Bear Adventures

BEAR DEN • ADVENTURE MEETING PLAN

Bobcat

Required adventure • Character and Leadership

If you read nothing else

Every Cub Scout earns Bobcat first, at every rank. The Bear version is where two things arrive that shape the rest of the year: the denner position and the den Code of Conduct.

Two den meetings. Requirement 8 is done at home with a parent or legal guardian and cannot be completed at a den meeting — hand the booklet out at meeting 1 and collect the slip at meeting 2.

Bear is the first year the den genuinely runs itself, in small ways. Third graders can take attendance, lead an opening, and hold each other to a code they wrote. Set that up now and you will spend the rest of the year leaning on it.

Start this the first week of the program year. Nothing else counts toward rank until Bobcat is done.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ❑ 1. Get to know members of your den.
- ❑ 2. Recite the Scout Oath and Law with your den and den leader.
- ❑ 3. Learn about the Scout Oath. Identify the three points of the Scout Oath.
- ❑ 4. With your den, create a den Code of Conduct.
- ❑ 5. Learn about the denner position and responsibilities.
- ❑ 6. Demonstrate the Cub Scout sign, Cub Scout salute and Cub Scout handshake.
- ❑ 7. Share with your den, or family, a time when you demonstrated the Cub Scout motto “Do Your Best.”
- ❑ 8. At home, with your parent or legal guardian, do the activities in the booklet How to Protect Your Children From Child Abuse: A Parent’s Guide.

Requirement 8 is a family activity. Hand the booklet out at meeting 1 and collect the signed acknowledgement at meeting 2 — do not attempt to run it as a den activity.

Meeting 1: Oath, signs, and doing your best

Goal: Scouts learn each other properly, say the Scout Oath and Scout Law out loud, name the three points of the Oath, and demonstrate the sign, salute, and handshake.

Covers requirements 1, 2, 3, 6 and 7, and sends home 8

Before the meeting

- Print the Scout Oath and Scout Law large enough to read from across the room. Tape them to the wall and leave them up all year.
- Print the charades signage for the three points of the Scout Oath from the Bear adventure resources. Cut the three large pieces and tape them to the wall; cut the small slips and put them in a bowl.
- Review the Cub Scout Sign, Salute, and Handshake reference sheet in the Bear adventure resources on filestore.scouting.org before you demonstrate anything. You will be copied exactly.
- Print one copy of How to Protect Your Children From Child Abuse: A Parent's Guide per family, plus the acknowledgement slip.
- Clear the floor. Three of the four activities need Scouts up and moving.
- Ask two parents to stay. You need a second registered adult in the room, and the relay needs a person at the far end for each team.

Supplies

- Scout Oath and Scout Law posters
- Scout Oath charades signage, cut into three wall pieces and small slips
- Bowl for the charades slips, and a timer
- Tape
- Cub Scout Sign, Salute, and Handshake reference sheet
- Bear handbooks
- Parent booklets and acknowledgement slips

Run of show

Time	What happens
10 min	Gathering: Bear Line Up
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
15 min	Activity 1: Bear Charades — three points of the Oath
15 min	Activity 2: Bobcat Relay — sign, salute, handshake
10 min	Activity 3: Do Your Best Showcase
5 min	Closing: hand out family booklets

Gathering — Bear Line Up (10 min)

Bear Line Up — scouting.org/cub-scout-activities/bear-line-up/

Clear a strip of floor. Tell the Scouts they are going to line up in different orders and that they will have to talk to each other to work it out. Then call the orders: alphabetical by first name, then alphabetical by last name, then by birthday.

The birthday round is the one that does the work. They cannot do it without asking each other a real question, and by the third round they are talking to Scouts they arrived not knowing.

That is requirement 1 and it takes ten minutes. Do not skip it because they "already know each other" — Bear dens absorb Scouts from two or three Wolf dens plus new families, and the Scout who knows nobody in September is the Scout who quits in November.

Opening (5 min)

Recite the Oath and Law Bear — scouting.org/cub-scout-activities/recite-the-oath-and-law-bear/

Pledge of Allegiance first, then the Scout Oath and the Scout Law together as a den, reading from the posters. You say it with them — that is what requirement 2 asks for, the den and the den leader together.

Nobody is memorizing anything tonight. They are reading it out loud with a group, which is how it eventually gets memorized.

Activity 1 — Bear Charades (15 min)

Bear Charades — scouting.org/cub-scout-activities/bear-charades/

The three points of the Scout Oath are already on the wall, which is deliberate: their guess is always going to be one of those three, so nobody is stuck.

Split the den into two teams. A Scout from team one draws a slip, gets two minutes on the timer, and acts out the phrase for their own team using hands and body only — no words, no sounds. Correct guess inside two minutes is a point. Then team two goes. Keep going until every Scout has acted out at least one of the three points.

Seed a few ideas before you start or the first Scout will freeze:

- Duty to God and country — praying, saluting.
- Duty to other people — helping someone ride a bike, holding a door.
- Duty to self — jogging in place, reading a book.

Then close it out plainly: point at each of the three signs on the wall and have the den name them. That is requirement 3 — identify the three points. A third grader saying "God and country, other people, and myself" has completed it.

Alternatives: Lights Camera Action — scouting.org/cub-scout-activities/lights-camera-action/ · Scout Oath Poster — scouting.org/cub-scout-activities/scout-oath-poster/

Activity 2 — Bobcat Relay (15 min)

Bobcat Relay Bear — scouting.org/cub-scout-activities/bobcat-relay-bear/

Demonstrate all three yourself first, slowly, and say what each one is for. The sign gets attention — see it, stop, listen. The salute shows respect to the flag. The handshake is how Cub Scouts greet each other: two fingers, left hand.

Then run it. Two teams lined up at one end, an adult or den chief at the far end for each team. First Scout runs down, the adult asks for the sign, the salute, or the handshake. Correct, and they run back and tag the next Scout. Not correct, and they run back to their team for help, then return and do it again.

That last rule is the point of the game — the fix comes from their own den, not from you. Do not shortcut it by correcting them at the far end.

Every Scout does all three correctly at least once before you call requirement 6 done. It is a demonstration, not a discussion.

Alternative: Flag Opening — scouting.org/cub-scout-activities/flag-opening/

Activity 3 — Do Your Best Showcase (10 min)

Do Your Best Showcase — scouting.org/cub-scout-activities/do-your-best-showcase-2/

Sit down in a circle. Tell them you are going to ask each of them about a time they did their best, and give a few examples first so the bar is visibly low: I did my best when my mom was teaching me to fold clothes. I did my best on my last spelling test. I did my best learning to ride my bike.

An adult goes first — you or your assistant. Then hands up, and call on every Scout who wants to share.

Take the small answers seriously. A third grader who says “I did my best cleaning my room” is watching your face to find out whether ordinary effort counts. It does, and that is the whole requirement.

That is requirement 7. A Scout who will not talk in front of the group can share it at home with their family instead — the requirement says den or family, and a quiet Scout is not a failing Scout.

Closing (5 min)

Put the parent booklet in a Scout’s hand, not in their bag, and tell the parents directly at pickup what it is and that you need the slip back next meeting.

Announce next meeting and close with the Living Circle.

> **Say something like**
>
> Tonight you took your first steps as a Bear — you learned the den, you said the Oath and the Law, and you showed the signs that connect you to Scouts everywhere. Next week you write the rules this den lives by, in your own words. Bring the booklet slip back for me.

After the meeting, record attendance and advancement while it is fresh. You and your assistant den leader talk through next week while the Scouts and the host parent put the room back in order — start that habit at meeting one.

> **Send home with families**
>
> Do the activities in How to Protect Your Children From Child Abuse: A Parent’s Guide together, and return the signed slip at the next meeting. That is requirement 8 and only a parent or legal guardian can complete it.
>
> Child Abuse Protection Review Bear — scouting.org/cub-scout-activities/child-abuse-protection-review-bear/
>
> Practice the Scout Oath and Scout Law at home. Ask your Scout to teach you the sign, the salute, and the handshake.

Meeting 2: The denner and the den Code of Conduct

Goal: The den learns what a denner does, agrees five denner jobs in their own words, and writes and signs a Code of Conduct they will be held to all year.

Covers requirements 4 and 5, and collects 8

Before the meeting

- Read up on the denner before you teach it. A denner is a Cub Scout who helps the den leader during a den meeting. You decide how the denner is chosen and how long they serve, and every Scout should get at least one turn. The denner is not in charge of the other Scouts and is never put in charge of them — that distinction matters and third graders will test it.
- Decide your rotation before the meeting and be ready to say it out loud. A month each works well in a den of six to eight; six months with an assistant denner works in a bigger den. Pick one and stick to it.
- Buy or borrow a denner cord — the yellow cord worn over the left shoulder, passed from one denner to the next. It costs a few dollars and it is the reason the job feels real.
- Have a starter list of denner jobs ready to prime the discussion: help set up, lead the flag ceremony, clean up after, bring a snack, welcome Scouts at the door.
- Cut poster board for two posters — the denner jobs and the Code of Conduct. The Scout Shop den Code of Conduct poster works if you would rather not start from blank.
- Collect the parent acknowledgement slips at the door and tick them off a roster. Do not try to remember who handed one in.

Supplies

- Two pieces of poster board, 22" x 28"
- One sheet of paper per Scout
- Markers and pens
- Colored paper and decorations for the posters
- Denner cord
- Scout Oath and Scout Law posters from meeting 1
- Roster for checking off the parent acknowledgement slips

Run of show

Time	What happens
5 min	Gathering: Scout Law word scramble
5 min	Opening: Scout Oath and Scout Law, led by a Scout
5 min	Welcome, roll call, announcements
20 min	Activity 1: Denner Jobs
25 min	Activity 2: the den Code of Conduct
10 min	Activity 3: Bobcat check and sign-off

Time	What happens
5 min	Closing

Activity 1 — Denner Jobs (20 min)

Denner Jobs — scouting.org/cub-scout-activities/denner-jobs/

Explain the job in one minute: the denner is the official helper at a den meeting. Then get out of the way and let them define it.

Give every Scout a piece of paper and have them write down three jobs they think a denner should do. Then go around and have each Scout read their list. Write everything on the board, including the silly ones — you can drop those in the next step without anybody feeling shut down.

Now the den agrees on five. Argue it out as a group; five is a hard enough limit that they have to actually choose. Those five become the denner's job at every meeting for the rest of the year.

Write the five on the poster board and let them decorate it. Print a small copy for each Scout so they know what the job is when their turn comes.

Say the two things they need to hear about the role, out loud:

- The greatest responsibility of a denner is to set an example — being friendly to everyone in the den and helping a Scout who needs it. That is leadership by example, and it is the actual job.
- The denner is not the boss of the den and is never put in charge of the other Scouts. Say this plainly the first time, because somebody will try it.

Present the denner cord to your first denner tonight, over the left shoulder, in front of everybody. Then announce the rotation so nobody spends the year waiting.

That is requirement 5 — learn about the position and responsibilities. A Scout does not have to hold the job to complete it.

Alternative: A Bear Denner — scouting.org/cub-scout-activities/a-bear-denner/

Activity 2 — The den Code of Conduct (25 min)

Code of Conduct Bear — scouting.org/cub-scout-activities/code-of-conduct-bear/

This has to be theirs. If you write it, they follow it for three weeks. If they write it, they enforce it on each other, which is the actual goal and the reason the requirement exists.

Open it the way the Bear program suggests — as a discussion about how friends act toward one another, not a discussion about rules. Ask three questions and write down what they say in their own words:

- What makes a den meeting good?
- What ruins one?
- What should happen when someone breaks the code?

Third graders will bring you safety, respect for property, and how people treat each other, in some order. What they will not bring up on their own is put-downs and physical aggression — neither is ever acceptable, so if it does not come from them, put it on the list yourself.

Group their answers into five or six rules and push toward positive phrasing: “we listen when someone else is talking” beats “no interrupting.” Tie at least two of them out loud to points of the Scout Law so they see where this comes from.

Then add the part that is easy to skip. Rules are only half of it — ask them what the den should be known for. Caring about each other, including the new kid, nobody eats alone. Write those on the poster too. Scouts this age can judge their own behavior by more than whether they broke a rule, but only if you ask them to.

Everyone signs it — Scouts, you, and the assistant den leader. Bring it to every meeting for the rest of the year and point at it instead of raising your voice. Send a photo of it to the parents, because it is also how families learn what is expected.

> **Say something like**
>
> This is not my list of rules for you. This is your list, you all signed it, and that means when somebody forgets, it is not me who reminds them. It is you.

A few rules are enough to start. They can add more later, and they will.

Activity 3 — Bobcat check and sign-off (10 min)

Go around the circle. Each Scout says the Scout Oath with the den, names the three points, and demonstrates the sign, salute, and handshake. Tick them off as they go.

Confirm you have the parent acknowledgement slip from every family for requirement 8. Chase the missing ones this week by text to the parent — do not let it sit until December.

Record Bobcat in Scoutbook the same night if you can. It is the first advancement of the year, and packs lose credit for it because nobody entered it.

> **Send home with families**
>
> Nothing new. If the parent booklet slip has not come back, it is due now.
>
> Ask your Scout what is on the den Code of Conduct and whether they would add anything.

Leader notes

- Bobcat comes first at every rank, but the Bear version is not a repeat. The denner and the Code of Conduct are new this year and they are the two things that make the den run itself.
- The Code of Conduct poster is the most useful thing you will make all year. Laminate it if you can, and photograph it in case it gets lost.
- Rotate the denner and mean it. A Scout who never gets a turn learns exactly the lesson you did not intend.
- A Scout joining mid-year earns Bobcat first, whatever the calendar says. Run a short catch-up with them and a parent rather than making them wait until next September.
- Requirement 8 belongs to the family. Your job is to hand out the booklet, explain why, and collect the slip.

Safety

Before this adventure

Two registered adults, both with current Safeguarding Youth Training, at every den meeting and activity. SYT is valid 12 months — check your own expiry date before the program year starts. If your den includes girls, one of those adults must be a registered female 21 or over.

No one-on-one contact between an adult and a Scout who is not their own child, in person, online, or by text. Include a parent on every message.

The relay is a running game indoors. Clear the floor, define the turnaround, and stop it if it gets rough.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7	8

BEAR DEN • ADVENTURE MEETING PLAN

Bear Habitat

Required adventure • Outdoors

If you read nothing else

Nine requirements — the biggest adventure in the Bear year. Three meetings: two indoors to prepare, then the one-mile walk itself.

Requirements 3 through 8 are each named for one of the Leave No Trace Principles for Kids. That is not decoration, it is the teaching structure — keep the principle names on the board and say them out loud, because on the walk you will be calling them by name.

Two things need booking early: the guest who knows your path (requirement 3) and the walk date itself. Invite the path expert three to four weeks out and pick your route before meeting 1, because the route is what every other requirement hangs on.

The walk does not need a mountain. A mile in a city park, a greenway, a neighborhood loop, or around the block from your meeting place all count. Pick something you can reach without a caravan.

If your walk starts from your regular meeting place, meetings 2 and 3 can be run as one longer outdoor session — teach the four principles, then walk. Split them if you have to drive somewhere.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ❑ 1. Prepare for a one-mile walk by gathering the Cub Scout Six Essentials and weather-appropriate clothing and shoes.
- ❑ 2. Know Before You Go — Identify the location of your walk on a map and confirm your 1-mile route.
- ❑ 3. Choose the Right Path — Learn about the path and surrounding area you will be walking on.
- ❑ 4. Trash Your Trash — Make a plan for what you will do with your personal trash or trash you find along the trail.
- ❑ 5. Leave What You Find — Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.
- ❑ 6. Be Careful with Fire — Determine the fire danger rating along your path.
- ❑ 7. Respect Wildlife — From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, or reptiles.
- ❑ 8. Be Kind to Other Visitors — Identify what you need to do to be kind to others on the path.
- ❑ 9. With your den, pack, or family, go on your 1-mile walk while practicing your Leave No Trace Principles for Kids.

Requirements 5, 7 and 8 are taught at meeting 2 and completed on the walk. Requirement 6 is taught at meeting 2 and checked again against the real conditions on walk day.

Meeting 1: Pack it, map it, know the path

Goal: Every Scout can name and show the Six Essentials, the den picks its actual one-mile route on a map, hears from someone who knows the path, and makes a trash plan.

Covers requirements 1, 2, 3 and 4

Before the meeting

- Pick the area for the walk before this meeting. The Scouts choose the route within it — you choose the area, because you are the one vetoing the highway crossing.
- Identify who owns and maintains your path, then invite someone from that organization to speak. Parks department staff, a trail association volunteer, a county naturalist, or the person who mows it all work. Three to four weeks of notice, and tell them you want fifteen minutes on the path, its history, its surface, and who takes care of it.
- Watch the four-minute Cub Scout Six Essentials video at vimeo.com/498051015 and review the Six Essentials in the front of the Bear handbook, so you can explain each item rather than read a list.
- Pack your own day bag with the Six Essentials and bring it. You are the worked example.
- Tell families a week ahead: bring a day bag with your Six Essentials, and wear the shoes and clothes you plan to wear on the walk. This meeting does not work if they come empty-handed.
- Print the Paths for Everyone worksheet from the Bear Habitat adventure resources on filestore.scouting.org, one per Scout.
- Print and cut two sets of the Trash Timeline and Trash Timeline Cards from the Bear Habitat resources, on cardstock. Keep the Trash Timeline Key for yourself.
- Round up mapping devices — one per pair of Scouts. Apple Maps, Google Maps, Footpath Route Planner, Komoot, and Plotaroute all do what you need. If devices are a problem, run Paper Paths instead: scouting.org/cub-scout-activities/paper-paths/

Supplies

- A day bag packed with a complete set of Cub Scout Six Essentials: filled water bottle, whistle, flashlight, sun protection (sunscreen, hat, sunglasses), trail food, small first aid kit
- Clothing for the current weather to show and discuss: jacket, rain jacket, hat, gloves, sunglasses, closed-toe shoes, socks
- Bear handbooks
- Smart device with a mapping app, one per two Scouts
- Paths for Everyone worksheets, one per Scout
- A printed map of the walk area
- Two sets of Trash Timeline cards and timeline strips on cardstock, plus the answer key
- Timer
- Outdoor Code and Leave No Trace Principles for Kids emoji worksheets, one each per Scout
- Thank you card for the guest speaker

Run of show

Time	What happens
10 min	Gathering: Outdoor Code and Leave No Trace emoji sheets
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law; announcements
15 min	Activity 1: Backpack Packing Challenge — the Six Essentials
15 min	Activity 2: Digital Path Finding — Know Before You Go
15 min	Activity 3: Ask the Path Expert — Choose the Right Path
10 min	Activity 4: Trash Timeline Game — Trash Your Trash
5 min	Closing

Gathering — Outdoor Code and Leave No Trace emoji (10 min)

Outdoor Code and Leave No Trace Emoji — scouting.org/cub-scout-activities/outdoor-code-and-leave-no-trace-emoji/

Hand out both emoji sheets as Scouts arrive and let them write next to each emoji what they think it stands for. Handbooks open on the table — the Outdoor Code and the Leave No Trace Principles for Kids are in the front and they are allowed to look.

When most of the den is in, go through them one at a time and let Scouts share their guesses. Correct the ones that landed wrong, then read the Outdoor Code and the seven principles together as a den with the sheets in front of them.

Do this properly, because the next six requirements are literally named after those seven principles. Ten minutes here saves you explaining “Trash Your Trash” twice later.

Activity 1 — Backpack Packing Challenge (15 min)

Backpack Packing Challenge — scouting.org/cub-scout-activities/backpack-packing-challenge/

Scouts line up with their day bags and lay the contents out on the floor in front of them. Then work the Six Essentials one item at a time: everyone picks up their water bottle, you talk about why it matters, they put it back. Whistle, flashlight, sun protection, trail food, first aid kit — same pattern.

A Scout who is missing something is not in trouble. Note it, and either lend them one for the walk or tell the parent tonight what to buy. Better now than at the trailhead.

Then clothing for the weather you will actually have:

- Sun — hat, light-colored clothing, sunglasses.
- Rain — rain jacket with a hood, or a hat.
- Cold — warm jacket, hat, gloves, scarf.

Then shoes, and spend real time here, because footwear is the single most common reason a walk with third graders goes badly. Closed-toe always, for every Scouting activity. Sneakers or walking shoes are fine on pavement; a rugged path wants a harder sole and more ankle support. Shoes fit snug and laces get tied properly.

Socks are not optional. Good socks keep feet dry and pull moisture away, which is what stops the itching and the smell. If feet get wet on the walk, shoes and socks come off afterward and feet get dried out.

That is requirement 1, and it is “gather,” so every Scout leaves knowing exactly what is going in the bag on walk day.

Activity 2 — Digital Path Finding (15 min)

Digital Path Finding — scouting.org/cub-scout-activities/digital-path-finding/

Assign buddies and give each pair a device with the mapping app already open on your walk area. Show them the scale bar — usually bottom right, and it changes as they zoom. A mile has to mean something on the screen before they can plan a mile.

Each pair works out a one-mile route, then shares it. Look at all of them as a den and pick the one the den will actually walk. Let them do the choosing; your job is to veto the unsafe one and say why.

Then have them mark the route up: highlight the start, find the end, and pin the things that matter on the way — bathrooms, water fountains, a scenic spot, a shelter.

Now hand out the Paths for Everyone worksheet and sit them around a table. Work these questions as a den, out loud:

- Which of these paths is most appropriate for our den?
- Is there anyone in our den who might have a hard time on any of these paths?
- What are the safety concerns for each type of path?
- Does the route we picked contain any of these paths?
- What kind of terrain should our route have — and does ours have terrain that is too advanced for us?

That second question is the one worth sitting with. A den that plans around the Scout who cannot do stairs has learned something the requirement does not say out loud.

That is requirement 2 — Know Before You Go. Save the map. You are distributing it to families before the walk.

Alternative: Paper Paths — scouting.org/cub-scout-activities/paper-paths/

Activity 3 — Ask the Path Expert (15 min)

Ask the Path Expert — scouting.org/cub-scout-activities/ask-the-path-expert/

Before the guest starts, remind the den how to host a speaker: hands up for questions, stay seated, listen. Thirty seconds, and it changes the next fifteen minutes.

Ask the guest to cover the path itself, its surface, its history, and who maintains it. Have Scouts ask questions — seed a few in advance if your den goes quiet in front of strangers: Who takes care of this path? What is it made of? What was here before? What is the hardest part of your job?

This is requirement 3, Choose the Right Path, and hearing it from the person who maintains it is worth more than anything you could tell them. A Scout who knows someone mows that trail edge treats it differently.

If no one can come, take the den to the path and walk a short section with the map, or run No Two Trails Alike instead — scouting.org/cub-scout-activities/no-two-trails-alike/

Have the denner thank the speaker, sign a card as a den, and send it this week.

Activity 4 — Trash Timeline Game (10 min)

Trash Timeline Game — scouting.org/cub-scout-activities/trash-timeline-game/

Clear space to move. Two teams, one set of Trash Timeline cards each, five minutes on the timer — the timer is half of this block, so set it and mean it. Each team places their cards on the timeline where they think that item finishes decomposing.

When time is up, walk the timeline with the key, call each one right or wrong, and put every item in its actual place. Most correct wins. Ask whether anything surprised them — it will. Third graders reliably guess an aluminum can at a few years, and the real number lands.

Now get to the requirement, which is a plan and not a fact: what are we going to do with our own trash on the walk, and what do we do with trash we find? Pin it down concretely — who carries the bag, where the wrappers go, whether we pick up what other people left, and what we do not touch (anything sharp, anything with liquid in it, anything gross — you tell an adult instead).

Write the plan on the board and keep it. That is requirement 4, and the walk is where they execute it.

Closing (5 min)

Announce the walk date, the meeting-2 date, and remind them that the map is coming home this week.

> **Say something like**
>
> A great adventure starts long before your first step on the trail. Tonight you packed the Six Essentials, learned your route, met the person who takes care of the path, and made a plan for your trash. That is what being prepared actually looks like.

After the meeting, record attendance and advancement, and send the guest speaker the thank you card.

> **Send home with families**
>
> Check that your Scout owns and can find all six of the Cub Scout Six Essentials before walk day. Tell the den leader now if something is missing.
>
> Break in the shoes your Scout will wear on the walk. Walk a mile in them this week.
>
> Make sure the Scouting America Annual Health and Medical Record parts A and B are on file with the den leader — needed before the walk.

Meeting 2: Four principles for the trail

Goal: Scouts learn the fire danger rating scale, know what wildlife signs to look for, agree how the den will treat other people on the path, and know what they are taking pictures or drawings of.

Covers requirements 5, 6, 7 and 8

Before the meeting

- Print and cut the Fire Danger Matching Game cards from the Bear Habitat adventure resources on filestore.scouting.org. Shuffle them and keep the answer sheet for yourself.

- Research the animals actually common along your route — mammals, birds, insects, reptiles, and the domesticated ones too — and the signs each leaves behind. Ten minutes on a county parks or state wildlife page is enough, and it makes you credible on the walk.
- Look up the current fire danger rating for your area so you can compare their card sorting against the real number. Most state forestry and county fire sites post it daily.
- Remind families to bring a camera or a phone, or a sketchbook and pencils, to this meeting and to the walk.
- Confirm health forms are in for every Scout and every adult coming on the walk, and review them for anything that affects participation. Do this now, not on the morning of.
- Distribute the route map from meeting 1 to every family, along with the walk date, start time and expected finish time.

Supplies

- Fire Danger Matching Game cards, cut and shuffled, plus the answer sheet
- Sketchbooks and pencils, or cameras and smart devices — one per Scout
- Crayons or markers
- Printed pictures of local animal tracks, scat, nests and burrows
- The route map from meeting 1
- Board or easel paper for the be-kind list
- Bear handbooks

Run of show

Time	What happens
5 min	Gathering: name the seven Leave No Trace principles
5 min	Opening and announcements
15 min	Activity 1: Fire Danger Matching — Be Careful with Fire
15 min	Activity 2: Wildlife Snapshot — Respect Wildlife
15 min	Activity 3: Consider Others — Be Kind to Other Visitors
10 min	Activity 4: Take Only Memories — what you will record
5 min	Closing: walk logistics

Activity 1 — Fire Danger Matching (15 min)

Fire Danger Matching — scouting.org/cub-scout-activities/fire-danger-matching/

Lay the five level cards out in order, face up: Low, Moderate, High, Very High, Extremely High. Everything else goes face down in a deck.

Explain the rating system first — what each level means in terms of how easily a fire starts and how fast it spreads. Then go around the den: draw a card, read it out, place it in the pile you think it belongs to. Play until the deck is gone, then correct the piles together.

Finish with the question that makes it matter: at what fire danger level should we not do this walk at all? Let them argue and then give them the real answer for your area.

Then show them where the number comes from — the state forestry site, the county fire page, the sign at the park entrance. That is what requirement 6 is really asking: not that they memorize a scale, but that they know how to find the rating for their own path.

On walk day they check it again for real. That is when the requirement completes.

Activity 2 — Wildlife Snapshot (15 min)

Wildlife Snapshot — scouting.org/cub-scout-activities/wildlife-snapshot/

Tell them what lives along your route, and be specific — the actual birds, the actual mammals, the actual insects, the neighbor's dog. Then ask what you left out. They will know things you do not.

The requirement is signs, not animals, and that is the part to teach. Six signs is easy once they know what counts:

- Sounds — not just the call, but the sound of something moving through leaves.
- Where they live — a nest, a burrow, a hole in a tree, a web.
- What they eat — bite marks on a leaf, chewed nuts, a raided trash can.
- Scat. Different animals leave different scat, and third graders will pay closer attention to this than to anything else you say tonight.
- Tracks — especially in mud after rain.

Then the safe-distance part, which is the actual point of "Respect Wildlife." We look, we do not approach, we do not feed, we do not touch, and we do not chase for a photo. Ask them why, and let them get there themselves.

Every Scout is looking for six signs on the walk, up, down, and around. Say that number out loud now so nobody spends the walk counting squirrels.

Activity 3 — Consider Others (15 min)

Consider Others — scouting.org/cub-scout-activities/consider-others/

Ask the den how they can be kind and considerate to other people on the path, and write what they say. Then fill the gaps from the Bear handbook list until you have all of this on the board:

- Know your right of way. Walk on the right, not the left, and read the signs on the path.
- On a path only wide enough for one, step aside for anyone coming uphill. On the flat, be the first to step aside and let others pass.
- Bicyclists yield to walkers — but do not count on it.
- If you must step off the path, watch what you are stepping on.
- Make yourself known. A friendly hello to people you meet. Coming up behind someone, say so calmly before you pass.
- Stay on the path. Going off it damages plants and the systems around the trail.
- Leave rocks, plants, and anything you find where they are, for the next person.
- Do not disturb wildlife. They need their space and so do you.
- Watch the conditions. Too wet, muddy or slippery means turn back or pick another day — that is a real decision the den is allowed to make.
- Take time to listen. Devices off, noise down.

- Be aware of what is around you. Know the rules for your path.

Now turn the list into the den's plan for walk day: single file where, hello to whom, who calls out a bike. That is what requirement 8 asks — identify what you need to do — and you are going to hold them to it in two days.

Activity 4 — Take Only Memories (10 min)

Take Only Memories — scouting.org/cub-scout-activities/take-only-memories/

Every Scout picks their method now: camera or phone, or sketchbook and pencils. Have them label the sketchbook or make a folder on the phone so the five things do not get lost among four hundred other pictures.

The rule is the requirement: we leave what we find. The rock stays, the flower stays, the feather stays. What comes home is five pictures or five drawings of things they want to remember.

Ask them to name one thing they expect to want to record. Then tell them it will probably be something else entirely, which is the point.

They complete requirement 5 on the walk and share their five afterward.

Closing — walk logistics (5 min)

Confirm the date, the start time, the finish time, and where families park. Repeat the packing list: Six Essentials, closed-toe shoes, weather-appropriate clothes, camera or sketchbook.

Tell them what happens if the weather turns. You check the forecast three days out, and severe weather means you reschedule rather than push through it.

After the meeting, confirm you have a health form for every person coming, youth and adult.

> **Send home with families**
>
> Charge the camera or pack the sketchbook and pencils in the day bag now, not on walk morning.
>
> Look up the fire danger rating for your area together this week and find where it is published. Your Scout has to be able to find it, not just be told it.
>
> Walk the route on a map with your Scout so they arrive knowing where they are going.

Meeting 3: The one-mile walk

Goal: The den walks its planned mile practicing all seven Leave No Trace Principles for Kids, and completes the wildlife signs, the memories, the kindness plan, and the fire danger check on the trail.

Covers requirement 9, and completes 5, 7 and 8

Before the meeting

- Distribute the route to every Scout, parent and legal guardian ahead of time, based on the map the den made at meeting 1.
- Give a copy of the route to one adult who is not coming, along with your start time and expected finish time. Do this every time you take a den off site.

- Check the weather three days out. Severe weather in the forecast means you reschedule — a miserable first outdoor experience costs you Scouts for years.
- Carry health forms for every participant, youth and adult, if the walk is away from your regular meeting place, and review them beforehand for anything affecting participation.
- Walk the route yourself in the last week if you can. Paths close, get flooded, and get resurfaced.
- Remind families the day before: date, time, location, Six Essentials, closed-toe shoes, camera or sketchbook.
- Confirm your adult coverage. Two registered adults with current SYT is the floor; you want more if the route crosses a road.

Supplies

- Every Scout's Cub Scout Six Essentials: filled water bottle, whistle, flashlight, sun protection, trail food, small first aid kit
- Den first aid kit, including an elastic bandage and moleskin
- Health forms for every participant, youth and adult
- Roster with parent phone numbers
- Trash bag and a pair of gloves for whoever carries it
- The marked route map, carried by the denner
- Cameras or sketchbooks and pencils
- Extra water and extra snacks — somebody will forget
- Charged phone

Run of show

Time	What happens
10 min	Gathering: gear check, buddies, health forms
5 min	Opening: Outdoor Code and the seven principles
40 min	The one-mile walk, with three teaching stops
15 min	Debrief: five memories, six signs, how we did
5 min	Closing

Gathering — Gear check (10 min)

Every Scout opens their bag and shows the Six Essentials. Fix what is wrong now: fill the empty bottles, hand out spare sunscreen, swap a Scout out of the wrong shoes if you brought a spare pair. This is requirement 1 verified, not assumed.

Assign buddies. Nobody walks alone and buddies check on each other at every stop.

Say the route out loud, name the hazards on it and how you are avoiding them, and tell them where the bathrooms and the water are — they marked those on the map themselves, so ask them instead of telling them.

Opening (5 min)

Leave No Trace Walk — scouting.org/cub-scout-activities/leave-no-trace-walk/

Read the Outdoor Code together, then the seven Leave No Trace Principles for Kids in their own words: know before you go, choose the right path, trash your trash, leave what you find, be careful with fire, respect wildlife, be kind to other visitors.

Point out that they have now done six of the seven in a meeting, and the last hour is where they do all seven at once.

> **Say something like**
>
> Everything we carry in, we carry out. If we do this right, the next family that walks here will not be able to tell we came through.

The walk (about 40 min)

A mile is roughly thirty to forty minutes at a third grader's pace with stops. Denner leads at the front with an adult and the map; an adult sweeps at the back. Nobody passes the front, nobody drops behind the back.

Three stops, water and buddy check at each, one principle at each:

- Stop one — Be Careful with Fire. Find the fire danger rating for today, at the sign, on a phone, or from what you looked up. Ask what level it is and what it would take for the answer to change the plan. That completes requirement 6 against real conditions.
- Stop two — Respect Wildlife. Everyone counts what they have got so far toward six signs, up, down, and around. Somebody will be at two, which is why you stop halfway rather than asking at the end.
- Stop three — Choose the Right Path and Trash Your Trash. Point out where the trail is widening because people walked around a puddle, and walk through the middle of it. Check the trash bag and ask what has gone in it.

Be Kind to Other Visitors is not a stop — it is the whole walk. Every time you meet someone, the plan from meeting 2 is in force: step aside, say hello, announce yourself before passing. Say "that is Be Kind to Other Visitors" out loud the first two times, then stop and let them run it.

Leave What You Find is also running throughout. Scouts take their five pictures or drawings as they go. When someone picks something up — and someone will — use it. Ask why that rock is worth more where it is.

If you pass litter, pick it up. The bag makes the principle real in a way the timeline game did not.

Debrief (15 min)

Sit down at the end, before anyone gets in a car. This is where three requirements actually close.

Go around the circle. Each Scout shows or describes their five memories and says why those five. Do not rush this — the reasons are more interesting than the pictures.

Then wildlife: each Scout names their six signs. If someone has four, the den helps them count back through the walk. Nobody is failed for being at four; they are helped to six.

Then the kindness plan: how did we do? Who did we meet, what did we do, what would we change? That closes requirement 8 with evidence rather than intention.

Last question, and it is worth the two minutes: what did we leave behind, and what did we take?

Say something like

Today you showed what it really means to care for the outdoors — noticing what is beautiful without disturbing it, watching the fire danger, respecting wildlife from a safe distance, and being kind to everyone who shares the trail. On your one-mile walk you proved that Scouts leave only memories and take responsibility for the world around them. Keep carrying those Leave No Trace principles wherever you go, because every step you take can help protect the places we love.

Record attendance and advancement the same night. This adventure has nine requirements and they will blur together by Thursday.

Send home with families

Ask your Scout to show you their five memories and tell you about each one.

Ask what six wildlife signs they found. The answer is usually better than you expect.

If your Scout enjoyed this, the Bear elective adventures Champions for Nature and A Bear Goes Fishing build straight off it.

Leader notes

- One mile is the requirement. Do not stretch it to three to make it feel like a real hike — you will lose the Scouts who are not outdoor kids yet, and this adventure exists partly to recruit them.
- Requirements 5, 7, 8 and 9 all happen on the same walk. That is by design and it is why the walk gets its own meeting.
- The Leave No Trace principle names are the teaching structure. Say them by name every time, at both meetings and on the trail, and the den will be using them without you by the third stop.
- The path expert is worth chasing. A den that has met the person who maintains their trail behaves differently on it, and the conversation costs you one email.
- If your route is away from your normal meeting place, health forms and your council's activity notification requirements both apply. Check before you go, not after.
- This adventure can be combined with a pack campout or a pack hike, but the route has to be the den's own planned route and the debrief has to be the den's own.

Safety

Before this adventure

Two registered adults, both with current Safeguarding Youth Training, at every meeting and on the walk. More adults if the route crosses a road. If your den includes girls, one of those adults must be a registered female 21 or over.

Scouting America Annual Health and Medical Record parts A and B on file for every participant, youth and adult, and reviewed for anything that affects participation before you leave.

Check the weather three days before the walk and again that morning. Severe weather means reschedule.

> Give the route, the start time, and the expected finish time to one adult who is not coming.
>
> Buddy system throughout, adult at the front and an adult sweeping the back. Know where the nearest hospital is and whether you have cell signal on the route — say so out loud to the other adults before you start.
>
> Closed-toe shoes, always. Turn back rather than walk a path that is too wet, muddy, or slippery.
>
> Scouts do not pick up sharps, broken glass, containers with liquid in them, or anything they are unsure about. They tell an adult.
>
> Wildlife is observed from a distance. No approaching, no feeding, no touching.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7	8	9

BEAR DEN • ADVENTURE MEETING PLAN

Bear Strong

Required adventure • Personal Fitness

If you read nothing else

Two meetings. Meeting 1 is food and the quiet activity; meeting 2 is the active hour with a guest who knows how to run it.

Requirement 1 needs families to prepare a snack at home and bring it. Ask two weeks out and call every family the day before, or you will have three snacks for eight Scouts.

Requirement 5 is a conversation between the Scout and a parent about the Scout's own health form. Bryan runs it as a gathering activity with parents seated alongside their Scouts, which works well — but the form itself is private and never read aloud.

Book the fitness guest for meeting 2 one to two weeks ahead, and book a gym or a field. This adventure needs space.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ❑ 1. Sample food from 3 of the following food groups: protein, vegetables, fruits, dairy, and grains.
- ❑ 2. Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.
- ❑ 3. Be active for 15 minutes doing personal exercises that boost your heart rate, use your muscles, and work on flexibility.
- ❑ 4. Do a relaxing activity for 10 minutes.
- ❑ 5. Review your Scouting America Annual Health and Medical Record with your parent or legal guardian.

Requirement 5 belongs to the Scout and their parent or legal guardian. You confirm the conversation happened and you collect the form; you do not read its contents to the den or ask about them.

Meeting 1: Food groups and ten quiet minutes

Goal: Every Scout samples food from three different food groups, reviews their health form with a parent, and does ten genuinely relaxing minutes of yoga.

Covers requirements 1, 4 and 5

Before the meeting

- Two weeks out, tell every family: prepare a snack at home and bring it to share. The snack needs ingredients from at least three different food groups — protein, vegetables, fruits, dairy, grains.
- Ask every family in writing about food allergies and restrictions before this meeting, and pass the answers on to the other families when you ask them to cook. Then plan around them rather than making one Scout eat something different.
- Call or text every parent the day before to confirm their snack is coming. Do not skip this — this is the requirement that fails on logistics, not on content.
- Ask parents or legal guardians to arrive with their Scout and stay for the first ten minutes for the health form review, or to send the reviewed form in if they cannot.
- Have blank Annual Health and Medical Records available for families who have not filed one, and the filed ones ready to hand back for review.
- Print or load the Yoga Salutation Poses worksheet from the Bear Strong adventure resources, and practice the poses yourself first. Leading yoga you have never done in front of eight third graders goes exactly how you would expect.
- Tell families to send comfortable clothes and a water bottle.

Supplies

- Plate and napkin for each Scout
- Serving utensils and a table for the shared snacks
- Allergy list, printed and visible
- Annual Health and Medical Record forms, blank and filed copies
- Pens
- Tables and chairs set up for writing
- Yoga Salutation Poses worksheet
- Mats, towels, or clean floor
- Water bottles

Run of show

Time	What happens
10 min	Gathering: health record review, families sitting together
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
25 min	Activity 1: Fun and Food — sample and sort
15 min	Activity 2: Yoga Salutation — ten quiet minutes
5 min	Closing

Gathering — Health record review (10 min)

Scouting America Health Medical Record Review Bear — scouting.org/cub-scout-activities/scouting-america-health-medical-record-review-bear/

Scouts and their parent or legal guardian sit together at a table. Hand back the completed forms; hand blank ones to families who have not filed yet.

The parent reviews the form with their Scout and talks about two things: anything the Scout should not take part in, and anything adult leadership needs to know for safety. That is the entire requirement, and it is a family conversation held in the same room, not a den activity.

Collect the forms as families finish. Read them yourself after the meeting and follow up privately with any family whose form raises a question about participation.

A Scout whose parent could not come does this at home this week and brings the form back. Do not run it with the Scout alone.

Never read a form aloud, never discuss its contents with other parents, and never let a Scout read another Scout's. That is requirement 5 done properly.

Activity 1 — Fun and Food (25 min)

Fun and Food — scouting.org/cub-scout-activities/fun-and-food/

Lay the snacks out on one table with the allergy list posted where every adult can see it. Give each Scout a plate and a napkin.

Before anybody eats, walk the table. Each Scout says what they brought and what is in it. Then, as a den, sort each snack into food groups out loud — protein, vegetables, fruits, dairy, grains.

Then they eat. Requirement 1 is "sample food from three of the food groups," so as they go, have each Scout name the three groups on their own plate. That is the check, and it takes ten seconds per Scout.

Do not turn this into a lecture about bad food. Ask what they actually ate yesterday and work from there. A Scout who says "pizza" is not wrong — ask what groups are already on a pizza, and what would go next to it.

A Scout who forgot their snack still eats and still completes the requirement. Bring a backup: cheese sticks, apple slices, and crackers cover three groups by themselves.

Alternatives: Apple Delights — scouting.org/cub-scout-activities/apple-delights/ · Fiesta Pizza — scouting.org/cub-scout-activities/fiesta-pizza/

Activity 2 — Yoga Salutation (15 min)

Yoga Salutation — scouting.org/cub-scout-activities/yoga-salutation/

Circle up on the floor, lights down if you can. Tell them this is a way of relaxing their mind, and that the ten minutes are a requirement in their own right — not a cool-down, not filler.

Teach the breathing first, because it is what makes it relaxing rather than just stretching: in through the nose going into a pose, out through the mouth coming out of it, and slow deep breaths while holding.

Then lead the poses from the Salutation worksheet, one at a time, and let each Scout copy you to whatever level their body does. Nobody is corrected, nobody is compared, and a Scout who cannot do a pose does the nearest thing they can.

Expect the first two minutes to be giggling. Wait it out rather than scolding. By minute four most of them are genuinely still, and several will tell you afterward it was their favorite part of the night.

That is requirement 4. Ten minutes, and it has to actually be ten.

Alternatives: Listening to Music — scouting.org/cub-scout-activities/listening-to-music/ · Reading Escape — scouting.org/cub-scout-activities/reading-escape/

Closing (5 min)

Remind them what meeting 2 needs: comfortable clothes, closed-toe shoes, a full water bottle, and the field or gym location if it is different.

Confirm you have a reviewed health form from every family before anyone leaves.

> **Send home with families**
>
> If the health form review did not happen at the meeting, do it this week and send the form back. That is requirement 5.
>
> Ask your Scout to name the three food groups on their plate at one meal this week.
>
> Send comfortable clothes, closed-toe shoes, and a filled water bottle to the next meeting.

Meeting 2: Thirty minutes hard, fifteen minutes their own

Goal: The den is active for a full thirty minutes with stretching and moving, then each Scout does fifteen minutes of personal exercise covering heart rate, muscles, and flexibility.

Covers requirements 2 and 3

Before the meeting

- Book a flat open field or a gym, free of obstacles. Walk it beforehand for holes, sprinklers and glass.
- One to two weeks out, invite an exercise professional from your community — a personal trainer, a PE teacher, a high school coach, a physical therapist. Tell them you need fifteen to twenty minutes leading third graders through exercise that covers heart rate, muscles, and flexibility.
- Review the rules of Ultimate at usaultimate.org/youth/how-to-play/ so you are not learning them in front of the den.
- Set the field: markers at each end to make two end zones. A full Ultimate field is 70 yards by 40 with 20-yard end zones — scale it to your space and your Scouts, and make it smaller than you think.
- Tell families: comfortable clothes, closed-toe shoes, water bottle.
- Have water available throughout and know your plan if it is hot.

Supplies

- A frisbee, plus a spare
- Cones or markers for the end zones
- Water for everyone, plus extra

- A timer
- Den first aid kit
- Health forms and roster
- Thank you card for the guest

Run of show

Time	What happens
5 min	Gathering: free play with the frisbee
5 min	Opening and announcements
30 min	Activity 1: stretch, play Ultimate, cool down
20 min	Activity 2: Fitness Expert — fifteen minutes of personal exercise
5 min	Questions and thank you
5 min	Closing

Activity 1 — Ultimate (30 min)

Ultimate Frisbee — scouting.org/cub-scout-activities/ultimate-frisbee/

Requirement 2 asks for thirty minutes that include both stretching and moving, so build it as one block and keep the clock running:

- Five minutes — dynamic warm-up. Arm circles, high knees, walking lunges, toe touches. Moving stretches, not held ones.
- Twenty minutes — play Ultimate.
- Five minutes — cool down and held stretches. Hamstrings, calves, shoulders, thirty seconds each, no bouncing.

Explain the game before you split teams. The defense throws off to the offense. The offense advances the disc by throwing it — no running with it, no contact. A point is scored when someone catches it in the other team's end zone. Dropped, intercepted, or out of bounds, possession changes. Play to whatever number fits your time.

Before the first throw, ask which points of the Scout Law apply to how they play. Friendly, courteous, and kind will come out of them, and Ultimate is genuinely self-refereed at every level, so the question is not rhetorical.

Referee the no-contact rule hard and early. Third graders and a floating disc produce collisions.

Everybody plays the whole time. No elimination, no sitting out, no keeping score in a way that leaves a Scout on the sideline — a Scout on the sideline is not being active for thirty minutes.

Do it with them. A den leader on the sideline with a clipboard teaches the opposite of this adventure.

Alternatives: Basketball Challenge — scouting.org/cub-scout-activities/basketball-challenge/ · Tennis Titans — scouting.org/cub-scout-activities/tennis-titans/

Activity 2 — Fitness Expert (20 min)

Fitness Expert — scouting.org/cub-scout-activities/fitness-expert/

Before the guest starts, set expectations with the den: hand up to speak or ask a question, stay seated while they are talking unless asked to stand, listening ears on.

The guest leads fifteen to twenty minutes of exercise and talks about why it matters. Ask them ahead of time to cover all three things the requirement names — something that boosts the heart rate, something that uses the muscles, and something that works on flexibility — because a guest who only does one will leave you short.

This is requirement 3 and the operative word is personal. It is the Scout's own exercise, not the team game they just played. Every Scout works at their own level: push-ups on knees count, wall sits count, a Scout with a health limitation does what they can do. The requirement is to be active, not to hit a standard.

Teach them to find their pulse at the wrist or the neck and count for fifteen seconds. Check it before and after the heart-rate work so they can feel the difference themselves — that is the thing they take home.

Questions at the end, then thank the guest. Send a written thank you note this week.

If your guest cancels the morning of, run it yourself as a five-station circuit: jumping jacks or shuttle runs, push-ups, plank or sit-ups, squats or wall sits, sit-and-reach plus a shoulder stretch. Three minutes a station.

Alternatives: Dance Memory Grooves — scouting.org/cub-scout-activities/dance-memory-grooves/ · Energizing Workout — scouting.org/cub-scout-activities/energizing-workout/

Closing (5 min)

> **Say something like**
>
> Being Bear Strong means taking care of your whole self — choosing good food, staying active, stretching and moving your body, and taking the time to relax. You also took responsibility for your own health by reviewing your medical record with your family. Keep making smart choices, keep moving, and keep listening to what your body needs. That is how Bears grow stronger every day.

Record attendance and advancement. Send the guest's thank you note this week.

> **Send home with families**
>
> Fifteen minutes of the personal exercises, a few times a week. The point of requirement 3 is that your Scout can do it without a den around them.
>
> Ask your Scout to teach you one of the yoga poses and one of the stretches.

Leader notes

- Every Scout moves at their own level. Push-ups on knees count. A Scout with a health limitation does what they can do.

- Never compare Scouts out loud, never weigh them, and never comment on body size. If a Scout raises a concern about their own body, listen, do not diagnose, and tell a parent.
- The snack requirement lives or dies on the reminder call the day before. Make it.
- Requirement 5 is between the Scout and their parent. You confirm it happened and you keep the form; you do not read its contents to anyone.
- This adventure sets up the Webelos Stronger, Faster, Higher adventure directly — same themes, higher bar, and next year they cook the meal instead of bringing a snack.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Ask families in writing about food allergies before the snack meeting, post the list where adults can see it, and label everything that comes in.

Annual Health and Medical Record parts A and B on file and reviewed before the active meeting.

Water available throughout and real breaks. Watch for heat on a warm day.

Walk the field before the den does. Closed-toe shoes for the game, no contact, and stop the play if it gets rough.

The fitness guest is not a registered leader. Two registered adults stay present throughout and the guest is never alone with Scouts.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5

Scout	1	2	3	4	5

BEAR DEN • ADVENTURE MEETING PLAN

Paws for Action

Required adventure • Citizenship

If you read nothing else

Three meetings: the flag, the nonprofit visit, and the service project. Two of them need somebody outside your den to say yes, so start asking early.

For the flag, invite a VFW or American Legion post or a high school JROTC instructor four to six weeks out. They do this constantly and they are good at it. Ask them to bring flags for folding practice.

The nonprofit visit is a field trip. Health forms, transport, and your council's activity notification requirements all apply.

Requirement 4 is a service project. Log the hours in Scoutbook — it counts toward the pack's service total for the year, and packs lose the credit by simply not recording it.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ❑ 1. Familiarize yourself with the flag of the United States of America including the history, demonstrating how to raise and lower the flag, how to properly fold and display it, and United States flag etiquette.
- ❑ 2. Identify three symbols that represent the United States. Pick your favorite and make a model, work of art, or other craft that depicts the symbol.
- ❑ 3. Learn about the mission of any non-profit. Find out how they fund their activities and how volunteers are used to help.
- ❑ 4. Participate in a service project.

Meeting 1: The flag, and the symbols we choose

Goal: Scouts hear the history of the flag from someone who lives it, fold one themselves, raise and lower one, and make something that depicts a symbol of the United States.

Covers requirements 1 and 2

Before the meeting

- Four to six weeks out, ask a community organization to present on the flag — Veterans of Foreign Wars, American Legion, or a high school Jr. ROTC instructor. Ask specifically for the history, how to display it, how to fold it, and flag etiquette.
- Ask the guest to bring flags for practice, or borrow enough for one per group of three from your chartered organization or the school.

- Find a flagpole you can use. If there is not one, a rope and two Scouts holding a broom handle will teach raise-and-lower well enough — but a real pole is better and your chartered organization probably has one.
- Brief your denner and assistant den leader before the meeting: they help demonstrate the fold, so they need to know it cold.
- Set out craft supplies before Scouts arrive so activity 2 starts the second activity 1 ends.
- Have a thank you card ready for the den to sign at the closing.

Supplies

- United States flags for folding practice, one per group of three
- A flagpole and halyard, or a stand-in
- Colored pencils, crayons, markers
- Paper, one sheet per Scout, plus card and craft materials for Scouts who would rather build than draw
- Thank you card for the guest speaker
- Bear handbooks

Run of show

Time	What happens
10 min	Gathering: what do you already know about the flag?
5 min	Opening: Pledge of Allegiance
30 min	Activity 1: Patriotic Guest Speaker — history, folding, raising and lowering
20 min	Activity 2: USA Symbols Drawing
5 min	Closing: sign the thank you card

Activity 1 — Patriotic Guest Speaker (30 min)

Patriotic Guest Speaker — scouting.org/cub-scout-activities/patriotic-guest-speaker/

Tell the den at the start exactly what they are going to learn: the history of the flag, how to display it, how to fold it, and how to raise and lower it. Then remind them how to host a guest — hands up for questions, listen while someone is talking.

Welcome the guest and let them talk. Then get to the hands-on part, which is where the requirement actually lives.

Demonstrate the fold first, with the denner, the den chief, or the assistant den leader holding the other end. Go slowly and name each step. Then split into groups of three with a flag each and let them practice until every group has done it properly at least once. Third graders will not get it the first time and that is fine — the second time is usually the one.

Then move to the flagpole. With two Scouts helping, demonstrate raising and lowering. Say the rule as you do it: the flag goes up quickly and comes down slowly. Ask them why, and let them work it out — the answer is respect, and they get there on their own.

Cover etiquette while the flag is in their hands and it is concrete rather than abstract: never let it touch the ground, never fly it in the dark unless it is lit, always the highest point when flown with other flags, and a worn flag is retired with dignity rather than thrown out.

That is requirement 1, and “demonstrating” is the word that matters. Every Scout folds, and every Scout has a hand on the halyard.

Alternative: Outdoor Flag Ceremony — scouting.org/cub-scout-activities/outdoor-flag-ceremony/

Activity 2 — USA Symbols Drawing (20 min)

USA Symbols Drawing — scouting.org/cub-scout-activities/u-s-a-symbols-drawing/

Ask the den what symbols represent the United States and write everything they say on the board. Push for three from each Scout — the requirement asks them to identify three, so make sure everybody names three rather than letting the loudest Scout name all of them.

If they stall, offer: the eagle, the Liberty Bell, the Statue of Liberty, the national anthem, Uncle Sam, the White House. The flag itself counts too, and somebody will say it.

Then each Scout picks their favorite and makes something that depicts it. Drawing is the default and it works, but the requirement says model, work of art, or other craft — so a Scout who would rather build the Liberty Bell out of card and foil should build it.

Share at the end. Each Scout holds theirs up and says which symbol it is and why they picked that one. The “why” is the part that is actually about citizenship.

Closing (5 min)

The den signs the thank you card before anyone leaves. Mail it this week.

Announce the nonprofit visit: date, location, what time, who is driving, and that health forms are needed.

> **Send home with families**
>
> Ask your Scout to show you how to fold a flag. If you have one at home, let them do it.
>
> Look at how flags are displayed on the way to school this week and talk about which ones follow the etiquette rules.
>
> Get the Annual Health and Medical Record in to the den leader before the nonprofit visit.

Meeting 2: The nonprofit visit

Goal: Scouts learn what one nonprofit does, how it pays for it, and what its volunteers actually do.

Covers requirement 3

Before the meeting

- Contact a local nonprofit and ask whether they will host the den and have someone talk to them. Food banks, animal shelters, humane societies, libraries, hospices, community gardens, and habitat groups all say yes more often than you expect.

- Give the host the three things the requirement needs, in writing, before the visit: what is your mission, how do you fund your activities, and how do you use volunteers. A host who knows the questions gives useful answers.
- Ask whether a tour is possible and how long they need. Third graders learn more in ten minutes of walking around than thirty minutes of sitting.
- Tell parents and legal guardians about the visit — where, when, transport, and pickup.
- Gather health forms for every participant, youth and adult, and review them for anything affecting participation.
- Check your council for any activity notification requirement before taking the den off site.
- If nobody can host you, invite a nonprofit to your meeting place instead, or run Groups That Help — scouting.org/cub-scout-activities/groups-that-help/

Supplies

- Health forms for every participant, youth and adult
- Roster with parent phone numbers
- Question cards, one per Scout, written at the gathering
- Pencils
- Thank you card for the host
- Den first aid kit

Run of show

Time	What happens
10 min	Gathering at the site: roll call, expectations, write question cards
5 min	Opening: Pledge of Allegiance
35 min	Activity 1: Nonprofit Visit — mission, funding, volunteers
10 min	Activity 2: the tour, if the host offers one
5 min	Activity 3: thank the host and sign the card
5 min	Closing

Gathering — Question cards (10 min)

Gather the den outside the space before you go in. Roll call, buddies, and a plain reminder of what respectful looks like here: hands up for questions, stay with the group, do not touch what is not yours.

Every Scout writes one question on a card. Three questions are mandatory across the den and you assign them before anyone free-writes: what is your mission, how do you get the money to do it, and what do your volunteers do. Those three are requirement 3 and they need real answers.

Activity 1 — Nonprofit Visit (35 min)

Nonprofit Visit — scouting.org/cub-scout-activities/nonprofit-visit/

Let the host talk, then work the question cards. Have the denner ask the first mandatory question so the den sees a Scout starting it rather than you.

Listen for the funding answer specifically, because it is the one hosts gloss over and the one third graders find most surprising. Donations, grants, memberships, a thrift shop, a fundraiser they have all been to. Ask a follow-up if the answer is vague: where did the money for this building come from?

The volunteer answer is the one that changes behavior. Ask how many hours volunteers give, what jobs only volunteers do, and whether a family could help. Some of your families will follow up, and that is the point of the requirement.

Keep an eye on the clock and the Scouts. If the room is losing them, ask the host to move to the tour.

Activity 2 — The tour (10 min)

Take the tour if it is offered. Warehouse, kennels, kitchen, sorting room — whatever they have.

Buddies stay together, everyone stays with the group, and the host sets the rules about what can be touched.

Ask one question while you walk: what happens in this room when we are not here?

Activity 3 — Thank the host (5 min)

A Scout thanks the host out loud, by name, in front of everyone. The den signs the card before you get back in the cars.

Write and send a thank you note this week. If the visit went well, tell your committee — that organization is now a candidate for next year's service project.

> **Send home with families**
>
> Ask your Scout what the organization does and where its money comes from. If they can explain the funding, they have requirement 3.
>
> Talk about whether your family could volunteer there. Several of these organizations take families.

Meeting 3: The service project

Goal: The den carries out a real service project together and the hours get logged.

Covers requirement 4

Before the meeting

- Read the instructions at militaryholidaycardchallenge.com/how-to-send/ before the meeting so you know the rules on names and card size.
- Make a sample card yourself. Third graders start faster when they can see one.
- Check the deadline. Cards for the current season need to reach the Scouting America National Service Center by early November — confirm the year's date before you commit the den to this one.

- Gather supplies in quantity. Scouts will make more cards than you expect once they get going.
- Clear the project with your committee first so the hours get logged and so it is not colliding with a pack-wide project.
- If the timing does not work for holiday cards, pick another and clear it the same way. All of these are real service: Eyeglasses Donation Drive — scouting.org/cub-scout-activities/eyeglasses-donation-drive/ · Plant Trees — scouting.org/cub-scout-activities/plant-trees/ · Scouting for Food Bear — scouting.org/cub-scout-activities/scouting-for-food-bear/

Supplies

- Construction paper, 8½" x 11", assorted colors
- White copy paper, 8½" x 11"
- Crayons and markers, enough to share
- Scissors, enough to share
- Decorative stickers
- A sample card
- Camera or smart device for photos
- A box and packing tape for mailing

Run of show

Time	What happens
5 min	Gathering: sample cards on the table
5 min	Opening: Pledge of Allegiance
10 min	Activity 1: why we are doing this, and the rules for the cards
35 min	Activity 2: make and decorate cards
5 min	Activity 3: count them, box them, address the package
5 min	Closing

Activity 1 — Why, and the rules (10 min)

10,000 for the Troops Bear — scouting.org/cub-scout-activities/10000-for-the-troops-bear/

Tell them plainly what this is: people in the military are sometimes away from home over the holidays, and these cards tell them somebody was thinking about them. That is enough. Do not oversell it.

Then the rules, because they are not optional and a card that breaks them cannot be sent:

- Address it “Dear Warrior.”
- Write a holiday or gratitude greeting. Our troops hold many different beliefs and celebrate different holidays, so keep the greeting welcoming to all of them.
- Write a personal note — how you celebrate the holidays, a family memory. The warriors say this is their favorite part of receiving a card.

- Sign your first name only, plus your town and state and your pack number. No last name, no address, no school.
- No bigger than an 8 x 11 sheet folded in half.

That first-name-only rule is a youth protection rule as much as a mailing rule. Say why, briefly, and check every card against it before it goes in the box.

Activity 2 — Make the cards (35 min)

Let them make as many as they want in the time. Some Scouts will make one careful card and some will make nine; both are fine and both are service.

Circulate and read what they are writing, kindly. You are checking two things: that the personal note is actually personal, and that nobody has written their last name or their address.

A Scout who freezes on what to write gets a prompt, not a script: what did you do last December? What food does your family make? What is the best present you ever gave somebody?

Photograph the den at work if you have photo permission on file. Those pictures are what the pack newsletter and the committee want.

Activity 3 — Count, box, address (5 min)

Count the cards out loud as a den and write the number on the board. Third graders should see the total they made together.

Box them and address the package with the den watching:

- 10,000 for the Troops · Scouting America · 1325 West Walnut Hill Lane · Irving, TX 75015-2079

Mail it this week, and confirm the current year's deadline before you post.

Log the service hours in Scoutbook the same night. It is two minutes and it counts on the pack's service record for the year.

Closing (5 min)

> **Say something like**
>
> Today you showed what it means to be a Bear who cares — learning our nation's symbols, finding out how the helpers in our community make a difference, and then taking action yourself. Keep showing respect, keep helping others, and keep finding small ways to make your community stronger. That is how Bears lead with pride and purpose.

Thanks are due to the Holiday Cards 4 Our Military Challenge at militaryholidaycardchallenge.com and to Boots for Troops at boots4troops.org, who make this project possible.

> **Send home with families**
>
> Ask your Scout what they wrote in their card and who they think will read it.
>
> If your family wants to do more, the nonprofit you visited almost certainly takes family volunteers.

Leader notes

- Stay neutral on politics. This adventure is about the flag, the symbols, and service — not about parties or candidates. If a Scout brings politics into the room, redirect to what the symbol means rather than shutting the Scout down.
- The flag guest is the easiest yes in Scouting. VFW and American Legion posts have people who do flag education as a matter of course and will usually bring their own flags.
- Requirement 1 says demonstrating. A Scout who watched somebody else fold the flag has not completed it.
- The service project can be shared with the pack, but each Scout must actually participate.
- Log the service hours in Scoutbook. Packs lose credit for service they actually did, every single year, for no reason other than nobody typed it in.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting and on the visit. A guest speaker or host who is not a registered leader is never alone with Scouts. If your den includes girls, one of those adults must be a registered female 21 or over.

Health forms for every participant, youth and adult, for the off-site visit, reviewed for anything affecting participation. Check your council for activity notification requirements before you go.

Follow the SAFE Checklist for any service project site — gloves, closed shoes, no sharps, and no roadside work without high-visibility vests and adult spotters.

Scissors and craft knives: adult supervision, blunt scissors for third graders, and no throwing.

Photo permission on file before posting pictures of Scouts, and first names only on anything that leaves the room.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

BEAR DEN • ADVENTURE MEETING PLAN

Standing Tall

Required adventure • Personal Safety

If you read nothing else

Two meetings. Meeting 1 is a family night — the Protect Yourself Rules video, the Personal Space Bubble worksheet, and the family digital device policy all want a parent in the room.

Requirement 1 needs written parent permission, obtained in advance. Send the Standing Tall 1 Parent Notification home at least two weeks ahead and get it back. A family may decline, and a Scout whose family declines is never singled out — have a parallel activity ready in another room with an adult.

Requirement 3 can be completed at home instead. If you run it at the meeting, parents must attend — a Scout cannot set a family policy alone.

Meeting 2 is a kitchen. Book one, and check allergies before anyone bakes anything.

Run this early in the program year. It is the adventure that pays off if something actually happens.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ❑ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Bear rank.
- ❑ 2. Complete the Personal Space Bubble worksheet that is part of the Protect Yourself Rules resources.
- ❑ 3. With your parent or legal guardian, set up a family policy for digital devices.
- ❑ 4. Identify common personal safety gear for your head, eyes, mouth and nose, hands, and feet. List how each of these items protect you. Demonstrate the proper use of personal safety gear for an activity.

Requirement 1 requires parent or legal guardian permission in writing, in advance. Requirement 3 requires a parent or legal guardian to take part, whether it is done at the meeting or at home.

Meeting 1: Family night: the video, the bubble, and the device policy

Goal: Scouts watch the Bear Protect Yourself Rules video with permission, map who belongs in each of their personal spaces, and sign a digital device policy with their own family.

Covers requirements 1, 2 and 3

Before the meeting

- Send the Standing Tall 1 Parent Notification home at least two weeks out. It is in the Bear Standing Tall adventure resources on filestore.scouting.org and it tells families exactly what is in the video. Get written permission back and tick it off a roster.
- Invite parents and legal guardians to attend the whole meeting, and tell them requirement 3 needs them in the room. Many will want to watch the video with their Scout anyway, and the video is designed for that.
- Preview the video yourself. The Bear video runs about thirteen minutes and is at vimeo.com/325064786. You need to know what is coming so you can handle a Scout who reacts.
- Test the screen and the sound before anyone arrives, and download the video if the meeting place has unreliable internet.
- Print the Personal Bubble worksheet, one per Scout, and the Digital Safety Pledge, one per family. Both are in the Bear Standing Tall adventure resources.
- Set the room with tables and chairs so families can sit and write together.
- Know your reporting obligation before you run this meeting. If a Scout discloses anything to you, you report it to your Scout executive and to local authorities the same day.

Supplies

- Screen and speakers, and the Bear Protect Yourself Rules video ready to play
- Signed permission slips, checked at the door against a roster
- Personal Bubble worksheets, one per Scout
- Digital Safety Pledge, one per family
- Pencils, one per Scout, plus pens for the adults
- Colored pencils or crayons, enough to share
- Tables and chairs set for families to write together

Run of show

Time	What happens
5 min	Gathering: permission slips at the door, families seated together
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
20 min	Activity 1: Protect Yourself Rules video and discussion
15 min	Activity 2: Personal Space Bubble worksheet
20 min	Activity 3: family digital device policy
5 min	Closing

Activity 1 — Protect Yourself Rules (20 min)

Protect Yourself Rules Video Bear — scouting.org/cub-scout-activities/protect-yourself-rules-video-bear/

Check permission slips at the door. A Scout without written permission does something else in another room with an adult. No exceptions, no pressure on the family, and no comment about it in front of the den.

Watch the Bear-level video together, parents in the room. It runs about thirteen minutes.

Afterward, keep the discussion short, calm, and factual. Do not press for personal stories and do not let the den turn it into either a joke or a horror session. Three things to land:

- Your body belongs to you, and there are parts no one should touch.
- A secret that makes you uncomfortable is not a secret you have to keep — from anyone, including an adult who tells you to keep it.
- Tell a trusted adult. If they do not listen, tell another one, and keep telling until somebody does.

Have each Scout name three trusted adults, on paper or silently. At least one should be outside their household.

If a Scout discloses anything: listen, do not interrogate, do not promise confidentiality, and report it to your Scout executive and local authorities immediately. That is your obligation and it is not a judgment call.

Activity 2 — Personal Space Bubble (15 min)

Personal Bubble — scouting.org/cub-scout-activities/personal-bubble/

Hand out the worksheet and a pencil each. Explain the four spaces in order, and demonstrate the distances physically rather than describing them — stand at each distance from a volunteer adult so they can see what a foot and six feet actually look like.

- Intimate space — right against us. This one is just for us, though we may also let family in.
- Personal space — out as far as our fingertips reach. Usually friends and family.
- Social space — where we are comfortable hanging out and talking in a group.
- Public space — where we are comfortable with strangers and people out in public.

Scouts write names into each circle. Friends and family in the personal circle; the mail carrier, a neighbor, a stranger in the public one.

Then ask the question the worksheet exists for: why are we more comfortable with some people closer than others? Let everyone who wants to answer.

Then say the part that makes it a safety requirement, plainly: knowing where your bubbles are is what lets you tell someone they are too close. If someone comes into your personal space and you do not want them there, you can tell them politely to move away — and if they do not listen, you can be forceful about it. Everyone has the right to feel safe, and everyone has to respect everyone else's bubble.

That is requirement 2. The worksheet goes home with the Scout.

Activity 3 — Family digital device policy (20 min)

Family Digital Device Policy — scouting.org/cub-scout-activities/family-digital-device-policy/

Parents or legal guardians sit next to their own Scout and each family gets a Digital Safety Pledge.

Have Scouts take turns reading the items aloud, one at a time. After each one, three questions to the room:

- Why do you think it is important to have a rule about this?

- Does your family already have a rule about it?
- What should you do if somebody asks you for personal information?

Then each family fills in the form and signs it. This is their policy, not yours — a family that wants stricter rules or different ones than the sheet suggests is doing the requirement correctly.

The signed pledge goes on the refrigerator when they get home. Say that out loud; it is the difference between a worksheet and a policy.

A family who could not attend does this at home this week and sends the signed sheet back. Requirement 3 says with your parent or legal guardian, and there is no den-only version of it.

Closing (5 min)

Tell families what meeting 2 needs: closed-toe shoes, hair tied back, and let you know about food allergies this week if you do not already have them.

Thank the parents for coming. This meeting does not work without them and they should hear that.

> **Send home with families**
>
> Put the signed digital device pledge on the refrigerator where everyone can see it.
>
> Talk about your family's trusted adults and whether your Scout knows how to reach them without a phone.
>
> If the digital policy did not get done at the meeting, do it this week and send the signed sheet back. That is requirement 3.

Meeting 2: Safety gear, and using it for real

Goal: Scouts name safety gear for head, eyes, mouth and nose, hands and feet, say what each one protects, and then use real safety gear properly in a real activity.

Covers requirement 4

Before the meeting

- Book a kitchen with an oven — a chartered organization kitchen, a school teaching kitchen, or a family home with two registered adults present.
- Ask every family in writing about food allergies at least a week ahead, and check the cookie dough packaging against the answers. Nut and dairy are the ones that catch people out.
- Print the Kitchen Safety worksheet, one per Scout, from the Bear Standing Tall adventure resources, and have the answers sheet to hand.
- Gather the demonstration props: bowl, spoon, a piece of produce, an empty milk jug, meat thermometer, oven mitts, potholders.
- Also gather safety gear that is not kitchen gear — a bike helmet, safety glasses, a dust mask, work gloves, closed-toe boots. The requirement covers five body areas and a kitchen only naturally covers two of them.
- Decide before the meeting who handles the oven. Third graders can put a tray in and take it out with an adult at their shoulder; they should never be alone with a hot oven.

Supplies

- Kitchen Safety worksheets, one per Scout, plus the answer sheet
- Pencils, one per Scout
- Bike helmet, safety glasses, dust mask or particle mask, work gloves, closed-toe shoes or boots
- Bowl, spoon, a piece of produce, empty milk jug, meat thermometer
- Oven mitts and potholders
- Refrigerated cookie dough, enough for two cookies per Scout
- Cookie sheet, parchment paper, spatula, cooling rack
- Knife and cutting board if the dough is a log
- Soap and towels
- First aid kit

Run of show

Time	What happens
10 min	Gathering: Kitchen Safety worksheet
5 min	Opening and announcements
15 min	Activity 1: gear for head, eyes, mouth and nose, hands, feet
10 min	Activity 2: name that rule
25 min	Activity 3: bake, with the gear on
5 min	Closing

Gathering — Kitchen Safety worksheet (10 min)

Kitchen Safety Gear — scouting.org/cub-scout-activities/kitchen-safety-gear/

Worksheet and pencil to each Scout as they arrive. Let them work it while the den assembles, then go over the answers together.

Activity 1 — Safety gear for five body areas (15 min)

Lay the gear out on a table and work through the five areas the requirement names, one at a time. For each, the Scouts name the gear and then say what it protects them from — the second half is the requirement, so do not let them stop at naming it.

- Head — bike or sports helmet, hard hat. Protects the skull and the brain from an impact you do not see coming.
- Eyes — safety glasses, goggles, a face shield. Protects against splashes, dust, and anything that flies off what you are working on.
- Mouth and nose — a dust or particle mask, a mouthguard. Protects your lungs from what is in the air, and your teeth from an impact.
- Hands — work gloves, oven mitts, kitchen gloves. Protects against heat, cuts, splinters, and chemicals.

- Feet — closed-toe shoes, work boots, cleats. Protects against dropped things, sharp things, and slipping.

Have each Scout write their list — the gear and what it protects. That is the “list how each of these items protect you” half of requirement 4, and it is easy to skip past.

Then ask them to name the gear for three activities they actually do: riding a bike, playing a sport, helping in the garage. They will find that the answer changes with the job, which is the real lesson.

Activity 2 — Name that rule (10 min)

Fast round. You hold up an item or do something, and the Scouts call out which kitchen safety rule it represents:

- Set the bowl on the edge of the table — keep items away from the edge of the counter.
- Hold up your hands — wash hands often.
- Lick the spoon and hold it up — wash a utensil if it has touched your mouth.
- Hold up the milk jug — perishable items have a two-hour limit out of the refrigerator.
- Hold up the produce — wash produce before you use it.
- Hold up the meat thermometer — cook meat fully before eating.
- Hold up the oven mitt — use a mitt for anything hot.

It moves fast and it sticks, which is why it is here rather than a second worksheet.

Activity 3 — Bake, with the gear on (25 min)

This is the demonstration half of requirement 4: proper use of personal safety gear for an activity. The activity is baking, and the gear gets used properly or the requirement is not met.

Everyone washes hands first, soap, twenty seconds. Hair tied back, sleeves up.

Have a Scout read the package directions aloud, and another turn the oven on to preheat. Parchment on the cookie sheet.

If the dough is a log, Scouts take turns slicing on the cutting board with an adult at their shoulder. If it breaks apart, they take turns breaking it. Dough onto the sheet.

A Scout puts the sheet in the oven carefully, with an adult right there. When the timer goes, a Scout takes it out wearing the oven mitt and sets it on the potholders. Say the two things out loud as they do it: mitt on both hands, and the sheet is still hot when it is on the counter.

Scouts take turns lifting cookies off with the spatula onto the cooling rack. Remind them the sheet is hot. Then, when the cookies are cool, they eat them.

Check the allergy list one more time before anybody eats. Every time, no exceptions.

Alternatives if a kitchen is not available — both cover the same requirement with different gear: Science Safety Gear — scouting.org/cub-scout-activities/science-safety-gear/ · Sport Safety Gear — scouting.org/cub-scout-activities/sport-safety-gear/

Closing (5 min)

> **Say something like**
>
> Standing tall is not about being the biggest. It is about being brave enough to use your voice, make good choices, and treat other people with respect. When you speak up, when you help somebody, when you choose what is right even though it is hard — that is real strength. Keep

> standing tall in your den, at home, and everywhere you go.

Record attendance and advancement. Everything cleaned and put away by the Scouts, not by you.

> **Send home with families**
>
> Ask your Scout to name the safety gear for something they do this week, and why it matters.
>
> Let them help with something in the kitchen using the rules they learned. Supervised, and with the oven mitt.

Leader notes

- Parent permission for the Protect Yourself Rules video is required and must be in writing, in advance. A family that declines is respected without comment and their Scout does something else with an adult.
- Keep the tone of meeting 1 calm. The goal is a Scout who feels capable of speaking up, not a Scout who is frightened.
- You are a mandatory reporter in practice. If a Scout tells you something, report it to your Scout executive and to local authorities the same day. Do not investigate it yourself.
- Requirement 3 has no den-only version. A parent or legal guardian takes part, at the meeting or at home.
- Requirement 4 asks for five body areas: head, eyes, mouth and nose, hands, and feet. A kitchen activity alone will not naturally produce a helmet or safety glasses, so bring them.

Safety

> **Before this adventure**
>
> Two registered adults with current Safeguarding Youth Training, always, and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.
>
> Written parent permission before the video. No permission, no viewing.
>
> Food allergies in writing before the baking meeting, checked against the dough packaging and checked again before anyone eats.
>
> An adult at the oven at all times. Kid-safe knives, cutting on a board, and no Scout carrying a hot tray across a room.
>
> First aid kit in the room, and know where the nearest burn-appropriate cold water is.
>
> Closed-toe shoes in the kitchen, hair tied back, sleeves up.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

BEAR DEN • ADVENTURE MEETING PLAN

Fellowship

Required adventure • Family and Reverence

If you read nothing else

Two meetings. Meeting 1 is the clay craft and the kindness jars; meeting 2 is the share-back and the conversation about a faith different from your own.

Requirements 1 and 4 are done with a parent or legal guardian, and requirement 2 happens with the family outside den time. The den meeting gives Scouts the workspace and the share-back; the conversations belong to families.

Send the family letter two weeks before meeting 1 so families have talked before the clay comes out. A Scout who arrives without having had the conversation makes a lump of clay and nothing else.

Your job here is to make every family feel their tradition belongs in this den — including families with no religious tradition, who complete these requirements through their own values and celebrations. Say that in the letter, in those words.

The clay needs to air dry between meetings, so you need somewhere safe to leave eight lumpy objects for a week.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ❑ 1. With your parent or legal guardian, talk about your family's faith traditions. Identify three holidays or celebrations that are part of your family's faith traditions. Make a craft, work of art, or a food item that is part of your favorite family's faith tradition holiday or celebration.
- ❑ 2. With your family, attend a religious service OR other gathering that shows how your family expresses reverence.
- ❑ 3. Carry out an act of kindness.
- ❑ 4. With your parent or legal guardian, identify a religion or faith that is different from your own. Determine two things that it has in common with your family's beliefs.

Requirements 1, 2 and 4 involve the family directly. The den provides the craft time, the kindness project, and the share-back — the conversations and the service or gathering belong to families.

Meeting 1: Clay and kindness

Goal: Each Scout makes something in clay that represents a family faith tradition, and carries out a real act of kindness for their own family.

Covers requirements 1 and 3

Before the meeting

- Send the family letter two weeks out. Tell families that at this meeting Scouts will make a clay craft representing one of their favorite family faith traditions, and ask parents and legal guardians to help their Scout decide what to make before they arrive. It might be a decoration, a symbol, or a useful object used as part of a celebration.
- Word the letter carefully and generously. Some families in your den are deeply religious and some have no religious tradition at all, and both fully belong here. “Your family’s faith traditions, or the celebrations and values your family holds” covers everyone without singling anyone out.
- Ask Scouts to bring a small jar, box, or can from home for the kindness jar.
- Prepare a list of “kind words” prompts for the jars, so a Scout who freezes has somewhere to start: gives the best hugs, makes great dinners, helps with homework, took me somewhere fun, bakes with me.
- Cover the tables. Air-dry clay gets everywhere.
- Find a safe place for eight clay projects to dry undisturbed for a week, and label them before they go there.

Supplies

- Air-drying clay, about 1 lb per Scout
- A plastic knife, fork and spoon per Scout, and toothpicks to share
- Half a gallon of water in a large bowl
- Table covering
- A jar, small box, or can per Scout — plus spares for the ones who forget
- Ribbons, stickers, paper, glue
- Six 1" x 4" paper slips per Scout
- Pens or fine markers
- Labels or masking tape for naming the drying clay

Run of show

Time	What happens
5 min	Gathering: favorite celebration circle
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
30 min	Activity 1: Clay Celebration
20 min	Activity 2: Kindness Jar
5 min	Closing

Gathering — Favorite celebration circle (5 min)

Quick round the circle as Scouts arrive: name one holiday or celebration your family does, and one thing that always happens at it. The food, the song, the thing your grandmother says, the place you go.

Set the rule before the first Scout speaks: we listen, we do not compare, and nobody's celebration is weird. Enforce it the first time and you will not need to again.

This is also your check on whether the family conversations happened. A Scout who has nothing gets a quiet word and extra help in the next activity.

Activity 1 — Clay Celebration (30 min)

Clay Celebration — scouting.org/cub-scout-activities/clay-celebration/

Ask the den to describe their favorite family holidays and celebrations. Let this run a few minutes — it is where the ideas come from for the Scouts who arrived unsure.

Then tell them what they are making: something that represents one of their family's faith traditions. A decoration, a symbol, or a useful object that gets used at a celebration.

Give each Scout a ball of clay and the plastic tools. Show them the water bowl and tell them that if the clay gets hard to work, a little water fixes it. That one tip prevents most of the frustration.

Expect real variety, and treat all of it the same way: a menorah or a dreidel, an ornament or a crèche figure, a diya for Diwali, a lantern or a crescent for Eid, a marigold for Día de los Muertos, an egg, a bowl for a family recipe. A family with no religious tradition might make something for a birthday, a harvest meal, a national holiday, or a family reunion — that fully satisfies the requirement, and you should say so out loud if a Scout hesitates.

When projects are done, each Scout describes what theirs is and what it is for. That one-sentence description is where the learning happens, more than the clay.

Label each piece and put them somewhere safe to dry until next meeting.

That is the craft half of requirement 1. The conversation half — the three holidays or celebrations — happened at home, and you confirm it at meeting 2.

Alternatives: Beary Happy Turkey Treats — scouting.org/cub-scout-activities/beary-happy-turkey-treats/ · I Heart String Art — scouting.org/cub-scout-activities/i-heart-string-art/

Activity 2 — Kindness Jar (20 min)

Kindness Jar — scouting.org/cub-scout-activities/kindness-jar-2/

Hand each Scout six paper slips. On each one they write something their parent or legal guardian does that means a lot to them. Read your prompt list out if the room goes quiet — third graders often need permission to say the ordinary things.

Then they decorate the jar or box they brought, with ribbon, stickers, paper, and glue, and put the six slips inside.

The jar goes home tonight and gets given to the parent or legal guardian. That is requirement 3, and the giving is the act of kindness, not the making.

Do not let it become a competition over whose jar looks best, and do not photograph it as a display. Ask at the end how they think it will land, and let the quiet answer sit.

A Scout may do their act of kindness somewhere else instead — for a sibling, a neighbor, a teacher. That counts, and so does something they do at home this week rather than in the meeting.

Alternatives: Make a Friend — scouting.org/cub-scout-activities/make-a-friend/ · Thank a Teacher — scouting.org/cub-scout-activities/thank-a-teacher/

Closing (5 min)

Remind families of the two things due next meeting: the conversation about a faith different from your own, and the service or gathering with the family.

Tell them the clay comes back next week, dry, and that they will be showing it.

Send home with families

Talk about your family's faith traditions, or the celebrations and values your family holds, and identify three holidays or celebrations that are part of them. That is the rest of requirement 1.

Attend a religious service together, or another gathering that shows how your family expresses reverence — that is requirement 2, and a family with no religious tradition meets it through the gathering that does it for them.

Attend a Religious Service — scouting.org/cub-scout-activities/attend-a-religious-service-2/ · Chartered Partner Celebration — scouting.org/cub-scout-activities/chartered-partner-celebration/ · Veterans Day Celebration — scouting.org/cub-scout-activities/veterans-day-celebration/

Before the service or gathering, talk about what it is for, how often it happens, and whether it has different parts. Afterward, talk about how it felt, what stood out, and what part your Scout liked most.

With your parent or legal guardian, pick a religion or faith different from your own and find two things it has in common with your family's beliefs. That is requirement 4 — a conversation, not a research report.

Meeting 2: Share-back and common ground

Goal: Scouts show what they made and say what it is for, and each names two things a different faith has in common with their own family's beliefs.

Covers requirement 4, and collects 1, 2 and 3

Before the meeting

- Print the Common Faith Elements worksheet, one per Scout. It is at scouting.org/wp-content/uploads/2024/10/Bear-Fellowship-4-Common-Faith-Elements.pdf
- Read it through yourself first and decide which faiths you will walk through, so you are not improvising comparative religion in front of third graders.
- Set up a display table with a cloth for the dried clay pieces.
- Invite parents to stay for the share-back. Several will want to see the table.
- Collect the completion slips at the door for requirements 1, 2 and 3.
- Ask about food allergies if any family is bringing a food item instead of a craft, and label anything edible.

Supplies

- The dried clay pieces, on a display table
- Table cloth

- Common Faith Elements worksheets, one per Scout
- Pencils
- Completion slips
- Plates and napkins if food items came in

Run of show

Time	What happens
5 min	Gathering: dried clay onto the display table
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
20 min	Activity 1: share-back — what I made and what it is for
25 min	Activity 2: Common Faith Elements
5 min	Closing

Activity 1 — Share-back (20 min)

Each Scout gets about ninety seconds: show what you made, say which holiday or celebration it belongs to, and name the three celebrations your family talked about at home. Then say one thing about the service or gathering you attended.

Set the rule again before the first Scout speaks: we listen, we do not compare, nobody's tradition is weird.

You will hear things you did not expect about families you thought you knew. That is the adventure working.

This is where requirements 1 and 2 close. Tick them off as Scouts speak, and collect the slips for requirement 3 — the kindness jars went home last week and the parents know whether they arrived.

A Scout who missed last meeting brings a craft or food item from home instead. It counts exactly the same.

Activity 2 — Common Faith Elements (25 min)

Common Faith Elements — scouting.org/cub-scout-activities/common-faith-elements/

Hand out the worksheet. Start by asking each Scout to name what faith or tradition their own family practices — and make clear before you ask that "we do not have one" is a complete and welcome answer, because in most dens somebody needs to hear that.

Then walk through some of the other faiths on the worksheet, one at a time, plainly and without ranking them. Where they worship, what they celebrate, what their main teaching is.

Now the part that is actually the requirement. Each Scout, with what their family talked about at home, names one faith different from their own and two things it has in common with their family's beliefs. Write the commonalities on the board as they come.

The Golden Rule will come up under many names, and it is worth pointing out explicitly: treat other people the way you want to be treated appears in nearly every faith on that worksheet, and it is also what "helpful, friendly, kind" means in the Scout Law.

Finish with the question that makes it land: what did you hear tonight that was the same across two different families in this room?

> **Say something like**
>
> A Scout is reverent does not mean every Scout believes the same thing. It means every Scout takes their own beliefs seriously and takes yours seriously too. Those are different things, and Scouting asks for both.

That is requirement 4. Never ask a Scout to explain or defend their family's beliefs — they share what they choose to share, and that is enough.

Closing (5 min)

> **Say something like**
>
> Today you showed what fellowship really means — helping one another, working together, and making sure everybody feels included. When we treat each other with kindness and respect, our den gets stronger and every Scout shines a little brighter. Keep looking out for each other, and keep spreading that spirit of fellowship wherever you go.

Record attendance and advancement. Send the crafts home tonight — they belong to families, not to your supply closet.

> **Send home with families**
>
> Ask your Scout what they learned about a faith different from your family's, and what the two things in common were.
>
> Religious emblems programs exist for most faiths and are earned outside Scouting through your own faith group. This adventure is a natural on-ramp — ask your den leader or look them up.

Leader notes

- This is the most sensitive adventure in the Bear year. Handle it with care and every family feels seen; handle it carelessly and you lose someone.
- Scouting requires a Scout to do their duty to God but does not define God for them. A family with no religious affiliation completes every one of these requirements through their own values, celebrations and gatherings. Say so in the family letter, in those words, before anyone has to ask.
- Never ask a Scout to explain or defend their family's beliefs, and never let the den turn a tradition into a curiosity.
- If your pack is chartered to a religious organization, be especially deliberate about welcoming families of other traditions. The chartered organization provides the meeting space; it does not set the Scouts' beliefs.
- The clay needs a full week to dry. Do not schedule these two meetings closer than seven days apart.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Ask about food allergies before any food item is brought in or shared, and label everything.

Air-dry clay is messy, not hazardous, but check the packaging for any allergen warning and wash hands afterwards.

Photo permission before posting anything from the share-back. Some families will not want their traditions online, and you should assume that rather than ask in front of the den.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4