

Cub Scout Den Meeting Outline

Month: **May**

Week: **3**

Point of the Scout Law: **Friendly**

	Tiger	Wolf	Bear	Webelos	Arrow of Light
Before the Meeting	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.
Gathering	Communicating				
Opening	To Do My Best Opening				
Activity	Program of Skits and Songs			Hurry Cases	
Game	Line up			First Aid Hurry Cases Red Light Green Light	
Business items/Take home	None	None	None	None	None
Closing	Handshake Closing				
After the meeting					

Materials:

Gathering: copies of communicating sheets, pencils

Opening: flag

Project/Activity: resource sheets for skits and songs, paper, pencils

Game: None

Closing: None

Home assignments: None

Advancement:

Tiger - None

Wolf – Howling at the Moon 1,2,3

Bear –None

Webelos – First Responder 2

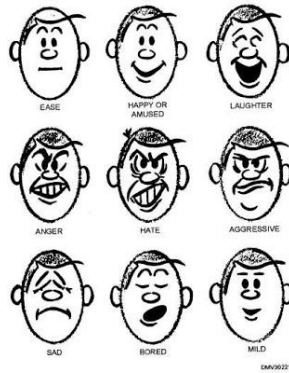
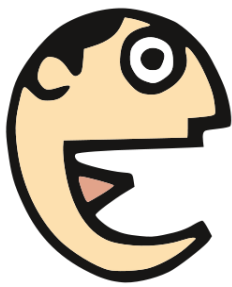
Arrow of Light – None

Communicating!

Name three different ways that we can communicate:

1. _____
2. _____
3. _____

Use the pictures on this page as hints...



The Body Language Game

Find a buddy and see how many different feelings that you can come up with. Examples of feelings are – happy, sad, angry, etc... See if you can act out all of the feelings that you listed.

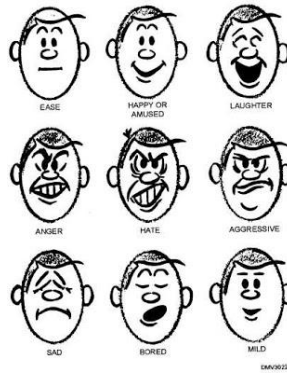
Communicating!

Name three different ways that we can communicate:

1. Talking, singing, etc
2. Facial expressions, body language, motions, etc
3. Written communication – books, emails, newspapers, etc

One other way is visual communication – art, maps, photographs, etc

Use the pictures on this page as hints...



The Body Language Game

Find a buddy and see how many different feelings that you can come up with. Examples of feelings are – happy, sad, angry, etc... See if you can act out all of the feelings that you listed.

Some answers might be...

Happy, sad, frustrated, angry, surprised, scared, nervous, relaxed, tired, miserable, guilty, proud, etc...

“To Do My Best” Opening

Cubmaster or Den leader:

Everyone, please join me in saying the first line of the Scout Oath.

[Make the Cub Scout Sign and then say the first line of the Scout Oath with the Cub Scouts. “On my honor I will do my best...”]



Part of what we say is that we will do our best.

What does it mean to do our best? [Lots of great ideas will come from the Cub Scouts.]

“Doing our best” means we need to try our hardest to do whatever it is that we are doing.

It doesn't mean we have to be perfect, but we need to try our hardest and put forth the energy to do the best that we possibly can.

So let's do our best now as we repeat the Pledge of Allegiance and as we participate in our activities today.

Program of Skits and Songs

Materials:

Paper, pencils

Instructions:

Later in the month the entire pack will have a program (you could do it around a pretend campfire to make it a campfire program) of songs and skits and jokes that the Cub Scouts (Tiger, Wolf, Bear and Webelos Scouts) will be the main players.



The Cub Scouts will need to divide into their dens after the leader gives them instructions of what each den will have to do.

Tiger Den – sing a song, act out a skit (does not need to be original – see resource sheet)

Wolf Den – plan the order of the entire pack program; sing a song; share an original skit

Bear Den – share some run-ons; sing a song

Webelos/Arrow of Light Den – share a song or skit

Use the resource sheets to give the Cub Scouts ideas for their songs and skits and run-ons. The Wolf den might need some help coming up with a skit where everyone can participate and to make it fun. “Star Wars” is often a fun theme... Once each den knows what they are doing, they can tell the Wolf and the Arrow of Light den (5th grade Webelos) and they can decide what order the songs and skits and jokes will be in the program.

The Arrow of Light den (5th grade Webelos) will need to make sure there is an opening ceremony, a closing ceremony and they need to make sure that an adult leader (Cubmaster or Den leader) gives a Cubmaster minute (or special closing) at

the end of the program. The Cubmaster could lead the closing ceremony that is suggested for Week 4's closing – as both the Closing ceremony for the program and for the day.

Remind the dens to practice their skits and the songs and run-ons when they can.

Resource Sheet – Run-Ons

Cub Scout #1: [Runs out screaming]
They're on me! They're on me!
Cub Scout #2: What's on you?
Cub Scout #1: My clothes!

Cub Scout #1: [Runs out screaming]
They're after me! They're after me!
Cub Scout #2: Who's after you?
Cub Scout #1: The squirrels. They think I'm nuts.

Cub Scout #1: [walks out dragging a rope on the ground]
Cub Scout #2: Why are you dragging that rope?
Cub Scout #1: Have you ever tried pushing one?

[Cub Scout #1 runs on, looking frantic.]
Cub Scout #1: It's all around me! It's all around me!
Cub Scout #2: What is it? What's all around you?
Cub Scout #1: My Belt! (and runs off)

Smoke Signals

Cub Scout #1: Hey George, look over there, smoke signals."
Cub Scout #2: Oh yes Mike, what do they say?
Cub Scout #1: [pretending to look away through binoculars, says very slowly] Help... My... Blankets... On... Fire.
Cub Scout #1: [looking back at Cub Scout #2] Help my blankets on fire?

The Ruler

Cub Scout #1: Why do you keep the ruler on the newspaper when you're reading?
Cub Scout #2: I want to get the story straight!

Resource Sheet – Skits

The Invisible Bench

(4-8 Cub Scouts)

Cub Scout #1 walks onstage and squats down as if he is sitting on a bench that is invisible.

Cub Scout #2 walks up to #1.

Cub Scout #2: What are you doing?

Cub Scout #1: Just sitting on this invisible bench.

Cub Scout #2: Can I join you?

Cub Scout #1: Sure.

Cub Scout #2 sits down next to #1.

Cub Scout #3 repeats the dialog.

Each Cub Scout comes on and repeats, making a long line of scouts sitting on the bench.

Last Cub Scout walks up to line of Cub Scouts.

Last Cub Scout : What are you guys doing?

All people: Just sitting here on this invisible bench.

Last Cub Scout : No you aren't. I moved the bench over there. (points)

All the sitting Cub Scouts fall down.

Ice Fishing

(4-8 Cub Scouts – 1 as voice off stage)

Small group of Cub Scouts are ice fishermen and they walk to the center of the stage.

Cub Scout #1: Look, this is good spot to start drilling the ice!

Cub Scout #2: Yes! This is a good place.

(All Cub Scouts starts using a manual ice drill to cut through the ice.)

Offstage Voice: There are no fish there!

(Cub Scouts jump and look around.)

Cub Scout #1: Let's try over there.

Cub Scout #2: Yes. We will drill again.

(Cub Scouts take their drills and they move to a new location and start to drill through the ice.)

Offstage Voice: There are no fish there!

(Cub Scouts jump and look around.)

Cub Scout #1: I think we'd better try a different spot.

Cub Scout #2: Yes. That looks better over there.

(Cub Scouts take the drills and they move to a new location and start to drill through the ice.)

Offstage Voice: Listen, you guys, I'm the ice rink manager and THERE ARE NO FISH THERE!

**We Have No Skit
(8-12 Cub Scouts)**

First Cub Scout walks to center stage, stops, slaps his forehead and shouts, 'Oh No!'
Next Cub Scout runs up to him and asks 'What's Wrong?'
First Cub Scout whispers in his ear, and Cub Scout #2 says 'Oh No!'
[Repeat this for each Cub Scout running to the group until only the last one is left.]
Last Cub Scout runs up and asks 'What's Wrong?'
All Cub Scouts: We have no Skit!

**Got Any Duck Food?
(4-8 Cub Scouts)**

Cub Scout #1 stands behind box or chair or table being used as the store counter.
Cub Scout #2 (with group of Cub Scouts) : (walks in and faces store owner) Got any duck food?
Cub Scout #1: No, this is a hardware store. We don't sell duck food.
(Cub Scout #2 leaves and comes back the next day)

Cub Scout #2 (with group of Cub Scouts): Got any duck food?
Cub Scout #1: No! This is a haaaaardwaaaaaaare store. We....do....not....sell....duck....food.
(Cub Scout #2 leaves and comes back the next day)

Cub Scout #2 (with group of Cub Scouts): Got any duck food?
Cub Scout #1: No! No! No! And, if you ask me again, I'm gonna nail your feet to the floor!
(Cub Scout #2 leaves and comes back the next day)

Cub Scout #2 (with group of Cub Scouts): Got any Nails?
Cub Scout #1: No.
Cub Scout #2: Got any Duck Food?

**Emergency Broadcast System
(6 to 10 Cub Scouts)**

Notes:

Make sure you practice so the Beeeeps start and stop when they should and so that the punch line does not drag on too long.

All Cub Scouts but one stand in line. Cub Scout #1 is in front or to one side.
Cub Scout #1: For the next ten seconds we will conduct a test of the emergency broadcast system.
(line of scouts all make Beeeeeeeeeeep sound until Cub Scout #1 leader raises his hand.)
Cub Scout #1: Thank you. This concludes the test of the emergency broadcast system. Had this been an actual emergency, you would have heard...
(line of Cub Scouts scream in panic and run around)

Resource Sheet – Songs

Boom Chicka Boom

(repeat each line after song leader)

I said a Boom Chicka Boom

I said a Boom Chicka Boom

I said a Boom Chicka Rocka Chicka Rocka Chicka Boom

Uh huh

Oh yeah

One more time _____ style.

Janitor Style:

I said a Broom Sweep-a Broom

I said a Broom Sweep-a Broom

I said a Broom Sweep-a Mop-a Sweep-a Mop-a Sweep-a Broom

Baseball Style:

I said a boom chicka boom

I said a boom chicka boom

I said a boom chicka rocka hit that softball to the moon.

Thunderstorm Style:

I said a boom crasha boom

I said a boom crasha boom

I said a boom crasha flasha crasha flasha crasha boom

Race Car Style:

I said a vroom shifta vroom

I said a vroom shifta vroom

I said a vroom shifta grind-a shifta grind-a shifta vroom

Astronaut Style:

I said a moon shoot the moon

I said a moon shoot the moon

I said a moon blast-me shoot-me blast-me shoot-me-to-the-moon

Row, Row, Row Your Boat

Row, row, row your boat, gently down the stream.

Merrily, merrily, merrily merrily,

Life is but a dream.

Row, row, row your boat,

Underneath the stream.

You can't see me,

I'm a submarine!

I've Got that Cub Scout Spirit

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

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

I've got that Cub Scout spirit

2. Deep in my heart...

3. Down in my feet...

4. All over me...

Yankee Doodle

Yankee Doodle went to town

A-riding on a pony

Stuck a feather in his hat

And called it macaroni.

Yankee Doodle, keep it up

Yankee Doodle dandy

Mind the music and the step

And with the girls be handy.

Father and I went down to camp

Along with Captain Gooding

And there we saw the men and boys

As thick as hasty pudding.

Yankee Doodle, keep it up

Yankee Doodle dandy

Mind the music and the step

And with the girls be handy.

There was Captain Washington

Upon a slapping stallion

A-giving orders to his men

I guess there was a million.

Yankee Doodle, keep it up

Yankee Doodle dandy

Mind the music and the step

And with the girls be handy.

You're a Grand Old Flag

You're a grand old flag,
You're a high flying flag,
And forever in peace may you wave.

You're the emblem of,
The land I love,
The home of the free and the brave.

Every heart beats true,
For the red, white, and blue,
With never a boast or a brag.

Should old acquaintance be forgot
Keep your eye on the grand old flag.

Deep in the Heart of Texas

The stars at night,
are big and bright,
deep in the heart of Texas.

The prairie sky
is wide and high,
deep in the heart of Texas.

The sage in bloom
is like perfume,
deep in the heart of Texas.

Reminds me of,
the one I love,
deep in the heart of Texas.

The coyotes wail,
along the trail,
deep in the heart of Texas.

The rabbits rush,
around the brush,
deep in the heart of Texas.

The cowboys cry,
"Ki-yip-pee-yi,"
deep in the heart of Texas.

The dogies bawl,
and bawl and bawl,
deep in the heart of Texas.

Tarzan of the Apes

I like bananas, coconuts and grapes
I like bananas, coconuts and grapes
I like bananas, coconuts and grapes
That's why they call me: TARZAN OF THE APES!

(yell 'Tarzan of the Apes' as loud as possible)

The Grand Old Duke of York

The Grand old Duke of York,
He had ten thousand men.
He marched them up the hill,
[Everyone stands up]
And marched them down again.
[Everyone sits down]

And when you're up, you're up;
[Everyone stands up]
And when you're down, you're down.
[Everyone sits down]
And when you're only halfway up,
[Everyone crouch stand]
You're neither up nor down!

[Sing it faster and faster.]

Home On the Range

Oh, give me a home, where the buffalo roam
Where the deer and the antelope play
Where seldom is heard a discouraging word
And the skies are not cloudy all day.

Chorus:

Home, home on the range
Where the deer and the antelope play
Where seldom is heard a discouraging word
And the skies are not cloudy all day.

How often at night, when the heavens are bright
With the light from the glittering stars
I've stood there amazed, and asked, as I gazed,
If their glory exceeds that of ours.

Chorus

The air is so pure, and the zephyrs so free
And the breezes so balmy and light
I would not exchange my home on the range
For all the cities so bright.

Chorus

Hurry Cases

Materials:

Materials needed to demonstrate to and teach the Scouts (4th grade Webelos Scouts need to be able to show it to you) what to do in the “hurry cases” of first aid.

These are nice, but not required:

- Latex-free gloves
- Plastic goggles
- Antiseptic

First Responder Adventure Requirement 2 (all from Webelos Handbook, pages 66-72)

Show what to do for the hurry cases of first aid:

-Serious bleeding

When blood is spurting from a wound, it must be stopped quickly.

-Heart attack or sudden cardiac arrest

If someone’s heart has stopped, it must be restarted quickly.

-Stopped breathing

If breathing has stopped, it must be restarted quickly.

-Stroke

If someone has a stroke (blockage of blood flow to the brain), he or she must get medical attention quickly.

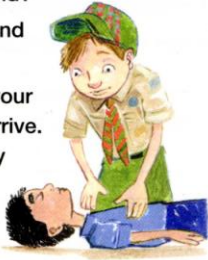
-Poisoning

If someone has swallowed poison, it must be made harmless quickly.

3C THE THREE C'S

When dealing with hurry cases, remember the three C's.

- ♦ **Check:** Make sure the area is safe for you. Then check the victim to identify the problem. Is the victim breathing or moving? Tap the victim's shoulder and ask, "Are you OK?" Does the victim respond?
- ♦ **Call:** Call 911. Call out for help, or send someone for help.
- ♦ **Care:** Care for the victim to the best of your ability while you wait for help to arrive. Some of the steps in treating hurry cases require special training to perform, but it's important to know what they are.



PROTECTIVE MEASURES TO TAKE WHEN GIVING FIRST AID

Treat all blood as if it contains germs that can make you sick. Do not use bare hands to stop bleeding; always use a protective barrier. If you have any cuts or scrapes, cover them with a bandage. Always wash your hands and other exposed skin with hot water and soap immediately after treating the victim. When possible, don't use a kitchen sink.

The following equipment should be included in all first-aid kits and used when giving first aid to someone in need:

- ◆ Disposable, latex-free gloves—to be used when stopping bleeding, dressing wounds, performing CPR, or treating a victim who is choking
- ◆ Plastic goggles or other eye protection—to prevent a victim's blood from getting into the rescuer's eyes in the event of serious bleeding
- ◆ Antiseptic—for use in cleaning exposed skin areas, particularly if soap and water are not available

HURRY CASE: Serious Bleeding

In a bad accident, you might see blood spurting out of a wound. It doesn't ooze or flow slowly; it gushes out like a fountain. It must be stopped immediately.

If you have them, put on disposable, latex-free gloves and eye protection, then grab the wound with your hand, grab your neckerchief, handkerchief or another cloth. Fold it into a pad, and press it on the wound. If you can, wrap the wound with gauze to hold the pad in place. If not, keep applying pressure with your hand. Don't remove the pad if it gets soaked with blood. Instead, put another pad and bandage over the first.

If the wound is on the arm or leg, raise that limb above the level of the victim's heart. That can help slow the bleeding. (Don't do this if there are other injuries such as a broken bone.)



HURRY CASE: Heart Attack and Sudden Cardiac Arrest

Heart attack is the No. 1 cause of death in the United States. Most heart attacks happen to adults, but sometimes even young people can experience them.

The most common symptom of a heart attack is pain in the center of the chest, but people can have other symptoms as well, including:

- Pain that radiates to the arms, back, neck or jaw
- Sweating when the room is not hot
- Feeling like throwing up
- Feeling weak
- Sudden, sharp chest pain outside the breastbone
- Dizziness or lightheadedness

If you think a person is having a heart attack, call for medical help at once. If the person becomes unresponsive, begin chest compressions immediately, as described below.

Another very serious heart problem is sudden cardiac arrest, which occurs when the heart stops pumping. In seconds, the victim will become unresponsive and will stop breathing or will gasp for breath. If you suspect sudden cardiac arrest, call for medical help and begin chest compressions.

Circulation

Cardiopulmonary resuscitation (CPR) is a way to keep the heart beating until medical help arrives. It requires instruction from a certified teacher.

The steps of CPR for adults include a cycle of 30 chest compressions followed by two rescue breaths. [Do not demonstrate this on a person. Go through it and demonstrate hands, and how to push down on the chest – a pillow or blankets can be the victim if a CPR “dummy” is not available.]

1. Place the heels of your hands on the center of the victim’s chest, one on top of the other. Lace your fingers together.



2. Position yourself over the victim with your shoulders over your hands and your arms straight.
3. Give 30 compressions. Push hard and fast. Let the chest rise completely before pushing down again.
4. Perform two rescue breaths as described in the breathing section.
5. Continue the cycle until one of the following happens:
 - a. The victim shows signs of life (breathing).
 - b. A trained adult or medical help arrives to take over.
 - c. You are too exhausted to continue.
 - d. An AED (automatic external defibrillator) is ready to use.
 - e. The scene becomes unsafe.

Defibrillation

Find out if there is an automated external defibrillator (AED) near the victim. IF there is, you can help by retrieving it and turning it on. An AED is a special device that can shock the heart into beating normally again. AEDs are found in schools, shopping malls, airports, houses of worship, and other places where people gather. You have to complete training to use an AED; this training is usually part of CPR training.

HURRY CASE: Stopped Breathing

In drowning cases, electric shock, and some other accidents, the victims breathing may stop. It must be started again quickly, or the person's heart will stop beating, and the person will die. You can help with these problems by providing care until professional medical help arrives.

Airway

With the victim lying on his or her back, open the airway by pressing down on the forehead and lifting up on the chin. This will keep the tongue from blocking the flow of air. Don't do this if you suspect a neck injury.

If the victim starts to vomit, roll him or her onto the side away from you so the vomit doesn't get inhaled into the lungs. Be sure to roll the body as a unit – not just the upper body. You will need help to do this.

Breathing

When the victim's airway is open, check for breathing. Place your cheek 1 to 2 inches above the victim's mouth. Look, listen and feel for movement and breathing. If the person is breathing, you will feel and hear the airflow on your cheek and see and feel the chest rising and falling. If there are no signals that a person is breathing, give two rescue breaths using the following procedure.

Rescue Breathing

Step 1 Place a CPR breathing barrier over the victim's mouth to protect both of you from any diseases that could be spread.

Step 2 While continuing to tilt the head, pinch the victim's nostrils, seal your mouth over his or her mouth, and blow into it to fill the lungs. The breath should last about one second. Watch to see if the person's chest rises. Remove your mouth and then give another rescue breath.

Step 3 For an adult: If the victim does not start breathing again after two rescue breaths, his or her heart may stop beating, too. Immediately begin CPR.



HURRY CASES: Stroke

Stroke occurs when the blood supply is cut off to part of the brain. Brain damage and death can result if the victim doesn't get medical help.

Stroke can cause:

- Numbness or weakness in the face, arm or leg – especially on one side.
- Trouble walking, speaking, understanding or seeing.
- Dizziness
- Headache

A good way to remember the signs of stroke is with the acronym FAST:

F- Face drooping: Does one side of the person's face drop? Is the person's smile uneven?

A- Arm weakness: Is one arm weak or numb?

S – Speech difficulty: Is the person's speech slurred? Does the person have a hard time speaking or repeating a simple sentence?

T- Time to call for help: If you see these signs, call 911 immediately.

HURRY CASE: Poisoning

Poisoning can be caused by many things, including:

- Eating certain wild mushrooms or berries
- Swallowing household cleaning supplies, weed killers, insect poisons, or even things like nail polish remover
- Taking too much medicine
- Breathing in toxic fumes

If someone has swallowed or breathed in poison, call 911 immediately. Tell the operator what the poison is, if you know it, and follow the directions. Save the poison container so professionals can identify the poison.

If a person has breathed in smoke, gas, or other fumes, try to move him or her to fresh air. Be careful that you don't become a victim yourself, however. Make sure the area is safe first.

It is important always to keep all household cleaners, medicines, weed killers, and insect poisons, out of reach of small children. Locked cabinets are best because children are curious and quickly learn to climb.

First Aid Hurry Cases Red Light Green Light

Materials:

List of statements

Instructions:

Cub Scouts stand in a line side-by-side, with a goal of making it to the opposite end of the playing area. As the leader reads the statements, a Cub Scout takes three steps forward if he believes the answer is "true." If he thinks the answer is "false," he does not move. If a Cub Scout gets an answer wrong, he must go back to the beginning.



Some First Aid and Safety statements (not all are "Hurry Cases"):

- *Serious Bleeding and Poisoning are two of the five hurry cases. [True]
- *You have to press hard on a wound that has blood spurting out to stop the bleeding. [True]
- *A stroke is the number 1 cause of death in the United States. [False – Heart Attack is the number 1 cause of death.]
- *You should always wear a seatbelt when riding in a car. [True]
- *Cardiac arrest happens when the heart stops pumping blood. [True]
- *One way to keep the heart beating until medical help comes is CPR or cardiopulmonary resuscitation. [True]
- *Rescue breathing is what we can do to help someone who has stopped breathing. [True]
- *Stopped Breathing and Stroke are two of the five hurry cases. [True]
- * If there is an emergency, the number you call is 322. [False – 911]
- *Swallowing household cleaning supplies can cause poisoning. [True]
- *When you go swimming you should always have a buddy. [True]
- *The worst kind of burn is called a 3rd degree burn. [True]
- *Hurry cases are bad situations where first aid is needed immediately. [True]
- *You could keep from getting sunburned by putting on some sunscreen. [True]

*When you are riding your bike you should never hitch a ride by holding onto a truck, car or other vehicle. [True]

*You only need a first aid kit in your house. [False - It is good to have one in the car too.]

*Pain in the center of the chest is the most common symptom of a heart attack. [True]

*You should keep your hands, head and feet inside a car. [True]

*You should never go back into a burning building for any reason. [True]

*You treat a person in shock by having him lie down and raise his feet. [True]

*You can keep a cut or scrape clean by putting a bandage on it. [True]

You can come up with more statements if necessary.

Handshake Closing

Materials:

None

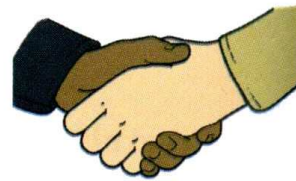
This is a great opportunity to review the Cub Scout handshake and the Boy Scout handshake. These can be demonstrated before the handshakes go around the circle.

Have the Cub Scouts and Webelos Scouts and their leaders make a circle. A leader will start out the handshakes by shaking the Scout's hand on his right. Have the Cub Scouts use the Cub Scout handshake. Have the Webelos Scouts use the Boy Scout handshake. As the handshake goes around the circle, have each Scout think about doing his best.

You can also have all Scouts use the Cub Scout handshake first and then the second time have all Scouts use the Boy Scout handshake.



Cub Scout Handshake



Boy Scout Handshake