Then the Scout and their adult partner **take turns picking up one stick at a time without disturbing the others**, laying each word-side-up beside the pile — until all the sticks are out and arranged in the right order to make the Oath.

Older Scouts — the word search p 50, then the Oath. Using the back cover of the Webelos handbook as a reference, lead the den in reciting the Scout Oath and the Scout Law. Then talk about **the three parts of the Oath** — duty to God and country, duty to other people, duty to self — and ask what they think each one means. Guidance for all three is below p 41.

Everyone says the Oath aloud once before they move on. Ten seconds, and it is the requirement.

MATERIALS — CRAFT STICKS AND A MARKER, ONE SET PER YOUNGER SCOUT · WORD SEARCHES · PENCILS · A WEBELOS HANDBOOK

2 SIGN, SALUTE, AND HANDSHAKE

5 MIN · NEEDS SPACE TO RUN

ADVENTURE BOBCAT · ALL RANKS

Demonstrate all three, then explain what each is for — this part matters more than the relay. The **sign** gets everyone's attention: when you see it, stop what you are doing and listen. The **salute** shows respect to the US flag during ceremonies — *we do not salute people*. The **handshake** is how one Cub Scout greets another.

Younger Scouts — the relay. Two teams lined up side by side, with a leader for each team standing about twenty-five yards away. On the signal the first Scout runs to their leader, who asks for the sign, the salute, or the handshake. Correct, and they run back and tag the next in line. Wrong, and they go back to the line and try again. First team through wins. Needs at least four Scouts and four adult partners to work.

Arrow of Light — the Scouts BSA versions, which are different from the Cub Scout ones. Write each of the three on two index cards, giving six cards, and hand them to the **patrol leader elected in tonight's breakout** — they stand sixty feet away, hold up a card, and the runner demonstrates what it says.

The Scouts BSA sign: right arm raised to shoulder height, elbow bent square, thumb covering the nail of the little finger, three middle fingers up and together. Thumb and little finger touching stand for the bond Scouts share worldwide; the three fingers stand for the three parts of the Scout Oath.

MATERIALS — 6 INDEX CARDS · A MARKER · A CLEAR RUN OF ABOUT 25 YARDS

DUTY TO GOD AND COUNTRY • TO OTHERS • TO SELF

Ask the Scouts what they think each part means before you explain anything. Use what follows only if they get stuck — it is a resource for you, not a passage to read out.

PART OF THE OATH	WHAT IT MEANS
Duty to God and country	Your family and religious leaders teach you to know and serve God; by following those teachings you do your duty to God. Men and women of the past worked to make America great, and many gave their lives for their country. By being a good family member and a good citizen, by working for your country's good and obeying its laws, you do your duty to your country. And obeying the Scout Law means living by its twelve points.
Duty to other people	Many people need help. A cheery smile and a helping hand make life easier for others. By doing a Good Turn daily and helping when you are needed, you prove yourself a Scout, and do your part to make this a better world.
Duty to self	Keeping yourself <i>physically strong</i> means taking care of your body — eating the right foods, resting, and building your strength. Staying <i>mentally awake</i> means learning all you can, being curious, and asking questions. Being <i>morally straight</i> means living your life with honesty, being clean in your speech and actions, and being a person of strong character.

LET THEM ANSWER FIRST

The activity asks what the Scouts **think** each part means. A ten-year-old's own answer is worth more than a correct one supplied by an adult, and the requirement is the discussion rather than the definition.

ACTIVITY STATIONS · 3 AND 4

3 DO YOUR BEST · SLOGAN AND MOTTO

5 MIN

ADVENTURE BOBCAT · ALL RANKS

Explain what a motto is — a rule for living. The Cub Scout motto is *Do Your Best*, which means trying your hardest, not just a little bit.

Younger Scouts — the showcase. Explain that you will be asking each of them to share a time when they did their best, and give a few examples first: I did my best when my parent was teaching me to fold clothes · on my last spelling test · when I was learning to ride my bike.

Then you go first. Share a time you did your best before asking any child to.

Then go round to **each Scout who would like to share**. Sharing is not compulsory, and a quiet Scout who passes has not failed the requirement. **Take the small answers seriously** — a six-year-old saying they tied their own shoes is exactly a right answer.

Older Scouts — the word relay. Round the group one word at a time: the first Scout says "do", the next "a", the next picks up the following word, and on until **both the Scout slogan and the motto have been said correctly** all the way through. Restart if it breaks down, which is most of the fun.

For AOL Scouts, the slogan to practice is *Do a good turn daily*. The motto is *Be Prepared*.

MATERIALS — NONE. THE SUPPLY LIST READS "AT LEAST TWO CUB SCOUTS."

4 DEN CODE OF CONDUCT

5 MIN · SAME FOR EVERY RANK

ADVENTURE BOBCAT · ALL RANKS

Open it as a discussion about how friends act toward one another. Scouts will then propose things themselves, usually about safety, respect for property, and how people treat each other.

Two things you supply if they do not: no put-downs, and no physical aggression. Those are not negotiable and you should say so.

A few rules are enough to start. They can add more later. Have them write the code on the posterboard, and **sign along a line at the end** — signing is what shares the expectation with parents, and it is what makes it theirs rather than yours.

Then push past rules to caring. Scouts need to judge their own behavior by more than whether they broke a rule. Just as they can make up rules, they can decide what caring values they want their den to stand for. Ask for one or two, and put those on the poster too.

Groups this age have good days and bad days — but they are far more likely to live up to rules they helped set themselves.

MATERIALS — 1 POSTERBOARD · MARKERS · OPTIONALLY THE DEN CODE OF CONDUCT POSTER FROM THE SCOUT SHOP

DEN BREAKOUT CARDS · 16 MINUTES

Three groups, three adults. Bear and Webelos on the denner together, Arrow of Light electing a patrol leader, and Lions, Tigers and Wolves playing Duck, Duck, Goose.

BEAR WEBELOS DENNER JOBS

GRADES 3-5 · COMBINED

ADVENTURE BOBCAT

Run these two dens together — the activity is the same for both, and it frees an adult.

Before: decide whether the den also needs an **assistant denner**, and have a list of possible jobs ready. A den asked to invent them from nothing will stall. Examples: arrive early to help set up · welcome everyone as they arrive · lead the Scout Oath and Law · carry the US flag during the opening · pick a game for the den · hand out supplies · stay after to clean up.

Explain the role — the denner is the *official helper* during a den meeting. The den leader decides how one is chosen and for how long, and every Scout should serve at least once. They wear a yellow cord over the left shoulder, passed to the next denner. A denner is **not** the leader of the den and is never put in charge of other Cub Scouts.

Say what the greatest responsibility is: setting an example by acting on the Scout Oath and Law. That is *leadership by example* — being friendly to everyone in the den, and offering to help a Scout who needs it.

Then, in order: each Scout **writes down three jobs** a denner should do · they **share their lists** with the den · the den **agrees on five** that matter most. Those become the denner's jobs at every meeting. Write the five on the posterboard and decorate it.

Optionally print a copy for each Scout so they know the responsibilities when their turn comes.

MATERIALS — POSTERBOARD 22 × 28 IN, ONE PER DEN · HALF SHEETS OF PAPER, ONE PER SCOUT · MARKERS OR PENS · COLORED PAPER AND DECORATIONS · ONE DENNER CORD PER DEN

AOL PATROL ELECTIONS

GRADE 5 · 16 MIN

ADVENTURE BOBCAT

Before: decide what responsibilities the patrol leader will regularly help you with, and **review the patrol emblem patches at the Scout Shop** — pick a few that would appeal and bring the list.

Explain the patrol method. A patrol is like a den, but instead of an adult den leader it has a *youth* leader, letting Scouts work as a small team inside a larger troop. Every patrol has a patrol leader — and today they elect one.

Hold the election. Then hand over immediately: ask the new patrol leader to lead a discussion about what the patrol should be called, and take a vote on the name.

Tip: the Arrow of Light patrol leader is **not in charge of the den**. Say so, to them and to everyone else. Give them something real tonight — the new patrol leader runs the closing flag ceremony.

MATERIALS — BALLOT SLIPS · PENCILS · A BOX OR HAT · YOUR LIST OF PATROL EMBLEM PATCHES

LION TIGER WOLF DUCK, DUCK, GOOSE

K-GRADE 2 · 16 MIN

ADVENTURE BOBCAT

Before: clear an area big enough for everyone to sit in a circle, with room to walk all the way around the outside.

Players sit in a circle facing the center. Choose one to be **"it"**. They walk round the outside tapping each player's head, saying **"duck"** — several times over, because the waiting is the fun of it.

At a moment of their choosing they tap a head and say **"goose"**, then run. The goose jumps up and chases. **"It" is trying to sit down in the goose's spot before being tagged.**

Keep changing who is "it" so the same three confident children do not take every turn, and give a Lion a go early rather than last.

MATERIALS — NONE

1:00 ●

6 MIN

CUPS AND DOWNS

Scatter about sixty cups across the floor, half face up and half face down. Two teams: one is UP, one is DOWN. On the whistle both work at once, and the only rule that matters is that **a cup may be flipped but never moved from its spot.**

Count after five minutes. Most cups facing your team's direction wins. If it ends too fast, replay with the weaker hand only, or feet only.

MATERIALS — 60 OPAQUE CUPS • A WHISTLE • A FLAT OPEN SPACE

1:06 ●

12 MIN

BOBCAT CEREMONY

Full script and staging on p 46. Slow down. This is what the meeting has been pointing at.

1:18 ○

4 MIN

CUBMASTER MINUTE, THEN CLOSING FLAG

Written out on p 46. Then the closing ceremony — run by Arrow of Light's newly elected patrol leader. p 48

AFTER THE MEETING • WITHIN 48 HOURS
☐ **Bobcat recorded for every Scout**
☐ Signed den codes collected and kept

☐ Denners and patrol leader recorded

☐ Anyone absent — how they finish Bobcat

☐ Photographs shared with families
NEXT WEEK NEEDS THIS

Personal Fitness in Week 4 asks Bear, Webelos and Arrow of Light families to bring a **completed medical record**, and there is food in that meeting. Send the family sheet home tonight p 51 and ask about allergies now.

WHAT HAPPENED

Scouts ____ • Bobcats awarded ____ of ____ • AOL troop visit done? ____ • Ran ____ min

THE OPENING REMARKS

Short, and deliberately so. The announcements underneath are yours, and they matter as much as the script.

– WAIT FOR THE ROOM TO SETTLE. DO NOT TALK OVER IT.

Welcome, Cub Scouts, families, and friends! Tonight, we celebrate an important milestone in the journey of Scouting — the Bobcat adventure. Bobcat is more than just the first adventure in Cub Scouting.

It is the first step toward living the values of the Scout Oath and Law, and making friends. As we gather here, let us remember that every great adventure begins with that first step. For our Bobcat adventure, this is the beginning of a path filled with learning, growth, and fun.

– THEN THE THREE ANNOUNCEMENTS BELOW, IN YOUR OWN WORDS.

THEN SAY THESE THREE THINGS

- 1 **Name every new family out loud.** Anyone who joined at last week's open house is standing in a room where they know almost nobody.
 - 2 **Say what tonight is.** Every Scout here earns their first badge before they go home, and the activity stations are how they finish it. That is why the stations matter and why nobody should skip one.
 - 3 **Explain the shape.** Three dens go off with their leaders; everyone else starts the stations; we all come back together for the ceremony at the end.
-

PASSING ON THE CUB SCOUT SPIRIT

The Bobcat ceremony. Count the ranks below, color the flames, and test every light before you leave the house.

SUPPLIES

☐ Battery tea lights	1 / Scout
☐ Sharpies — yellow, orange, red, blue, green, purple	6
☐ Flashlights	6
☐ A table	1
☐ Bobcat adventure loops / pins	1 / Scout

The flashlights are for the leaders once the room lights go off. Without them, nobody can find the table.

COUNT BEFORE YOU BUY

LION Bobcat	# _____
TIGER Bobcat	# _____
WOLF Bobcat	# _____
BEAR Bobcat	# _____
WEBELOS Bobcat	# _____
AOL Bobcat	# _____

Fill this in from the advancement sheet, then add two or three. Somebody always joins late.

FLAME COLOR BY RANK

LION	Yellow
TIGER	Orange
WOLF	Red
BEAR	Blue
WEBELOS	Green
AOL	Purple

BEFORE THE CEREMONY

1	Color the flame part of each light with the Sharpie for that rank.
2	Verify that all of the lights work.
3	Recognition laid out on the table, sorted by rank.
4	Flashlights where the leaders can reach them.
5	Somebody briefed to photograph it.

PASSING ON THE CUB SCOUT SPIRIT – SCRIPT

– PACK IN A HORSESHOE. FAMILIES BEHIND THEIR SCOUT. RECOGNITION ON THE TABLE.

We have some Cub Scouts who have been working very hard to begin their new rank trail. Will the _____ and their parent, guardian or adult partner please come forward.

– REPEAT FOR EACH RANK IN TURN. AS EACH COMES FORWARD, AN ADULT LEADER HANDS THE COLORED LIGHT **TO THE PARENT** – NOT TO THE SCOUT.

When all the ranks are up together —

Cub Scouts, you have earned your Bobcat Adventure. It is now my pleasure to pass to you the spirit of Cub Scouting. Before I pass it to you, please join me in saying the Cub Scout motto.

– SAY THE MOTTO TOGETHER. **THEN TURN THE ROOM LIGHTS OFF.**

Adults, please turn on your light and present the light to your Cub Scout.

– WAIT. LET THE ROOM FILL WITH THE LIGHTS BEFORE YOU SAY ANYTHING ELSE.

Cub Scouts, this very special light is powered by Cub Scout spirit.

Congratulations, Cub Scouts! The Cub Scout spirit has been passed to you, and you have earned your Bobcat Adventure. Will the audience please give our families a round of applause.

– LIGHTS BACK ON. THEN THE LOOPS AND PINS. SCOUTS KEEP THEIR TEA LIGHT AND RETURN TO THEIR SEAT.

THREE THINGS THAT MAKE THIS LAND

The pause after the lights go on is the ceremony. Do not talk over it and do not hurry to the next line.

Let the parents present the loops and pins too. The script has the parent passing the light; carrying that through to the recognition costs nothing and it is what families photograph.

Read names off the advancement sheet, never from memory. Getting a child's name wrong on their first badge night is small and entirely avoidable.

CUBMASTER MINUTE

Scouts, tonight we've been celebrating working on the Bobcat adventure — the first required adventure of the year. We have learned the basics of Scouting: how to be trustworthy, loyal, and kind, how to help others, and how to live by the Scout Oath and Law. But here's the thing about earning the Bobcat adventure — it's just the start. This year we will earn many more adventures and have a lot of fun along the way and keep our Cub Scout spirit going. Good job tonight, Scouts.

– THEN THE CLOSING FLAG CEREMONY, RUN BY THE NEW PATROL LEADER.

TRADITIONAL FLAG CEREMONY

OPENING · ABOUT 90 SECONDS

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Hand salute
5	<i>Pledge of Allegiance</i>
6	<i>Scout Oath</i>
7	<i>Scout Law</i>
8	Two
9	Color guard, dismissed

CLOSING · UNDER A MINUTE

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Color guard, halt
5	Color guard, retrieve the colors
6	Color guard, dismissed

THE WORDS · STEPS 5 TO 7

PLEDGE OF ALLEGIANCE

I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

SCOUT OATH

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

SCOUT LAW

A Scout is:

Trustworthy	Loyal
Helpful	Friendly
Courteous	Kind
Obedient	Cheerful
Thrifty	Brave
Clean	and Reverent.

STAGING

- Flag stands out **before anyone arrives**.
- Color guard forms at the **back**. Facing the front, the American flag is on the left and the pack flag on the right.
- On the command to advance they walk forward and **cross about halfway** so each reaches the correct stand. The American flag crosses first.
- Anyone not in uniform puts their right hand over their heart instead of saluting.
- Walk the route with the color guard beforehand.

TONIGHT THE DENNER RUNS IT

Once dens have denners, conducting the opening and closing ceremonies is one of the position's actual duties — and it is the easiest real responsibility to hand a Scout. Arrow of Light's newly elected patrol leader takes the closing tonight.

GET TO KNOW YOU BINGO

Talk to your fellow Cub Scouts. If they match a square, have them write their **initials** in it. Five across, down or diagonal — then hand it to your den leader.

YOUR NAME _____

Traveled in an airplane	Has older siblings	Plays soccer	Wears glasses	Wearing blue
Has curly hair	Traveled to another country	Can speak 2 languages	Family member in the medical field	Has a pet
Plays a musical instrument	Birthday is this month	FREE SPACE	Likes to swim	Lived in another state
Plays basketball	Likes to dance	Is an only child	Knows a magic trick	Enjoys math
Has younger siblings	Enjoys hiking	Likes to read	Has a family member who is a teacher	Enjoys science

SCOUT LAW WORD SEARCH

Find all twelve points of the Scout Law. Words run across, down and diagonally — and three of them run backward.

NAME _____

G	A	N	F	B	R	A	V	E	N	M	J	O	I	T
T	P	L	U	F	P	L	E	H	F	E	M	S	D	H
N	A	L	O	Y	A	L	V	A	R	J	J	D	J	R
E	X	T	Z	O	T	L	Q	K	I	C	F	E	C	I
R	W	Y	D	C	R	P	C	N	E	T	I	Y	X	F
E	G	U	Z	V	U	M	O	X	N	N	C	V	C	T
V	D	C	Y	U	S	V	N	J	D	E	O	Z	X	Y
E	A	H	Y	E	T	R	M	C	L	I	U	Q	T	D
R	K	E	D	C	W	X	X	H	Y	D	R	F	Z	C
L	N	E	H	V	O	T	K	H	C	E	T	Q	M	L
K	U	R	N	H	R	R	B	P	C	B	E	A	V	E
R	C	F	A	W	T	P	H	R	H	O	O	W	R	A
B	D	U	V	L	H	Z	Q	W	I	D	U	Q	Q	N
Q	C	L	H	X	Y	T	O	T	U	A	S	I	F	U
W	V	K	K	G	G	I	I	K	I	N	D	Q	F	Z

TRUSTWORTHY
COURTEOUS
THRIFTY

LOYAL
KIND
BRAVE

HELPFUL
OBEDIENT
CLEAN

FRIENDLY
CHEERFUL
REVERENT

TONIGHT YOUR SCOUT EARNED BOBCAT

PACK _____ · WHAT HAPPENS NEXT

Bobcat is one of the first adventures every Cub Scout earns. Your child has just done the first thing. Everything else this year builds on it.

BEFORE NEXT WEEK

Bring a completed medical record if your Scout is a Bear, Webelos or Arrow of Light — and review it with your Scout at home

Everyone else: you will need one before the campout, so this is a good week to do it

Come in clothes your child can move in — next week is an active meeting

PLEASE TELL US ABOUT FOOD ALLERGIES

There is food in next week's meeting. If your child has any allergy at all, tell a leader this week rather than on the night — we build the food around what is safe rather than substituting at the last minute.

Allergies _____

If you have any religious or cultural dietary needs, please tell a leader about that as well.

DATES FOR YOUR FRIDGE

Next meeting _____ Where _____

KEEP GOING AT HOME

Your child learned the Scout Oath and Law tonight. Practice them in the car — little and often beats one long sitting, and they will be said aloud again at every pack meeting this year.

The Scout Oath. On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

The Scout Law. A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent.

PERSONAL FITNESS

1.4

MONTH ONE
WEEK FOUR

DATE

START TIME

LOCATION

TWO WEEKS OUT

Every family completes a medical record and brings it. Not just the older Scouts — everyone. [p 54](#)

An active meeting about everyday habits — moving, sleeping, teeth, hands, food. **Not about size, weight or performance**, and the activity keeps it that way. Come dressed to move.

RUN SHEET · 90 MINUTES

0:00	Gathering — Cub Scout Critter Dash
0:05	Opening flag ceremony p 73
0:07	Opening remarks
0:10	Den breakouts — two groups p 58
0:25	Four stations p 60 — 15 min each
1:25	Over and Under Relay
1:18	Fit for Adventure ceremony p 69
1:26	Cubmaster minute p 72 , closing flag
1:30	Ends

PRINT AND BRING

☐ Critter Dash cards p 57 cut out ·	1 set
☐ Breakout cards p 58	cut up
☐ Station cards p 60–p 63	cut up
☐ Fitness activity log p 74	1 / AOL Scout
☐ Family sheet p 75	1 / family
☐ Adventure loops and pins	1 / Scout
☐ Blank medical records	10
☐ Toothbrushes and toothpaste	1 / Scout
☐ Crayons · spare Tiger pages	–
☐ Speaker and a device — timer and Lion playlist	1
☐ Trail mix ingredients — see p 54	–
☐ Zip bags, labels, bowls, scoops, soap, towels	–
☐ Circuit cards cut p 61 · jump ropes · timer · mats	–
☐ 6-in playground balls · cones or tape	1 / team
☐ Flags, stands, advancement sheet	–

AN ACTIVE MEETING WITH FOOD IN IT

Two things make this meeting different from the other three. Children will be running about, and there is food. Both need deciding in advance rather than on the night.

THE MEDICAL RECORDS ARE NOT PAPERWORK

They are how you find out what each child is allergic to, what medicine they take, and who to ring. Write the allergies on a list you carry.

Keep spare blank forms and **never let a Scout sit out for not having one**. Pair them with somebody and have them read along.

SAY THE SAFETY INVITATION OUT LOUD

Ask parents to tell a leader about anything their child should not take part in, or any condition worth knowing about.

WHAT THIS MEETING IS ABOUT

The activity frames fitness as **habits** — moving, sleeping, brushing, washing, eating. Nothing in it asks a child to be weighed or measured.

WHO YOU NEED

Six adults is comfortable: one on the door, three or four on breakouts, then everyone onto stations. The trail mix station needs an adult who has read the food page [p 54](#) and nobody else should run it.

BEFORE THE MEETING

-30 d	Confirm the location. Check for sinks.
-21 d	Assignments made at the parents' meeting
-14 d	Food allergies requested from every family and noted
-10 d	Trail mix planned around what is safe
-7 d	Reminder; buy loops and pins ; cards to leaders
-3 d	Second reminder — closed-toe shoes and a water bottle, adults too
-2 d	Critter Dash cards printed and cut
0	Cards taped up before anyone arrives

PRACTICAL, FROM EXPERIENCE

Run the medical record breakout first, then have that leader brief the trail mix station before it opens. The meeting can inform itself if you order it that way.

Set out water. An hour of running about with no drink is the commonest reason a younger Scout falls apart twenty minutes before the end.

Ask about religious and cultural dietary needs too, not just allergies. It is one extra sentence in the reminder email and it saves a family a difficult moment.

FOOD IN THIS MEETING

Station three is the only food in this meeting — trail mix, and the Scouts eat it. One activity, but every Scout tastes something, so it deserves a protocol rather than good intentions.

Roughly one child in thirteen has a food allergy, and a reaction can be triggered by an amount too small to see. The nine most common allergens are milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame — and trail mix, as normally made, contains three or four of them.

TWO WEEKS OUT

- **Ask families to notify you of food allergies.** Do not rely on remembering.
- Ask about **religious and cultural dietary needs** as well as allergies — the activity asks for both, and it is easy to check only one.
- **Phone** the families concerned rather than emailing. Ask what they actually do at parties; they have solved this before and will tell you what works.
- **Build the mix around what is safe.** Substituting on the night, in a room, is how mistakes happen.
- Confirm any Scout who carries an adrenaline auto-injector has it with them, that it is in date, and that you know where it is kept during the meeting.
- **If anyone in the room carries one — youth or adult — at least one *other* adult must know how to administer it.**

ON THE NIGHT

- **Label every bowl with its ingredients,** in writing, before anyone arrives.
 - **Tasting happens in the room.** The Scouts sample three naturally different-colored foods.
 - Each Scout eats **only from their own bag.** No sharing, no swapping, no tasting from a neighbor's.
 - Any Scout who cannot have an ingredient gets a bag **built without it, before the meeting, with their name already on it.** Do not improvise a substitute at the table.
 - Hands washed before anyone touches food — which is exactly why the station pairs the two.
 - They only need to **taste** it. Sampling three colors is the requirement, not finishing a cup and a half of trail mix. The rest goes home.
-

WHERE THE RESPONSIBILITY SITS

Managing a food allergy is the family's responsibility, and leaders are not required to take it on. But if you agree to help, the expectation is that you hold a copy of the action plan, know the specific allergens, recognize the symptoms and understand the treatment. Decide which of those you are doing *before* the meeting rather than during it.

DURING THE MEETING

0:00 ●

5 MIN

GATHERING — CUB SCOUT CRITTER DASH

Animal cards taped up around the room. A caller shouts an animal; every Scout moves like that animal while hunting for the matching card, then **freezes** when they find it. When everybody is frozen, the caller shouts a new one.

It is built for a gathering — a Scout arriving at any point just listens for the next call and joins in. That is exactly what these minutes need. Card and set-up on p 56.

One adult on the door with the family sheets and spare medical record forms while somebody else calls.

0:05 ○

2 MIN

OPENING FLAG CEREMONY

Nine commands. p 73 A denner chosen last week runs it — it is one of the position's actual duties and this is their first go.

0:07 ○

3 MIN

OPENING REMARKS

Three sentences, written out on p 68, then the practicalities — the safety invitation and the directions for the breakouts.

0:10 ●

15 MIN

DEN BREAKOUTS — ALL SIX RANKS

Every rank has its own activity, though Bear, Webelos and Arrow of Light all work through the medical record and run as one group. p 58

Run the medical record group first and have that leader brief the trail mix station before it opens.

0:25 ○

60 MIN

ACTIVITY STATIONS

Four stations, fifteen minutes each. p 60

1:25 ○

5 MIN

OVER AND UNDER RELAY

Single file lines, ball passed between the legs then over the head, alternating all the way down. Card on p 56.

AFTER THE MEETING · WITHIN 48 HOURS

☐ Adventure recorded for every Scout

☐ Medical records filed where the campout leader can find them

☐ Allergy list updated from tonight

☐ AOL activity logs started, not just handed out

☐ Anyone absent — how they finish

☐ Month 2 calendar out to families

END OF MONTH ONE

Every job filled · Bobcat recorded for every Scout **including Arrow of Light** · the recruiting event added somebody · the calendar is still the one from Week 1 · and **every family has a medical record on file**, because Month 2 has a campout.

WHAT HAPPENED

Scouts ____ · Adventures ____ of ____ · Medical records ____ of ____ · Ran ____ min

CARDS · WHOLE-PACK GAMES

G CUB SCOUT CRITTER DASH

GATHERING · 12 MIN · EVERYONE

ADVENTURE PERSONAL FITNESS · ALL RANKS

Before the meeting: print the Critter Dash cards, cut out the individual animals, and tape them up around the room with painters tape. Do this **before anyone arrives** — taping cards to walls while families walk in is how the first twelve minutes get lost.

Pick a caller — an adult or a Den Chief. Then rotate it, and give a Cub Scout a turn: calling is a real job and this is an easy one to hand over.

Demonstrate the animal movements first so everyone knows what is expected. Keep them simple — hopping, crawling, waddling, slithering.

To play: Scouts spread out safely. The caller shouts an animal from the cards. Scouts move *like that animal* while hunting for the matching card, and **freeze in place** when they find it. Once everybody is frozen, the caller shouts a new animal. Repeat.

Anyone can join at any moment by listening for the next call — which is why this works as a gathering. Nobody arrives late to it.

Remind them to watch out for each other. A room of children moving like animals while looking at the walls will collide if nobody says so.

Cards on p 57 — seven animals, four of which are rank names.

MATERIALS — PRINTED ANIMAL CARDS · SCISSORS · PAINTERS TAPE

C OVER AND UNDER RELAY

CLOSING · 6 MIN · INDOOR · 4+ PLAYERS

ADVENTURE PERSONAL FITNESS · ALL RANKS

Before: find an area free of hazards. One 6-inch playground ball per team.

Each team forms a **single file line**, everyone facing forward, one behind the other. The first player holds the ball.

The pattern alternates. Player one passes the ball **between their legs** to player two. Player two passes it **over their head** to player three. Then legs, then over the head, and so on all the way down.

The ball is never thrown or tossed — it is handed. Say this before you start, because it is the rule that gets broken and it is what keeps the game safe indoors.

When the ball reaches the last player, **they run to the front** and pass it to the player now behind them. The relay finishes when whoever started at the front has cycled all the way round and is back at the front.

SET YOUR TEAM SIZE DELIBERATELY

The relay lasts one full rotation of the line, so **duration is team size**. One line of twenty means twenty rotations and a very long game. Keep teams to six or eight and run several in parallel.

Small pack? Do not split into two. Run one line and time it, then run it again and try to beat your own time.

MATERIALS — ONE 6-INCH PLAYGROUND BALL PER TEAM

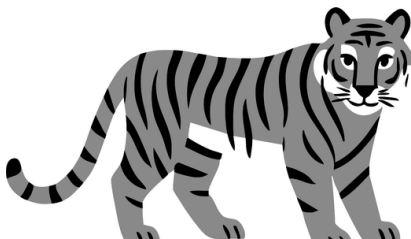
CRITTER DASH CARDS

Nine animals. Cut them out and tape them up **before anyone arrives**. Demonstrate each movement before you start.



LION

stalk on all fours, then roar



TIGER

stalk slow and low



WOLF

prowl, then howl



BEAR

bear crawl on hands and feet



WEBELOS

march like a Cub Scout



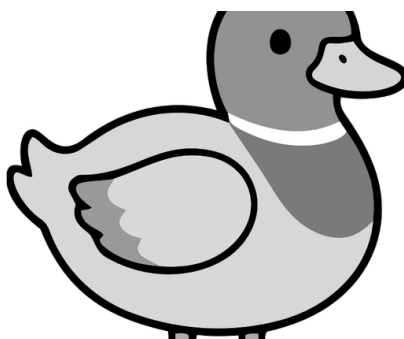
RABBIT

hop, both feet together



MONKEY

swing your arms and scamper



DUCK

waddle, hands behind you



SQUIRREL

scurry, then freeze

DEN BREAKOUT CARDS · 20 MINUTES

Only two groups tonight. Lions, Wolves, Bears, Webelos and Arrow of Light all do the music activity together. Tigers go off on their own with the bedtime routine. That is two adults, not six — the simplest breakout in the month.

LION WOLF BEAR WEBELOS AOL MUSIC CAN SOOTHE THE SAVAGE BEAST

20 MIN

ADVENTURE BY RANK · NAMES LISTED ON p 69

Before: build a playlist with three kinds of music and test the speaker. Download it or check the adverts are off — a commercial breaking into the quiet ending will undo the whole thing.

Upbeat Y'all Ready for This (Space Jam theme) · We Will Rock You

Dramatic Theme from Jaws · The Imperial March

Soothing Brahms's Lullaby · Moonlight Sonata

Start with why. Eating well matters and staying active matters — *and so does giving your body a chance to rest and sleep.* That third one is what this is about.

Then: listening to music is one way to rest — but not any music will do, because music really affects your mood.

How do you feel when you hear this? Play an upbeat song and let them say.

Play each of the three kinds in turn and ask how each makes them feel. Draw it together: some songs energise you, some are a bit scary, some really help you relax or even fall asleep.

Finish with the soothing piece, everyone's eyes closed. That is the payoff — do not talk over it and do not cut it short.

FIVE RANKS IN ONE ROOM

The activity was written for Lions with adult partners. With five ranks together, **ask the oldest Scouts first** — an Arrow of Light willing to say a song made them feel something gives the six-year-olds permission. Then work down the ages.

Twenty minutes is generous for three songs. Use the spare time on more tracks rather than finishing early, or the quiet ending gets rushed.

MATERIALS — A PHONE OR TABLET WITH THE PLAYLIST · SPEAKERS

TIGER TIGER GET READY FOR BED

GRADE 1 · ADULT PARTNERS LEAD IT

ADVENTURE TIGER BITES

This one runs out of the handbook — page 20. Every Tiger needs their own copy, so say so in the reminder rather than discovering it on the night.

Two things before the meeting. Read the CDC's material on sleep, and **send the link to the adult partners** a week ahead saying the next meeting will cover why sleep matters. It is the step most likely to get skipped, and it means parents arrive already thinking about it.

Open with the question, not the answer: why do you think getting enough sleep is important? Ask the adult partners too.

Then the idea: one way to get enough sleep is a **routine** — the same things, in the same order, every night.

Adult partners walk their own Tiger through each item on page 20 and the Tiger colors each one in. The coloring is how a six-year-old commits to a list.

WORTH DOING

Bring three or four copies of the page in case somebody forgets their handbook.

Have them say the routine out loud in order once it is colored. Naming the sequence is what makes it a routine rather than a picture.

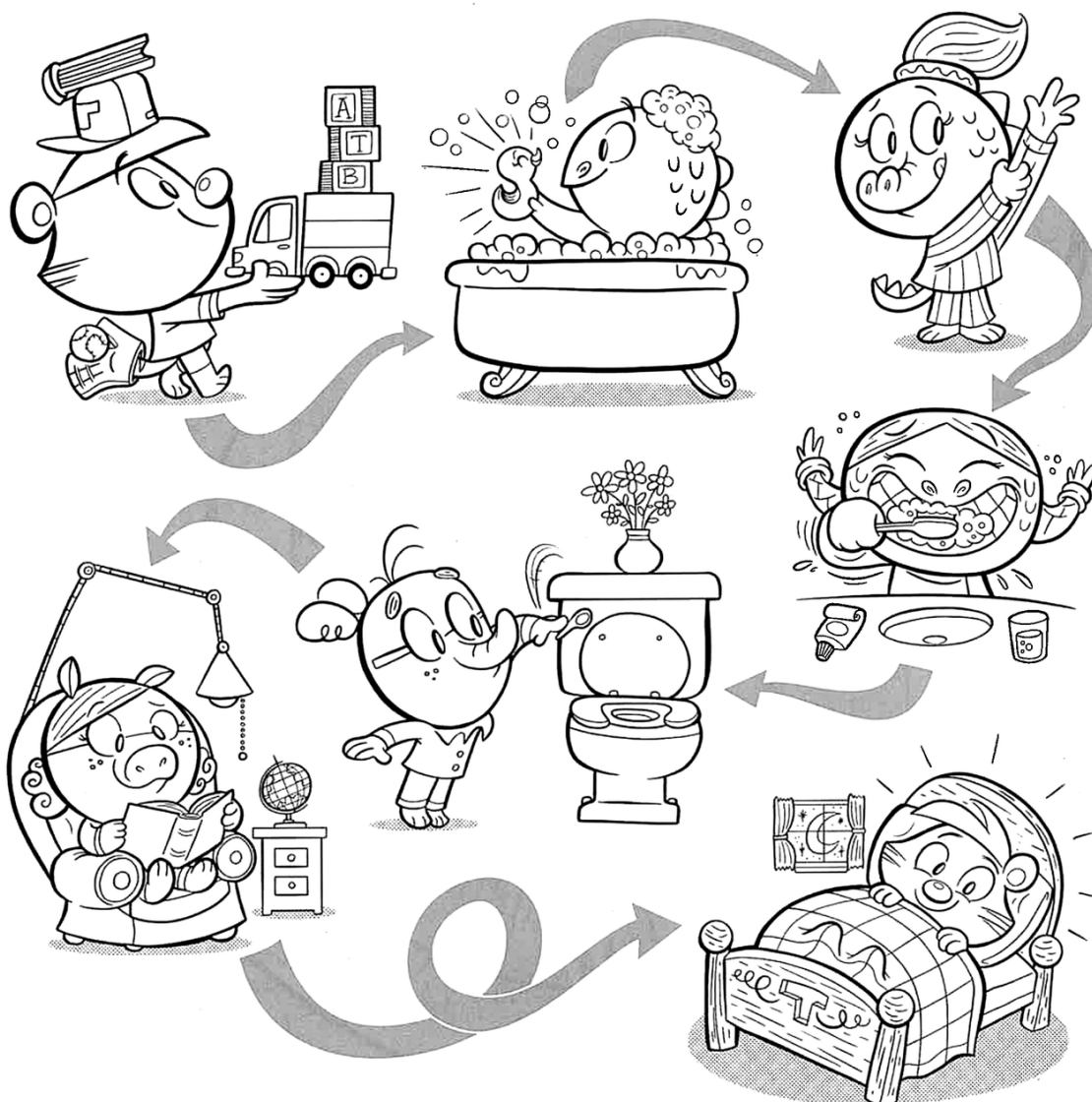
MATERIALS — TIGER HANDBOOK PAGE 20, ONE PER SCOUT · CRAYONS TO SHARE

TIGER BITES

From the Tiger handbook, page 20. Each Tiger colors the steps in order, then says the routine out loud — naming the sequence is what makes it a routine rather than a picture.



Color the pictures below that show how you get ready for bed.



ACTIVITY STATIONS · 1 AND 2

Four stations, fifteen minutes each. Each has a different activity depending on the age in front of you, so read the whole card.

1 CIRCUIT EXERCISES

15 MIN

ADVENTURE PERSONAL FITNESS · ALL RANKS

Before: set up a small area for each exercise. **A circle works best.** Print and cut a set of exercise cards p 61, gather the jump ropes, and make sure everyone has a water bottle and closed-toe shoes — adults too.

Cards face up in the middle of a table. Each Scout picks one, and that becomes their first exercise. Once everyone has chosen, they go to the area set up for their exercise.

One minute on the timer. Everyone does their exercise for the minute, then shifts to the next station in the circle and the timer starts again.

After a full lap of the circle, **two minutes rest.** Then go again. The activity page asks for **three complete circuits.**

THE CARD NUMBERS AND THE TIMER DISAGREE — READ THIS

The cards give reps or holds — ten jumping jacks, a fifteen-second plank, a thirty-second stretch. The directions give **one minute per station.** Treat the card number as the target to hit *within* the minute, then keep going or hold until the timer sounds. Do not let a Scout stop after ten seconds because their card said ten.

FIFTEEN MINUTES, AND IT EARNS THEM

The number of circuit stations equals the number of Scouts, at a minute each — so fifteen minutes is roughly one full circuit for a pack of twelve to fifteen, or two circuits for a small den. **Do not shorten this one to fit the rotation.** Wolf needs ten minutes of personal exercise and Webelos fifteen; this station is where they get it.

MATERIALS — EXERCISE CARDS · JUMP ROPES · A TIMER · WATER BOTTLES · CLOSED-TOE SHOES

2 YOGA SALUTATION

15 MIN · SIT IN A CIRCLE

ADVENTURE PERSONAL FITNESS · ALL RANKS

Before: ask families to send Scouts in comfortable clothes with a water bottle. Print the pose sequence p 62 or have it on a screen. And **practice the poses yourself** — you are going to lead them, and this is the step that gets skipped.

Sit everyone in a circle and say what this is for: yoga as a way to relax your mind. Not a workout, not a competition.

Teach the breathing first. It is the actual content, and without it this is just stretching:

Inhale **through the nose**, and as you go *into* a pose.

Exhale **through the mouth**, and as you come *out* of a pose.

Holding a pose — deep breaths, filling the lungs, letting the breath out slowly.

Then lead each pose in turn and have the Scouts copy you **to their ability.** Do not correct anybody by touch — demonstrate again instead.

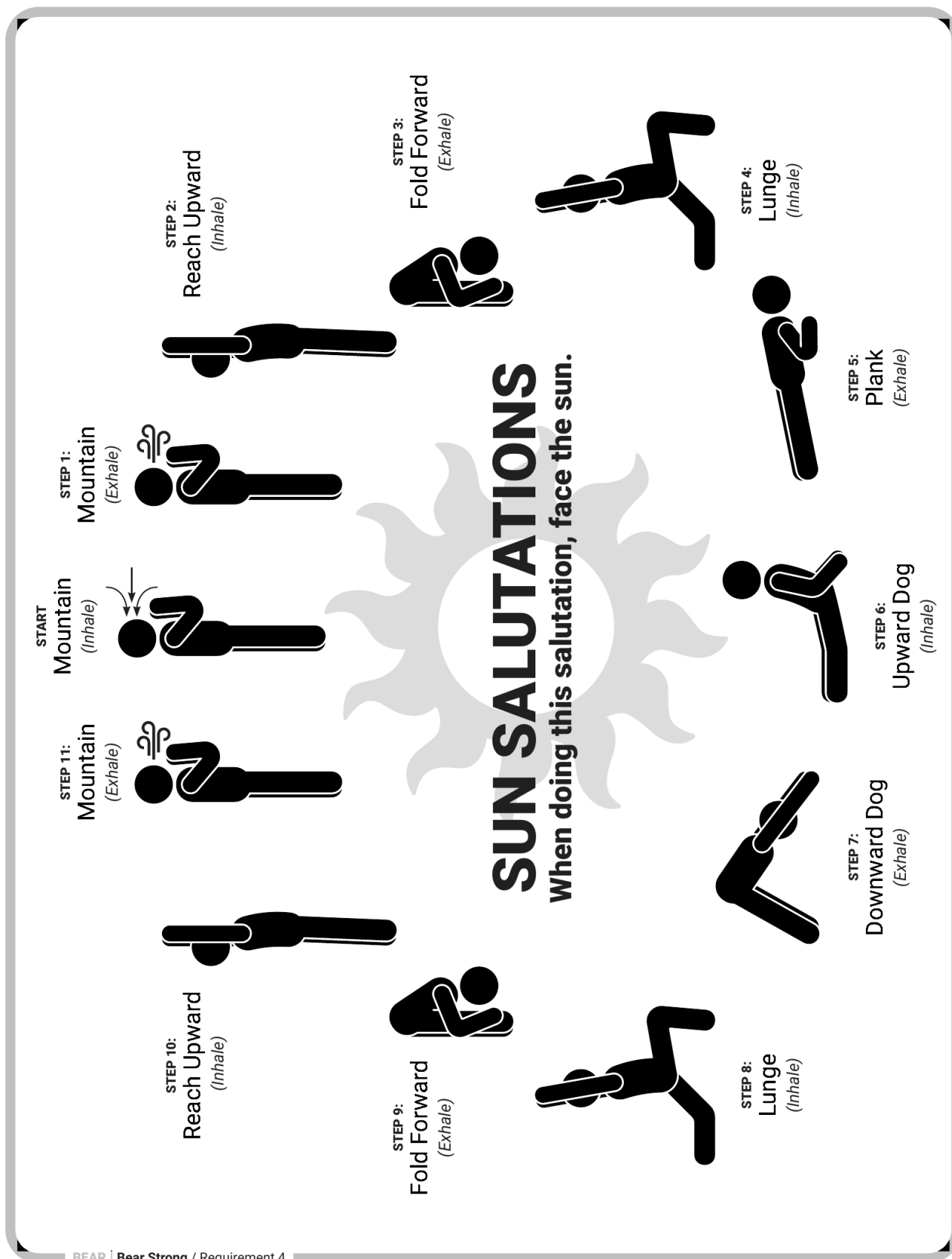
MATERIALS — POSE SEQUENCE p 62 · WATER BOTTLES · MATS OR TOWELS

CIRCUIT EXERCISE CARDS

Lay them face up on a table. Each Scout picks one; that becomes their station. The number is the target to hit inside the minute.

10 JUMPS WITH A JUMP ROPE	10 JUMPING JACKS
5 PUSH-UPS	10 SQUATS
30 sec RUN IN PLACE + REST 30 SEC	10 SIT-UPS
5 / leg ALTERNATE LEG LUNGES	15 sec PLANK × 2
30 sec ALTERNATE SIDE STRETCH, HOLD	15 sec SPRINT REST 15 SEC
30 sec TOE TOUCH, HOLD	30 sec ALTERNATING LEG STRETCH, HOLD

SUN SALUTATIONS



ACTIVITY STATIONS · 3 AND 4

3 HAND WASHING, THEN TRAIL MIX PREP

15 MIN · NEEDS A SINK · READ THE FOOD PAGE FIRST

ADVENTURE PERSONAL FITNESS · ALL RANKS

The order is the content. Wash first, then food. Both halves of this station are on p 64 — the six-step technique, the nine times to wash, and the Happy Birthday timing.

Before: set up a handwashing station with soap and paper towels, and put the two CDC posters up beside it. Read the CDC's *Clean Hands Save Lives* article first.

Then the trail mix — five ingredients scooped in a set order into a named bag, and **the Scouts taste it.** Quantities, shopping list and the scoop sequence on p 67.

Whoever runs this station must have read p 54 and been briefed by the medical record group.

MATERIALS — SOAP · PAPER TOWELS · TWO CDC POSTERS · INGREDIENTS PER p 54 · BOWLS, SCOOPS, LABELED ZIP BAGS

4 CLEAN CHOMPERS

15 MIN · EVERY RANK · NEEDS SINKS

ADVENTURE PERSONAL FITNESS · ALL RANKS

Before: watch the American Dental Association brushing video so you can demonstrate it properly. Work out where the spitting happens before the night, not during it.

Explain and demonstrate the proper way to brush — front, back and chewing surfaces. Then guide them through the motions **with no toothpaste**, so they get the technique before anything gets messy.

Then a small amount of toothpaste each and **brush for a full two minutes** — put on a song about that long, or set a timer. Two minutes is far longer than any of them think.

READ THIS BEFORE YOU PLAN IT

A toothbrush per Scout, not per Wolf. Twenty Scouts brushing for two minutes at one sink is forty minutes; it will not fit a station. Either use several sinks, or have them brush and spit into paper cups away from the basin, or run the dry version below.

Dry version: draw a large mouth on posterboard and let each Scout show how they would brush every part of it with a clean dry brush. It meets the demonstrate requirement without plumbing, and with a whole pack it may be a more viable option.

MATERIALS — A TOOTHBRUSH PER SCOUT · TOOTHPASTE · MUSIC OR A TIMER · SINKS, OR CUPS AND A BOWL · POSTERBOARD IF RUNNING DRY

TWO STATIONS WANT WATER

Station 3 washes hands and station 4 brushes teeth. If your hall has one sink, those two cannot run simultaneously in a rotation — put them at opposite ends of the cycle, or run station 4 dry.

HAND WASHING

THE SECOND ACTIVITY TONIGHT THAT NEEDS A SINK

Clean Chompers needs one too [p 58](#). They are at different points in the evening so one sink can serve both — but **a single sink turns this station into a queue**. Twenty Scouts washing one at a time is ten minutes, not five. Count your taps before you set the rotation. If necessary, practice this with a dollop of hand sanitizer.

START WITH THE QUESTION

Ask when you should wash your hands, and let everyone who wants to answer. Then fill in whatever they missed:

After you go to the bathroom	Before handling plates, utensils or cups
After playing with a dog, cat or other animal	Before you eat
After you blow your nose, sneeze or cough	When your hands have dirt on them
After you touch garbage	When your hands have touched a lot of things others have touched
Before and after helping prepare food	

THEN DEMONSTRATE THE SIX STEPS

WHAT TO DO	
1	Hands under clean running water. Soap on. Then turn the water off.
2	Rub palm to palm until they go sudsy.
3	Left palm facing down, right hand on top, interlock the fingers and scrub between them. Switch hands, repeat.
4	Right hand grabs the left thumb and rotates around it. Switch hands, repeat.
5	Fingertips pressed into the opposite palm, rotating in circles. Switch hands, repeat.
6	Rinse. Take a paper towel — and use the towel to turn the tap off.

THE TWO STEPS NOBODY DOES

Turning the water off while you soap up (step 1) and **turning the tap off with the towel** (step 6). The first saves water; the second stops you putting the dirt straight back on your clean hands. Point both out explicitly — Scouts find the second one satisfying once they understand why.

THEN THE TIMING

Tell them the time it takes to do all six steps properly is **the time it takes to sing Happy Birthday**. Then each Scout takes a turn washing while singing it.

No lyrics needed on the page — most folks already know it.

Two posters go up at the station — [p 65](#) and [p 66](#). Copy them from the book and tape them up beside the sink.

WASH YOUR HANDS!

Hands that look clean can still have icky germs.

1 WET
Hands under clean running water

2 GET SOAP
Then turn the water off

3 SCRUB
Palms, between fingers, thumbs, fingertips — sing Happy Birthday

4 RINSE
Wash all the soap away

5 DRY
Use the towel to turn the tap off

Adapted from the CDC's *Wash Your Hands!* poster · [cdc.gov/handwashing](https://www.cdc.gov/handwashing)

KNOW WHEN TO WASH YOUR HANDS

- AFTER USING THE BATHROOM
- BEFORE EATING
- AFTER COUGHING, SNEEZING OR BLOWING YOUR NOSE
- AFTER TOUCHING ANIMALS OR THEIR CAGES
- AFTER PLAYING OUTSIDE
- WHEN YOUR HANDS LOOK DIRTY

Adapted from the CDC's *Know When to Wash Your Hands at School* poster · [cdc.gov/handwashing](https://www.cdc.gov/handwashing)

TRAIL MIX

THE SCOUTS EAT THIS — READ THE FOOD PAGE FIRST

The requirement is to **sample three foods that are naturally three different colors**, so tasting is the activity, not an extra. Screening the medical records is the control, and it happens beforehand, not at the table. [p 54](#)

BUY — PER 8 SCOUTS

INGREDIENT	AMOUNT
Cheerios	4 cups
Root vegetable chips	4 cups
Yogurt covered raisins	2 cups
Dried cranberries	2 cups
Sunflower seeds	$\frac{3}{4}$ cup
☐ Quart zip-top bags	1 / Scout
☐ Measuring cups — 1, $\frac{1}{2}$, $\frac{1}{4}$ cup and 1 tbsp	1 set / 2–3
☐ A Sharpie	1

The seeds are the one surplus — $\frac{3}{4}$ cup covers twelve Scouts, not eight.

LABEL THE BOWLS BY FOOD GROUP

Grain	Cheerios
Vegetable	Root vegetable chips
Dairy	Yogurt covered raisins
Fruit	Dried cranberries
Protein	Sunflower seeds

Pre-portion into these five labeled bowls before the meeting. The food-group labels are not decoration — they are how a Scout sees that a snack is built from five different kinds of food.

ALLERGENS IN THE DEFAULT MIX

Dairy (yogurt coating), **wheat** (Cheerios) and **seeds** (sunflower). No peanuts or tree nuts. Any Scout who cannot have one of these needs a bag built without it, beforehand, with their name on it.

SCOOP IN THIS ORDER

Bag to each Scout first, and **have them write their name on it** before anything goes in.

	SCOOP	AMOUNT
1	Cheerios	$\frac{1}{2}$ cup
2	Root vegetable chips	$\frac{1}{2}$ cup
3	Yogurt covered raisins	$\frac{1}{4}$ cup
4	Dried cranberries	$\frac{1}{4}$ cup
5	Sunflower seeds	1 tbsp

THAT IS A CUP AND A HALF OF TRAIL MIX

It fits a quart bag, but it is a large portion for a seven-year-old. **They only need to taste it** — sampling three colors is the requirement, not finishing the bag. The rest goes home.

ASK THE QUESTION BEFORE YOU HAND OUT A SINGLE BAG

Which of these foods do you think are *naturally* the color you see? That question is the point of the whole activity — the scooping is just how they find out. Ask it first, while they are still listening.

THE OPENING REMARKS

Very short. The three things underneath are yours, and on this night they matter more than the script.

– WAIT FOR THE ROOM TO SETTLE. DO NOT TALK OVER IT.

Tonight's pack meeting is all about Personal Fitness. Fitness isn't just about our bodies; it's also about healthy minds and hearts. Let's take steps together to be the best, healthiest Cub Scouts we can be!

– THEN GIVE DIRECTIONS ON THE DEN BREAKOUTS.

THEN SAY THESE THREE THINGS

- 1 **The safety invitation.** Ask parents to tell a leader about anything their Scout should not take part in, or any condition worth knowing about. Say it in front of everybody, so the parent of an asthmatic seven-year-old does not have to decide whether to raise it.
- 2 **Collect the medical records** as people arrive, and say that the older Scouts will shortly be going through theirs with a parent. Keep spare blanks visible.
- 3 **Where each den goes.** Six ranks, three groups, two rooms — say it once clearly and point, or the first four minutes of the breakout go on sorting people out.

WORTH LEANING ON, ON THIS NIGHT IN PARTICULAR

The script says fitness is about *healthy minds and hearts* as well as bodies. That is the line to lean on, because it frames an evening about sleep, teeth, handwashing and habits rather than about being fast or strong. **Nothing tonight measures a child.** Saying so at the start costs five seconds.

FIT FOR ADVENTURE! CEREMONY

THIS ONE TAKES TWO PEOPLE

The script alternates between a **NARRATOR** and a **LEADER** throughout. Decide who is which and give each their own copy — **do not try to read both parts yourself**. It is the only ceremony this month that needs two voices, and it is the thing to sort a week ahead rather than in the hall.

SUPPLIES — THAT IS ALL OF IT

- ☐ The script p 70
- ☐ Adventure loops and pins, one per Scout

Set-up is listed as **none**. No table, no props, no staging. The recognition and two readers are the whole thing.

WORTH DOING ANYWAY

Count the loops and pins against the roster the day before, and write the names out by rank in reading order.

Ask somebody else to photograph it. You cannot run a ceremony and document it.

COUNT BEFORE YOU BUY

Each rank earns a differently named adventure. **Loops for the first four, pins for the last two.**

LION	Fun on the Run	___ loops
TIGER	Tiger Bites	___ loops
WOLF	Running With the Pack	___ loops
BEAR	Bear Strong	___ loops
WEBELOS	Stronger, Faster, Higher	___ pins
AOL	Personal Fitness	___ pins

Fill this in from the advancement sheet, then add two or three. Order from the Scout Store.

FIT FOR ADVENTURE! – SCRIPT

– EVERYONE TOGETHER. RECOGNITION SORTED BY RANK.

NARRATOR

There are lots of fun ways to get strong and healthy. You can play sports, do exercises, or even compete in games. No matter how you do it, you start small, keep practicing, and challenge yourself to get better.

LEADER

Fitness is an important part of the Cub Scout program. Every rank has age-appropriate requirements that help you grow stronger in both body and mind.

NARRATOR

Staying fit isn't just about muscles — it's also about feeling good inside, having confidence, and being ready for adventure. Growing stronger in fitness is just like hiking the Cub Scout trail. Step by step, you get better, stronger, and ready for your next adventure. Today, we're celebrating Cub Scouts who have taken those steps!

LEADER

Will the following Cub Scouts and their family "coaches" please come forward? *(Read the Lion names. Lions come forward with their adult partners and families.)*

NARRATOR

The Lions are just starting out on their fitness adventure. They're learning new moves and building healthy habits. Families, please present these adventure loops to your Cub Scouts. *(Families present the loops.)*

LEADER

Next, we honor some Tigers who have worked hard to build strength and skills. Will the following Cub Scouts and their families please come forward?

NARRATOR

Our Tigers have been having fun and practicing new skills with their dens and their families. They're climbing higher on the Cub Scout trail. Families, please present these adventure loops to your Cub Scouts!

LEADER

Our Wolves are ready for the next challenge. Will the following Cub Scouts and their families please come forward?

NARRATOR

These Wolves are getting stronger every day. They've been following their fitness plans and pushing themselves to improve. Families, please present these adventure loops to your Cub Scouts!

– CONTINUES OVERLEAF – BEAR, WEBELOS, ARROW OF LIGHT.

FIT FOR ADVENTURE! – SCRIPT, CONTINUED

LEADER

Now, we recognize our Bears. Will the following Cub Scouts and their families please come forward?

NARRATOR

The Bears have shown dedication and determination. They've set goals and worked hard to reach them. They have accepted new challenges and continue to develop their physical and mental skills. Families, please present these adventure loops to your Cub Scouts!

– PINS FROM HERE, NOT LOOPS.

LEADER

Our Webelos Scouts learned what it takes to be stronger, go faster, and soar higher. Will the following Webelos Scouts and their families please come forward.

NARRATOR

In the Stronger, Faster, and Higher Adventure, our Webelos learned that personal fitness is a balance of three things: eating well, exercise, and the importance of rest. Families, please present these adventure pins to your Cub Scouts!

LEADER

Finally, we celebrate our Arrow of Light Scouts. Will the following Cub Scouts and their families please come forward?

NARRATOR

In the Scout Oath we promise to keep ourselves physically strong, mentally awake, and morally straight. You have demonstrated that proper nutrition, staying active with group activities, and personal exercise are the keys to being physically strong. Families, please present these adventure pins to your Cub Scouts!

Congratulations! Let's give a big round of applause for all these Cub Scouts who worked hard, stayed active, and did their best to complete these adventures and reach these goals!

– THEN THE CUBMASTER MINUTE BELOW.

CUBMASTER MINUTE

Cub Scouts, tonight we talked about fitness. Being fit isn't about being perfect; it's about taking small steps every day to be the best version of ourselves. Maybe that's playing a sport, choosing a fruit instead of a cookie, or simply taking a walk outside. When we take care of our bodies, we feel better, think more clearly, and have more energy for Scouting adventures and life. Fitness is a gift we give to ourselves, and it helps us be strong and ready to help others. Let's keep growing strong together!

Good job tonight, Scouts. And remember, have fun and do your best!

— THEN THE CLOSING FLAG CEREMONY.

THE LINE NOT TO RUSH

"Being fit isn't about being perfect." The sentence the whole evening builds to, and the one a child who is not the fastest in the pack needs to hear said out loud. Slow down for it.

THEN THE CLOSING FLAG CEREMONY

Run by the denner chosen at last week's Bobcat meeting — it is one of the five jobs their den wrote down, and this is the first meeting where that is real rather than theoretical. [p 73](#)

TRADITIONAL FLAG CEREMONY

OPENING · ABOUT 90 SECONDS

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Hand salute
5	<i>Pledge of Allegiance</i>
6	<i>Scout Oath</i>
7	<i>Scout Law</i>
8	Two
9	Color guard, dismissed

CLOSING · UNDER A MINUTE

1	Color guard, please take your places
2	Scouts, attention
3	Color guard, advance
4	Color guard, halt
5	Color guard, retrieve the colors
6	Color guard, dismissed

THE WORDS · STEPS 5 TO 7

PLEDGE OF ALLEGIANCE

I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

SCOUT OATH

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

SCOUT LAW

A Scout is:

Trustworthy	Loyal
Helpful	Friendly
Courteous	Kind
Obedient	Cheerful
Thrifty	Brave
Clean	and Reverent.

STAGING

- Flag stands out **before anyone arrives**.
- Color guard forms at the **back**. Facing the front, the American flag is on the left and the pack flag on the right.
- On the command to advance they walk forward and **cross about halfway**. The American flag crosses first.
- Anyone not in uniform puts their right hand over their heart instead of saluting.
- Walk the route with the color guard beforehand.

THE DENNER RUNS IT TONIGHT

Bear and Webelos chose denners last week, and conducting the opening ceremony is one of the five jobs their dens wrote down. This is the first meeting where that is real rather than theoretical — hand it over.

PERSONAL FITNESS ACTIVITY LOG

One per Arrow of Light Scout. Fourteen days. Write what you did and how long it took. **Fill in day one before you leave tonight.**

NAME _____ START DATE _____

DAY	ACTIVITY	DURATION
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

END OF YOUR FIRST MONTH

PACK _____ · WHAT HAPPENS NEXT

Four weeks ago most of us had not met. Your Scout has now earned two adventures and their first badge. That is a good month.

KEEP THESE THREE HABITS GOING

- ☐ Brushing properly, for two full minutes, twice a day
- ☐ Washing hands the long way — twenty seconds, with soap
- ☐ Moving for at least ten minutes, most days

None of it is about how anybody looks or how fast they are. It is about small things done often.

ARROW OF LIGHT FAMILIES

If your Scout has not already completed a fourteen-day activity log, they have one now. Help them fill in one row a day — what they did and how long for. It comes back to their Cub leader.

BEFORE MONTH 2

- ☐ **Medical record completed and handed in** — we need it before the campout, for every family
- ☐ Tell us about any allergy or dietary need if you have not already
- ☐ Look out for the Month 2 calendar this week

DATES FOR YOUR FRIDGE

Next meeting _____ Where _____

AOL Campout _____ Where _____

THANK YOU

A first month only works if families turn up, and yours did. If anything about it did not work for you, tell us — it is easier to fix now than later.