Tiger Den Meeting 3

Keeping Myself Healthy and Safe (Food Pyramid and Fire Drill)

Achievement 3: Keeping Myself Healthy and Safe (3Fa partial, 3Fb, 3D, 3G partial).
Elective 28: Smoke Detectors. Character Connection for Health and Fitness

Preparation and Materials Needed

- For Den Meeting 3, bring a working battery-operated smoke detector, a poster board for each boy, markers, food magazines, newspaper grocery store advertisements, and index cards printed with the Cub Scout Promise and Law of the Pack.
- Materials checklist (add to your den box of U.S. and den flags, paper and pencils, other supplies):
  - Bring "Food Pyramid" handouts. Go to *www.mypyramid.gov* to check that out.
  - You can create personal pyramids at *www.mypyramid.gov/mypyramid/index.aspx,* tailored to your size, age and activity level.
  - Consider bringing samples of food in each food group. For example, whole grain bread and crackers, some broccoli and carrots, fresh fruit of your choice, a variety of nuts (check for allergies), milk and cheese, hard-boiled eggs. And water.
  - Tiger Cub Immediate Recognition Emblem beads.
- ***Note:*** The sequence of Meetings 3 and 4 may be reversed, depending on your local sports schedule.

Before the Meeting

- Make final preparations with assistance from any assistant den leader or host team (Tiger Cub and adult partner) or other parent helper or den chief. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

Gathering

- Have a gathering activity (games, puzzles, coloring, puppets) that will keep Tiger Cubs interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

Opening

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise (or other opening); perhaps add a roll call and/or uniform recognition.

Business Items

- Teach basic courtesy: Have boys sign a note or card as a formal thank-you to the Go See It site or guest from last meeting. You may want to develop a system to use for each Go See It.
- Use this time to discuss participation in coming pack meetings or events, as needed.
- If you've decided to do a den flag or den doodle, you might work on that today.

Activities

- **Achievement 3Fb:** Have each family plan what to do if the Tiger Cub ever becomes lost or separated from his family. Hints for adult partner:
  - Stay where he is rather than keep moving (making a person harder to find).
  - Assure them that because they are loved, as soon as others realize that he is not with his family or group, they will quickly begin looking for him.
  - You may want to set den rules, too (e.g., buddy system for playground, events, hikes).

- **Achievement 3D:** Have each adult partner and Tiger Cub draw a food pyramid on poster board.
  - Cut out pictures of food from food magazines or newspaper grocery ads to add to the appropriate sections. Boys could also draw different foods.
  - Remind the boys to bring the posters to your next pack meeting for display. You might have them displayed at school or at the chartered organization.
  - Another option, since snacks are often a part of meeting, is to get the Cubs to direct their adult partners on what healthy snacks the den should have at meetings.

Want More Fun Activities?

Since this is not the most active activity unless you are cooking and eating, if you want to get noisy you can sing the "All You Etta" song (to the French tune, *Alouette*) with Cub Scouts contributing what they "et."

All you etta, think of all you etta
All you etta, think of all you et:
Think of all the _____ you et
Think of all the _____ you et
_____ you et
_____ you et
Oh, oh, oh, oh . . . etc.

Continue with everyone adding something. Eventually you should be holding your belly from eating too much!

- **Achievement 3Fa:** Have each adult partner and Tiger Cub plan a family fire drill. Remind them to practice it at home.
  - You might have them make maps of their homes showing the escape routes to show their families.
  - And have a practice fire drill at the den meeting. You should have a plan there, too.

Want Another Fun Activity?

Consider, for the next pack meeting, having the Tiger Cubs do a skit about what they've learned. (See the example "Emergency Broadcast System" skit included on the following page.)

- **Elective 28** ("With your adult partner, check the batteries in the smoke detector in your home or another building."):
  - Have each boy practice removing and replacing the battery in the smoke detector.
  - ***Suggestion:*** Test it to see if it works. (Do this outside to ensure you don't set off real smoke detectors.)
  - Ask each family to check the batteries in their smoke detectors at home.

- Complete the Character Connection for Health and Fitness (Part of **Achievement 3D**).
  - **Know:** With a family adult, have a healthy snack.
  - **Commit:** When is it difficult to eat healthy food?
  - **Practice:** What foods are best for your health and growth?

- **Achievement 3G:** Discuss the rules of the game or sport that you will observe during the next den meeting (unless the sequence is changed).

Closing

- Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- Closing ceremony: perhaps a den leader's minute, Law of the Pack, den yell, and/or Living Circle.
- Hand out or send family information letter.
- Hand out basic rules of the sporting event that the boys will attend at the next meeting. **(Achievement 3G preparation)**

- **Home Assignment:** Remind Cubs and adult partners to practice a family fire drill and check their smoke detector batteries at home. **(Achievement 3Fa, Elective 28)**

- Remind all that the next meeting is a Go See It (unless the sequence is changed). Clean up.

Tiger Cubs participating in Den Meeting 3 have earned a second orange bead **(Achievement 3D)**.

After the Meeting

- If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- Refreshments: If appropriate
- Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.

Skit

The Emergency Broadcast System

- The den lines up, facing the audience.
- An announcer says: "This is a test of the Pack ____ emergency broadcast system. This is only a test."
- Everyone in the den hums a very high pitched note (a "beeeeeeeeeeep" sound, similar to the tone on the radio just before an emergency broadcast is given).
- Stop when the leader raises his hand.
- When the humming stops, the announcer then says: "This has been a test of the Pack ____ emergency broadcast system. This has been only a test. If this had been an actual emergency, this is what you would hear:"
- At that point everyone in the den begins to scream and run around terrified and in a panic, and then they all run away. (Make sure you practice so the beeeeeps start and stop when they should and so the punch line does not drag on too long.)