

TIGER CUB DEN MEETING PROGRAM



DEN NO. 7 PACK NO. 1040

MEETING PLACE Grace Presbyterian

DATE Nov 16, 2014 TIME 4:30 pm

THIS MONTH'S THEME Keeping Myself Healthy and Safe

As Tiger Cub den leader and host adult partner, use this form to plan your weekly meetings. Include the activity and materials needed.

BEFORE THE MEETING

The Tiger Cub den leader and host adult partner make final preparations.

GATHERING

While the Tiger Cubs and adult partners arrive, collect dues, check achievements and electives, and have everyone participate in gathering activity.

OPENING

Conduct a simple opening ceremony—a song, den yell, Cub Scout motto, Cub Scout Promise, Pledge of Allegiance, roll call.

SHARE

Tiger Cubs share experiences that relate to today's den meeting.

DISCOVER

Have games, tricks, puzzles, crafts; practice for the pack meeting; stimulate interest in achievements and electives.

SEARCH

Plan details for the Go See It each month. Use the "Tips to Remember on Go See Its" in the *Cub Scout Leader Book*.

CLOSING

Give announcements and reminders; have a brief inspirational closing or say the Cub Scout motto or the Cub Scout Promise.

AFTER THE MEETING

Den leader and host adult partner review the meeting and make plans for the next meeting. Put room in order.

ACTIVITY: Opening: Check on Bobcat Status for all boys

EQUIPMENT NEEDED: Cheat Sheet

ACTIVITY: Fill your plate with good foods, word search - *Tiger Handbook* - p58 go to <http://www.choosemyplate.gov>

EQUIPMENT NEEDED: blank plates sheets, grocery store flyers, scissors, glue sticks, pens

ACTIVITY: What do you do if you get lost? - learn phone number. Stay where you are, buddy system.

EQUIPMENT NEEDED: none

ACTIVITY: Plan a fire drill and practice this at home. Make sure you have a common meeting point at a safe distance from your home.

EQUIPMENT NEEDED: paper and pen

ACTIVITY: Explain how a smoke detector and CO detector work. Where should they be in your home?

EQUIPMENT NEEDED: co detector, smoke detector, matches, water.

ACTIVITY: Discuss the Character connection from the *Tiger Handbook* - p58 Know: Have a healthy snack. Commit. When is it difficult to eat healthy food? Practice. What foods are best for your health and growth?

EQUIPMENT NEEDED: grapes, carrots, hummus, ranch, apple pieces

ACTIVITY: Plan next 2 go see its: library and sports game

EQUIPMENT NEEDED: none

ACTIVITY:

EQUIPMENT NEEDED: