

October 3rd--Call of the Wild

- I. Cub Scout 6 Essentials (set up as game with items scattered around room, have girls take turns choosing items they think are part of the essentials, discuss why or why not)
Requirement #1
 - A. First Aid kit
 - B. Food
 - C. Filled water bottle
 - D. Whistle
 - E. Sun Protection
 - F. Working Flashlight
- II. Checklists of potential gear to bring (pg 29) {Again maybe set items around room or have them as part of first game, repeat. This time talking about necessary gear)
Requirement #1
 - A. Personal
 - B. Group
- III. Discuss potential weather we may see while camping at Fire Mountain Oct 19-21.
Requirement #2
 - A. What weather do we expect?
 - B. What do we need to bring to be prepared?
 - C. Discuss what we would bring in:
 1. Fall
 2. Spring
 3. Summer
- IV. Recite the Outdoor Code (discuss what each line means) *Requirement #3A*

As an American, I will do my best to-

- Be clean in my outdoor manners,
- Be careful with fire
- Be considerate in the outdoors, and
- Be conservation minded

- V. Recite Leave no Trace Principles for Kids (discuss meaning) *Requirement #3B*
 - 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

VI. Show & Demonstrate

A. Natural Disasters *Requirement #4A*

1. Flood
 - a) Seek higher ground
 - b) Stay out of streams, ditches, and other flooded areas
 - c) Do not drive through flood waters
2. Earthquake
 - a) Where to meet
 - b) Take attendance--have a buddy!
 - c) Move to safety as a group
3. Forest Fires
 - a) Be aware of weather forecast/burn bans in area
 - b) See earthquake for instructions if have to evacuate campsite

B. Washing Hands *Requirement #4B* (May also satisfy **Germ's Alive!** *Requirement #1* if also sing "Happy Birthday" while they rub hands)

1. Soap
2. Rub for 20 seconds
3. Rinse
4. Dry

*****October 19th-21st: Camping at Little Beaver (Fire Mountain) & attend Stampede**

- I. Paws on the Path
 - A. Review Cub Scouts 6 Essentials for Hiking *Requirement #1*
 - B. Discuss Buddy System & why we use it *Requirement #2*
 1. "Two heads are better than one"
 2. Help keep track of each other
 3. "Buddy Check!!"
 - a) Stay together
 - b) Hold up your hands together
 - c) Adults know immediately if someone is missing
 - C. Discuss what to do if someone gets separated from the group *Requirement #2*
 1. STOP Principal
 2. "S" = Stay Calm
 - a) Stay where you are
 - b) Sit down and wait
 - c) Stay visible (where can be seen)--not in trouble for getting lost
 3. "T" = Think (how you can help others find you)
 - a) Stay put
 - b) Be seen
 - c) Help others find you
 4. "O" = Observe
 - a) Listen for others
 - b) Blow your whistle 3 times in a row then stop and listen
 - c) 3 of any kind of signal means you need help
 5. "P" = Plan
 - a) How will you stay warm until help arrives?
 - b) How will you stay dry until help arrives?
 - D. Dressing appropriately for a hike based on expected weather *Requirement #3*
 - E. One mile hike *Requirement #5*
 1. Find 2 interesting things that you've never seen
 2. *Requirement #6* Name animals/birds/insects that live in our area & how to identify
 - a) 2 birds
 - b) 2 insects
 - c) 2 animals
 3. Look for 4 animals or signs of life (*Call of the Wild Requirement #6*)
- II. Paws on the Path (*Requirements 4 & 5*) & *Call of the Wild Requirement #3C*
 - A. Discuss what we saw
 - B. Discuss the ways we demonstrated being careful with dangers

******COMPLETE CALL OF WILD & PAWS ON THE PATH--AWARD IN NOVEMBER******

October 24th--Call of the Wild, Paws on the Path, Running with the Pack, & Finding Your Way

- I. Tie overhand knot & square knot (pg 38-39) *Requirement #5* Call of the Wild (optional)
- II. Look at a map (Paws on the Path *Requirement #7* & Finding Your Way *Requirement #2A*)
 - A. Look at symbols
 - B. Identify what compass rose is/identify where it is on the map (Finding *Requirement #2A*)
 - C. Identify where we live (Finding your way *Requirement #1A*)
- III. Draw a map of where we live for a friend to identify: (Finding your way *Requirement #1B* & Paws on the Path optional *Requirement #7*)
 - A. School
 - B. Home
 - C. Park
 - D. Streets
 - E. Other
- IV. Running with the Pack
 - A. Play catch/throw a ball *Requirement #1*)
 1. Start 5 steps apart
 2. Take steps farther apart as long as still successfully catching
 - B. Balance beam walking (*Requirement #2*)
 1. Forward
 2. Backward
 3. Sideways

November 7th--Running with the Pack

- I. Flexibility & Balance (*Requirement #3*)
 - A. Front roll
 - B. Back roll
 - C. Frog stand
- II. Do minimum of 2 “fun” walks/movements (*Requirement #5*) pg 102-103
 - A. Frog leap
 - B. Inchworm walk
 - C. Kangaroo hop
 - D. Crab walk
- III. Play a sport (*Requirement #4--Completed by Summer Camp attendees who did Basketball rotation*)
 - A. Discuss sportsmanship (also fulfills Paws of Skill *Requirement #6* pg 283)
 1. Play by the rules
 2. Be courteous to everyone
 3. Cheer for good plays
 4. Try your best
 5. Play to have fun
 6. Shake hands after the game
 - B. Play sport--likely soccer in my garage (weather dependent)

November 14th--Running with the Pack (*Requirement #6*)

- I. Discuss 5 food groups--My Plate Chart (chooseMyPlate.gov)
 - A. Fruits
 - B. Vegetables
 - C. Grains
 - D. Dairy
 - E. Protein
- II. Discuss healthy eating
- III. Plan a menu for a family meal
 - A. Special holiday meal?
 - B. Favorite comfort food?
 - C. Something kids can help prepare?
- IV. Create a shopping list for meal & budget to spend
- V. Have a healthy snack--not required, but works with segment (or, not a requirement, but maybe fun optional side trip--go to the grocery store to look at prices to see if can purchase all ingredients on set budget)
- VI. Tentatively had discussion about Duty to God
 - A. Discuss what it means to do your Duty to God & how you do it in your daily life (*Requirement #1*)
 - B. Read a story about the Pilgrims--came to America to enjoy religious freedom (*Requirement #4*)
 - C. Homework--Requirement #3, #5, #6--Tell me when complete

******COMPLETE RUNNING WITH THE PACK--AWARD AT NOVEMBER MEETING******

******COMPLETE DUTY TO GOD FOOTSTEPS--AWARD AT NOVEMBER MEETING******

December 5th--Council Fire (Must do Requirement 1 & 2 plus at least one more)

- I. Flag ceremony (as we do to open each Den meeting) **Should also be on to do flags at December Pack meeting if share with Boy Wolves**
- II. Learn how to fold the American flag (*Requirement #1*)
 - A. Hold flag at each corner.
 - B. Fold hotdog style/long ways
 - C. Fold hotdog style/long ways again with stars showing on both sides
 - D. Start at striped end, make triangle, pull tight, continue folding
 - E. At end of folding only stars should show
- III. See if Paul/Juval/Russell (other parent--combine Wolf Dens for this requirement?) will come talk to us about service to our country/community (*Requirement #3*)
- IV. Write thank you notes/pictures to our guest speaker
- V. Community service project options (*Requirement #2*)
 - A. Tree of giving (December)
 - B. Scouting for Food Drive participation (November)
- VI. Participate in parade or assembly celebrating military veterans (*Requirement #7*)
- VII. Create a den duty chart, perform the tasks for one month (*Requirement #6*)

******COMPLETED COUNCIL FIRE--AWARD AT DECEMBER OR FEBRUARY MEETING
DEPENDING ON WHICH SERVICE PROJECT IS CHOSEN******

Winter Break homework--complete Cyber Chip Requirements, bring certificate to next meeting.

January 2nd--Howling at the Moon

- I. Communication (*Requirement #1*)
 - A. Verbal--using your voice to communicate
 - B. Non-verbal
 1. Facial expressions
 2. Body language
 3. Motions to communicate
 4. ASL/Baby sign language
 - C. Written communication
 - D. Visual communication
 1. Graphs
 2. Charts
 3. Maps
 4. Photographs
 5. Art
 - E. How many methods do we use to communicate?
- II. Create an original skit (*Requirement #2*)
 - A. 90 seconds to 5 minutes
 - B. 3 parts (for girls Den)
- III. Campfire Program (*Requirement #3*)
 - A. Opening
 1. Scout Oath
 2. Scout Law
 3. Alternate invocation/welcome
 - B. Songs
 1. Bananas!
 2. Little red wagon
 3. Bazooka Bubblegum
 - C. Story
 1. Legend of the Talking Stick
 2. Alternate story?
 - D. Close
- IV. Practice the program, perform this evening for parents, plan to also present part of it at March Pack meeting.

******COMPLETE HOWLING AT THE MOON--AWARD AT JANUARY OR FEBRUARY MEETING******

January 16th--Adventures in Coins

- I. Identify different parts of a coin (*Requirement #1*)
 - A. Bust--picture of a person's head
 - B. Legend--main writing
 - C. Field--background of the coin
 - D. Relief--all the raised parts of the coin
 - E. Edge--outer surface of the coin. Could have
 1. Lettering
 2. Designs
 3. Ridges
 - F. Mint Mark--letter telling where the coin was made
 - G. Rim--raised area near the edge around the coin on both sides . Helps keep the coin from wearing out too quickly
 - H. Inscription--Writing on the coin (smaller print)
- II. Find the mint mark (*Requirement #2*)
 - A. P=Philadelphia
 - B. D=Denver
 - C. S=San Francisco
 - D. W=West Point
 - E. P&D for circulation, S&W for collectors (keep in packaging hoping for rare coin to become more valuable as time passes)
 - F. Old/former mint markings:
 1. O=New Orleans
 2. C=Charlotte
 3. CC=Carson City
 4. May find no mint mark at all
 - G. Find year on coin when it was minted
- III. Coin Rubbings (*Requirement #3*)
 - A. Supplies
 1. Paper
 2. Pencils or crayons
 - B. Have kids place paper over coin, rub gently with side of crayon/pencil
 1. Look at rubbing when complete
 2. Write down coin details on side of picture (i.e. year, mint location, etc)
- IV. Play a game with coins practicing adding & subtracting (*Requirement #4*)
 - A. Dixie cups with coins
 - B. Call out value and have the kids choose coins that make that value

- V. Additional coin games (*Requirement #5*)
 - A. Coin Basketball
 - 1. Large coin (half dollar or quarter)
 - 2. Cup 2-3 feet away
 - 3. Sit at table
 - a) Try to toss coin into cup
 - b) Bounce coin off the table into the cup
 - B. Coin kick
 - 1. Coin
 - 2. Pie tin
 - 3. Place coin on toe of shoe when foot on ground
 - 4. Raise foot and “kick”/flick the coin into the pie tin
- VI. Create a balance scale (*Requirement #6*)
 - A. Supplies needed for one balance scale
 - 1. Ruler
 - 2. 2 paper cups with 2 holes punched at top of cup directly across from each other
 - 3. yarn/string
 - 4. Binder clip
 - 5. Pen/Pencil
 - 6. Tape
 - 7. Heavy object to hold down pencil on edge of table
 - 8. Coins
 - B. Tie string through holes in cups. Hang strings over edge of ruler, tape down the yarn to avoid slipping. Place binder clip in the middle of the ruler. Slip pencil/pen through loops of binder clip folded up in “open” position. Hang pencil off the edge of a table or hard surface so “scale” is hanging over the edge. Place heavy object on pencil to act as anchor.
- VII. Coin weight balance investigation (*Requirement #7*)
 - A. Use balance scale
 - B. Identify different combinations of coin values that weigh the same

******COMPLETED ADVENTURES IN COINS--AWARD AT JANUARY/FEBRUARY MEETING******

******MINIMUM REQUIREMENTS FOR RANK ADVANCEMENT COMPLETED******

February 6th--Air of the Wolf

- I. Investigations--Do 2 of 4 options
 - A. Paper airplanes (*Requirement #1A*)
 1. Make an airplane
 2. Fly it 5 times
 3. Make alterations
 4. Fly it 5 more times
 5. Were the changes effective or made plane worse?
 - B. Flat ball bounce (*Requirement #1C*)
 1. Bounce ball flat
 2. Inflat--learn how to use a ball inflation device if never used before
 3. Try bouncing again
 4. Discuss differences
- II. Sounds--Do 2 of 5 options
 - A. Go outside, listen, & record what you hear (*Requirement 2A*)
 - B. Identify which sounds were made by moving air
 - C. Musical wind instrument (*Requirement 2B*)
 1. Supplies needed per child
 - a) 2 tongue depressors
 - b) Scissors
 - c) Paper (2 strips same size as depressor)
 - d) Clear tape
 - e) 3 rubber bands
 - (1) 1 Wide/large
 - (2) 2 Small/skinny
 2. See page 133-134 for instructions on how to make harmonica
 - D. Speed of Sound experiment (*Requirement 2C*)
 1. Supplies needed
 - a) Cardboard tube
 - b) String
 - c) tape/hole punch
 2. Swing overhead at different speeds
 - a) Different sounds at different speeds?
 - b) Different sounds if tube is different lengths?
- III. Homework assignment for Feb 20th--collection of at least 10 things that are somehow related.

****COMPLETE AIR OF THE WOLF--AWARD AT FEBRUARY MEETING****

February 20th--Collections &7 Hobbies

- I. Bring collection of 10 items that was assigned homework on Feb 6th
(*Requirement #1*)
 - A. Label times
 - B. Title collection
- II. Share collection with Den (*Requirement #2*)
- III. Watch a webcast about collection (*Requirement #3*)
<https://www.youtube.com/watch?v=G09aIKMBNhE>
- IV. Create an autograph book (*Requirement #4A*)
 - A. Supplies
 1. Cardstock or heavier paper
 2. Hole punch
 3. String/yarn/ribbon to hold pages together
 - B. Collect 10+ signatures at Blue & Gold banquet

******COLLECTIONS & HOBBIES COMPLETED--AWARD IN MARCH AFTER REVIEWING
AUTOGRAPH BOOKS AT 1ST MARCH MEETING******

March 6th--Cubs Who Care (Must do minimum of 4 out of 8 requirements)

- I. Try using crutches (*Requirement #1*)
 - A. Supplies--crutches from upstairs closet
 - B. Reflect on how hard it was to use them vs regular walking
- II. Learn about sport adapted so those with disabilities can play (*Requirement #2*)
 - A. Disabled sports
 - B. <https://www.disabledsportsusa.org/sports/adaptive-sports/>
- III. "Invisible" disabilities (*Requirement #3*)
<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577>
 - A. Hearing impairments--Have Dean show off hearing aids
 - B. Visual impairments
 - C. ADHD
 1. Difficulty paying attention
 2. Impulsive decisions
 - D. Autism--affects communication & social interaction
 - E. Mental health--quick touch, nothing too deep
- IV. Wear gloves to try the following: (maybe try to have several different weights of gloves to signify severity of disabilities) (Must do 3)
 - A. Tying shoes (*Requirement 4A*)
 - B. Use a fork to pick up food (*Requirement 4B*)
 - C. Pay go fish/Kings in the Corner card game (*Requirement 4C*)
 - D. Try playing a board game (*Requirement 4E*)
- V. Draw a picture (*Requirement 5*)
 - A. Draw picture normally
 - B. Put on blindfold, try again--use neckerchiefs as blindfolds
- VI. Learn about a famous person with a disability
 - A. FDR--paralyzed due to polio
 - B. Helen Keller--blind & deaf due to childhood illness
 - C. Stephen Hawking--scientist who suffered from Lou Gehrig's disease (ALS)
 - D. Beethoven--composer who lost his hearing

******CUBS WHO CARE COMPLETE--AWARD AT MARCH MEETING******

Homework--review Dinosaurs on pages 193-197 for next meeting

March 20th--Digging in the Past

- I. Play dinosaur game--quiz on page 198 (*Requirement #1*)
- II. Create an imaginary dinosaur (*Requirement #2*)
 - A. Draw on paper
 - B. Name dinosaur
 - C. Where would it live
 1. Air
 2. Land
 3. Water
 - D. What would it eat?
 1. Herbivore
 2. Carnivore
 3. Omnivore
 - E. Share with the Den
 - F. Bonus--make a model at home and bring to next meeting to share with Den
- III. Fossil Air cast (*Requirement #3*)
 - A. Discuss what a fossil is
 1. Remains or impressions for a prehistoric living thing preserved in earth or rock
 2. Skeletons, leaf prints, footprints
 - B. Supplies for fossil making
 1. Air dry clay
 2. Paper plates
 3. Leaves
 4. Sticks
 5. Rocks
 6. Toys
 7. Plastic bugs/animals/etc
 - C. Make fossil
 1. Press supplies into clay
 2. Remove
 3. Allow to dry
 4. Share with Den
- IV. Edible fossil layers (*Requirement #4*)
 - A. Plastic cups
 - B. Flavored gelatin (prepared in cup ahead of time) Raspberry
 - C. Swedish fish or gummy bears--some placed in gelatin prior to setting
 - D. Chocolate pudding
 - E. Crushed graham crackers or cookies to put between layers
 - F. Animal cookies to be fossils in pudding layer? Or more gummies to maintain integrity of "fossil" versus "fossil" going to mush.

****DIGGING IN THE PAST COMPLETED--AWARD AT MARCH MEETING****

No meeting first week of April due to Spring Vacation

April 17th--Finding Your Way--Completed at Day Camp for Scouts who completed Orienteering Station

- I. Compass (Emily has multiple compasses that belong to the Pack from older kids orienteering use) (*Requirement 2B*)
 - A. Identify which direction is North
 - B. Show how to determine which way is S, W, E
- II. Go on a scavenger hunt (can use Geocaches or have scouts create their own map) (*Requirement 3*)
 - A. Pace--30 inches
 - B. Use compass to determine direction going
 - C. Talk about degrees--360 total. Discuss how it can be a problem to be off by even one degree the further you hike
 - D. Have kids pace out the map
 - E. Find treasure
- III. Go on a hike using map & compass--can be combined with above. (*Requirement #4*)

******FINDING YOUR WAY COMPLETED--AWARD AT APRIL MEETING******

May 1st--Germs Alive!

- I. Wash hands while singing "happy birthday" to learn how long to wash (*Requirement #1*)
 - A. Common kinds of germs
 1. Bacteria--tiny germs--live inside & outside the body (can be killed by antibiotics)
 2. Fungi--live in moist, warm places & can cause itchy rashes & mold
 3. Viruses--get inside the body & spread quickly
 4. Protozoa--live in water & cause intestinal infections
 - B. When to wash hands
 1. After using the bathroom
 2. After playing with animals
 3. After blowing nose, sneezing, and/or coughing
 4. After touching garbage
 5. Before & after food prep
 6. Before setting the table
 7. Before you eat
 8. Before putting away clean dishes
 9. When your hands have dirt on them
- II. Germ Magnet game (*Requirement #2*)
 - A. Form circle
 - B. An adult will place substance on one person's hand
 1. Chalk
 2. Glitter or
 3. Paint
 - C. Shake hands with your neighbor--pass the handshake around the circle
 - D. How far did the germs go?
 - E. Wash hands/clean up
- III. Sneeze demonstration (*Requirement #3*)
 - A. Supplies
 1. Blanket
 2. Painters tape to make rings 12" apart
 3. Ruler to measure out rings
 4. Balloon (deflated)
 5. Paper confetti
 6. Piece of paper/funnel to insert paper confetti into balloon
 7. Tape
 8. Tape measure
 9. Pin
 - B. Fill balloon, inflate.
 - C. Stand at bullseye, say "AACHOO", pop balloon, & see how far the "germs" travel

IV. Make "Mucus" (essentially slime) (*Requirement #4*) ****Can be made ahead of time****

A. Supplies

1. Borax
2. Warm water
3. White school glue
4. Food coloring (optional)
5. Plastic containers
6. Ziploc bags
7. Paper plates
8. Flour, glitter, or cocoa powder

B. Instructions

1. Dissolve borax into warm water in container #1
2. Dissolve glue into warm water in container #2
3. Add a few drops of food coloring to the glue container, mix
4. Add one to two teaspoons of the borax mixture to the glue mixture. Stir. Should make "mucus"

C. Allow time to play with "mucus" & discuss how it helps our bodies

1. How does something slimy protect our bodies?
2. Acts as a filter

D. Put "mucus" on paper plates

1. Give each child a pinch of "germs" substance
2. Gently blow onto/over "mucus" & discuss what happened

E. Toss slime

V. Homework--Chore chart for home. Do for one week. (*Requirement #6*)

******GERMS ALIVE! COMPLETED--AWARD AT MAY MEETING******

May 15th--Paws of Skill

- I. Talk about being physically fit/ways to stay healthy (*Requirement #1*)
 - A. Strength training
 - B. Cardio training
- II. Warm ups (*Requirement #2*)
 - A. Why is stretching important?
 1. Gets heart ready for activity
 2. Loosens muscles
 3. Helps keep you from being injured
 - B. Do warm ups
 1. Butterfly stretch
 2. Calf stretches
 3. Touch toes
 4. Knees to chest
- III. Being part of a team (*Requirement #4*)
 - A. Discuss what it means to be part of a team
 1. Work with others to get better
 2. One person can't do everything
 3. Everyone helps
 - B. Make a list of team sports
 - C. Talk about how a team works together to be successful
 - D. Pick a sport to play for 30 minutes (**Completed by Day Camp who did Basketball**)
- IV. Create obstacle course (*Requirement #5--completed at Day Camp that did Lewis & Clark Obstacle Course*)
 - A. 5 different movements
 - B. Run course 2 times to see if time improves
- V. Homework--Select at least 2 physical fitness skills & practice daily for 2 weeks. (*Requirement #3*)

******PAWS OF SKILL COMPLETED BY END OF MAY--AWARD AT JUNE MEETING******

June 5th--end of year park play date to celebrate competing Wolf year.