Cub Scout Den Meeting Outline

Month: **August**

**Point of the Scout Law:** **Clean**

<table>
<thead>
<tr>
<th>Before the Meeting</th>
<th>Tiger</th>
<th>Wolf</th>
<th>Bear</th>
<th>Webelos</th>
<th>Arrow of Light</th>
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<td>Gathering</td>
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<td>Activity</td>
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<td>Game</td>
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<td>Business items/Take home</td>
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<td>Closing</td>
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<td>Good Health Habits Closing</td>
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<td>After the meeting</td>
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**Materials:**

Gathering: copies of word search, pencils
Opening: flag
Activity: spray bottle with water
Game: small balls, masking tape
Closing: word strips
Home assignments: None

**Copies:**

Hand Washing Word Search
Good Health Habits Closing lines to cut

**Advancement:**

Tiger – None
Wolf – None
Bear – None
Webelos – None
Arrow of Light – None
Hand Washing Word Search

Find and circle the eight words in the puzzle below:

GERMS  DISEASE  SOAP
WASH HANDS  WARM WATER
HYGIENE  CLEAN  HEALTH

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

I pledge to wash my hands
Hand Washing Word Search

Find and circle the eight words in the puzzle below.

GERMS    DISEASE    SOAP

WASH HANDS    WARM WATER

HYGIENE    CLEAN    HEALTH

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

G  lo Germ Company
P.O. Box 537
Moab, Utah 84532
(801) 259-6034
(800) 842-6622 USA
(800) 634-0770 Canada
(801) 259-5930 FAX

Name __________________________
I pledge to wash my hands
A Scout is Clean Opening

Lead the following discussion with the Cub Scouts:

*Our Point of the Scout Law for this month is “Clean.”*

*Who can tell me what they think it means to be “clean”?*

[Cub Scouts probably have an idea of what it means to be “clean”. Integrate as many of their answers as possible while you make sure that they understand that *Being clean means that a Scout keeps his body and mind fit. He helps keep his home and community clean.*]

*How can Cub Scouts be clean?*

[Listen to their responses and remind them to realize that they can be clean in many things – they can be physically clean (washing hands, taking a shower, etc) and their mind can be clean and ready to learn new things. They can also do their part to keep their community clean (their parks, their street, etc). They can also help their family by doing their part to keep their home clean.]

*Let’s have a great day in Cub Scouting today.*

*Let’s say the Scout Oath [repeat it with me].*
Why We Wash Our Hands

Materials:
Spray bottle filled with clean water

Instructions:
1. Spray water on the Cub Scouts’ hands.
2. Explain to the Scouts that the water on their hands represents the dirt and germs (bacteria, viruses, etc) that come out of the mouth when they cough or sneeze.
3. Have the Cub Scouts touch an object in the room (door, table, chair, etc) – whatever they touch with that wet hand gets damp.
4. Explain how this is what happens when we cough or sneeze into our hands and then touch something else (the germs on our hands get on the object).
5. Ask the Cub Scouts what might happen if a friend touches the object while it is moist (from the water). The friend might pick up the germs and get sick.
6. Explain that if you wash your hands after sneezing or coughing in them the germs will mostly be washed away and there will be less of chance for people to get sick.

How Do We Wash our Hands?

1. Start a discussion and role play about how we wash our hands. [Answers will vary.]
2. Make sure they understand that they need to use warm, running water, and liquid soap when they can.
3. They should rub their hands together while they count to 10 and even try to wash under their fingernails.
4. Then they rinse their hands in water and dry their hands.

A role play of them rubbing their hands together and actually counting to 10 may help them remember.

If there is time, have Cub Scouts complete the Hand Washing Word Search.

Shared from the
Utah Hygiene Education Coalition
2001 S. State S-2500 SLC UT 84190-2150 (801) 468-2700
Kangaroo Relay Game

Materials:
Small ball for each group of 8 Cub Scouts
Masking tape to mark turn around line

Instructions:

1. Divide Cub Scouts into relay teams of 8-10 Cub Scouts each. Even team numbers are best.

2. Each team will receive one ball. The first Cub Scout in the relay line holds ball between his knees.

3. On “Go,” the first Cub Scout hops from the start to a line (or other object) 10-15 feet away turns around and then hops back to the start.

4. The Cub Scout hands the ball to the next Cub Scout in line who does the same thing.

5. The first team to have all Cub Scouts on their team complete the relay wins.
Good Health Habits Closing

Materials:
Lines cut out for Cub Scouts to read

Cubmaster: Being clean is part of our good personal health habits. Here are some things we can do.

Cub Scout #1: Shower every day, especially after exercising.

Cub Scout #2: Visit your dentist regularly.

Cub Scout #3: Stand up straight, don’t slouch.

Cub Scout #4: Get plenty of sleep.

Cub Scout #5: Wash your hands frequently.

Cub Scout #6: Eat right! A balanced diet will make you feel good!

Cub Scout #7: Get plenty of exercise to make you feel great!

Cubmaster: Let’s all stay healthy and have a great week.
Good Health Habits Closing
(lines to cut out for Cub Scouts to read)

**Cub Scout #1:** Shower every day, especially after exercising.

**Cub Scout #2:** Visit your dentist regularly.

**Cub Scout #3:** Stand up straight, don’t slouch.

**Cub Scout #4:** Get plenty of sleep.

**Cub Scout #5:** Wash your hands frequently.

**Cub Scout #6:** Eat right! A balanced diet will make you feel good!

**Cub Scout #7:** Get plenty of exercise to make you feel great!