

Cub Scout Den Meeting Outline

Month: **August**

Week: **1**

Point of the Scout Law: **Clean**

	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	Hand Washing Word Search				
Opening	A Scout is Clean				
Activity	Why We Wash Our Hands Discussion				
Game	Kangaroo Relay Game				
Business items/Take home	None	None	None	None	None
Closing	Good Health Habits Closing				
After the meeting					

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

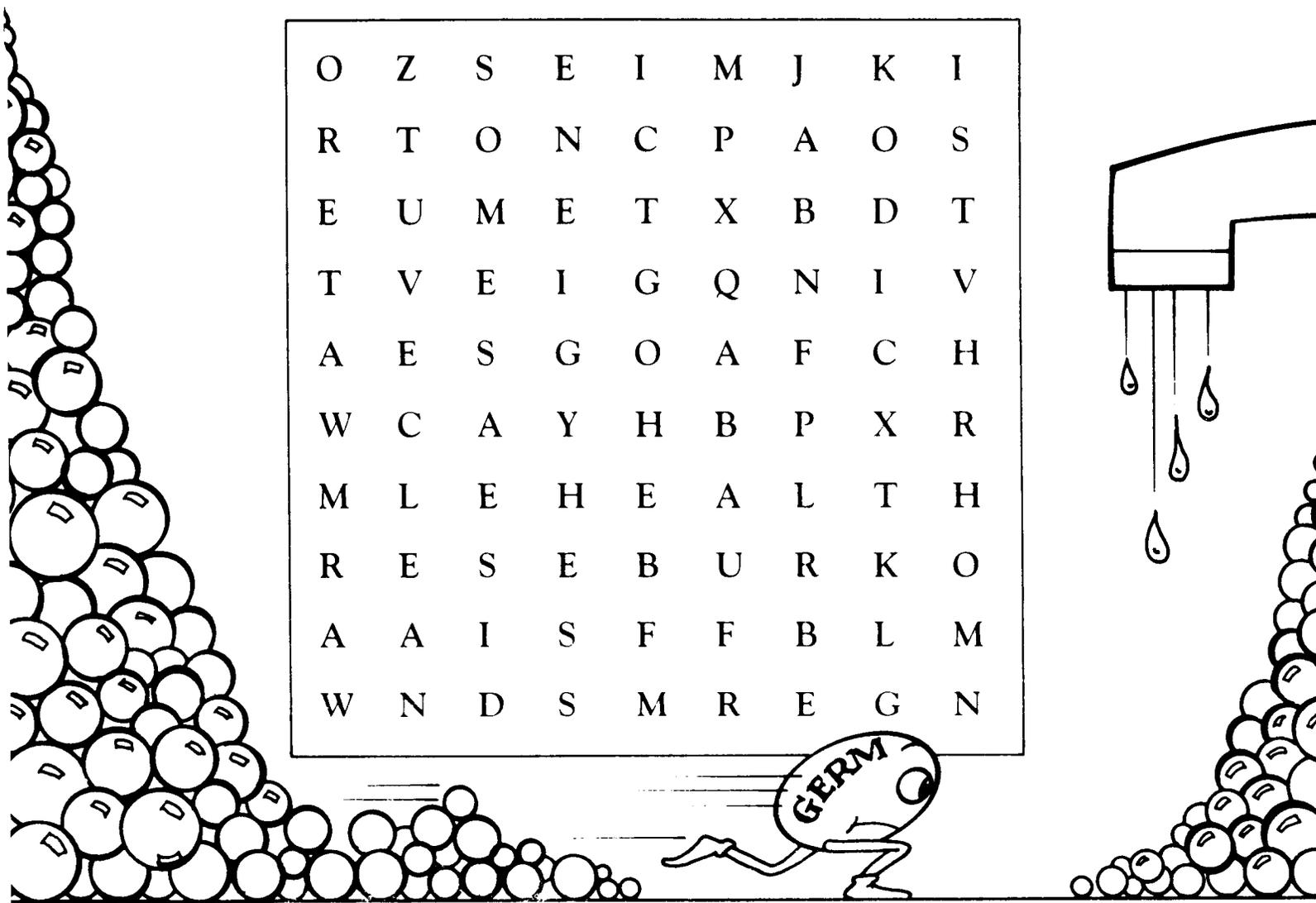
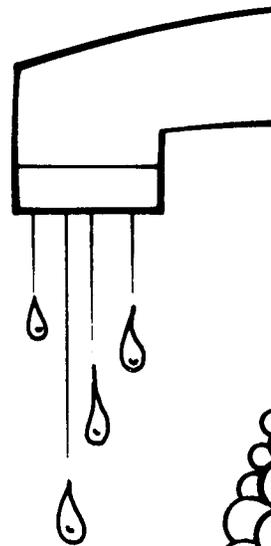
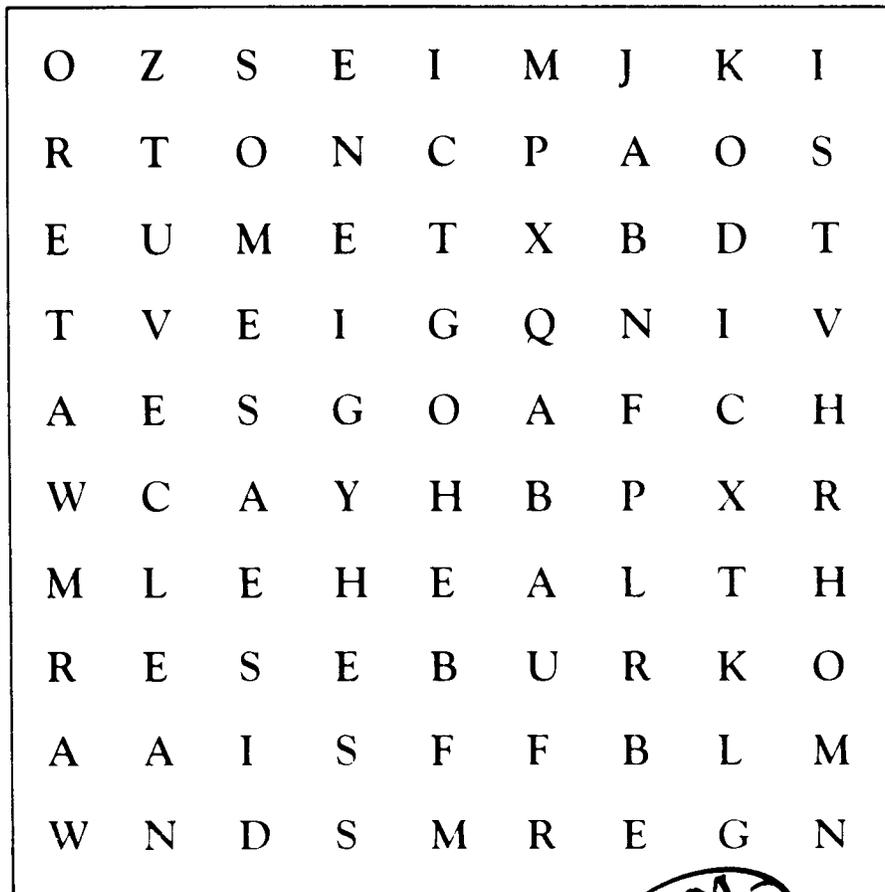
WASH HANDS

WARM WATER

HYGIENE

CLEAN

HEALTH



Name _____

I pledge to wash my hands

Glo Germ Company

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

Hand Washing Word Search

Find and circle the eight words in the puzzle below.

GERMS

DISEASE

SOAP

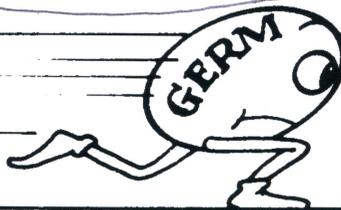
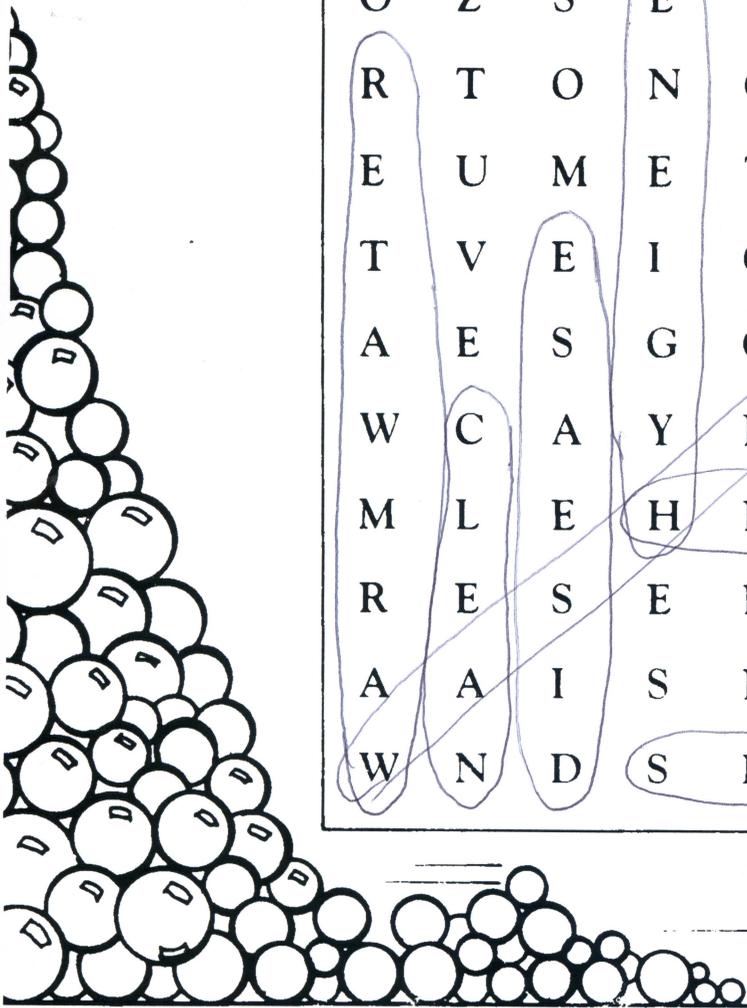
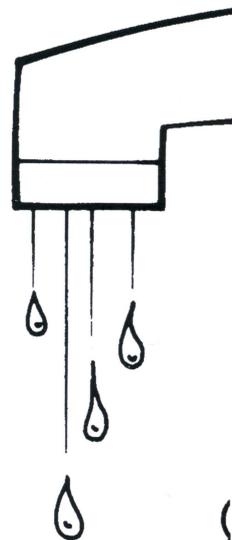
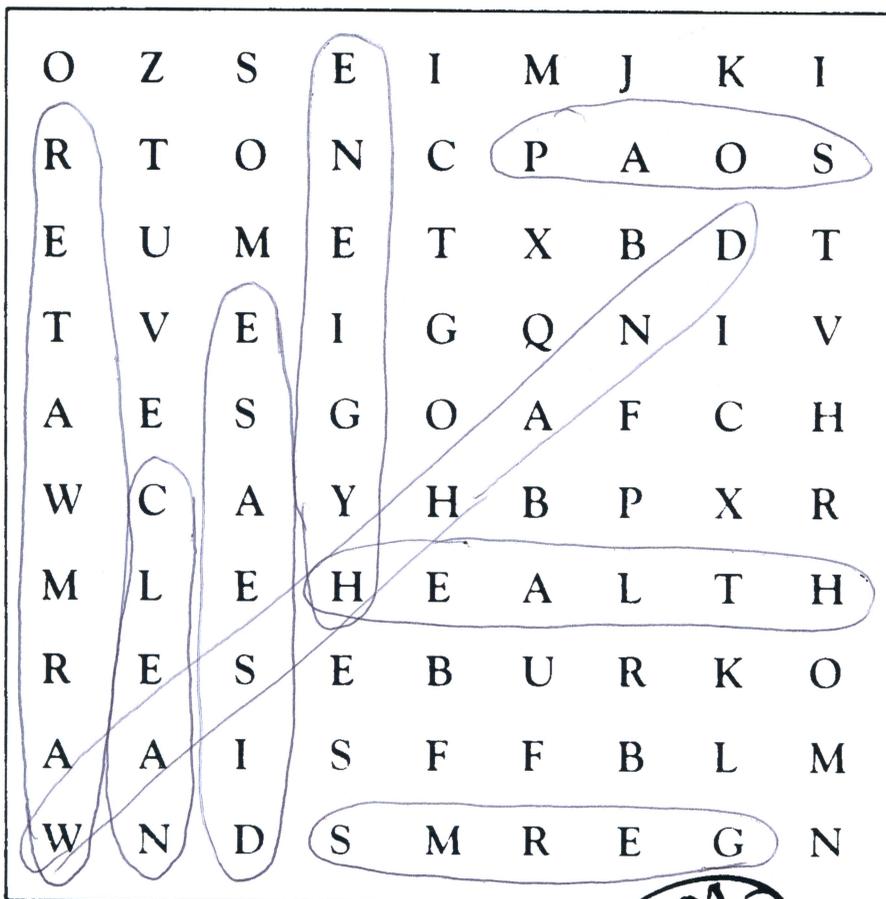
WASH HANDS

WARM WATER

HYGIENE

CLEAN

HEALTH



Name _____

I pledge to wash my hands

 Glo Germ Company

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

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.

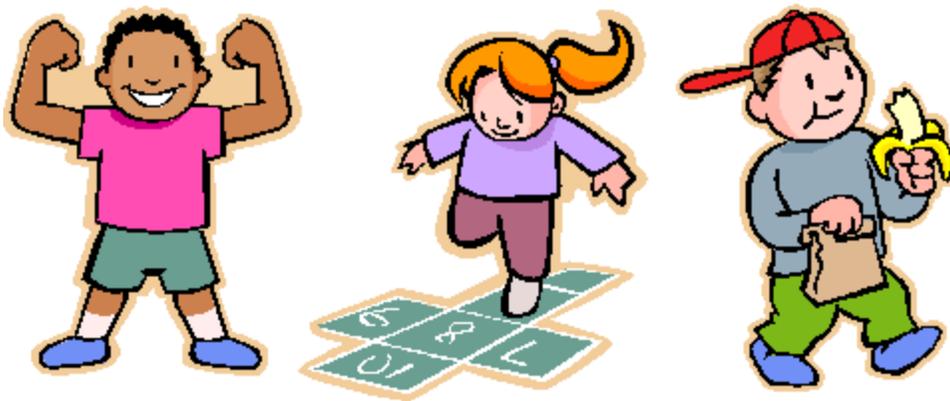
Cub Scout #4: Get plenty of sleep.

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!