

BEAR LEADER INTRODUCTION TO PROGRAM GUIDE BOOK

Holding Den Meetings:

- When determining how often your den meets each month and what days they meet on, make sure that you get feedback from all the scout's parents. Dens can meet 1 -4 times a month, any day of the week and at any time. However, a pack should not be dictating to you, as a den leader, how often and when you will be meeting. That is a Den Leader and parents decision.

Who is responsible for what?:

- As a Den Leader you are responsible for only a small part of the Scouts Advancement Program. Most of the advancement is the responsibility of the parent / guardian.
- As a leader, you just have to communicate to the parents what they need to be working on and when to bring the books back signed.

Signing off on the Bear Book: Who is Akela?

- Akela is a parent / guardian, den leader or a teacher.

Bobcat Badge: This is the first thing that has to be completed before working on the Bear Achievements (pages 13-22):

Parent / Guardian Book Responsibility:

- **1** – Learn and say the Cub Scout Promise and complete the Honesty Character Connection.
- **2** – Say the Law of the Pack. Tell what it means.
- **3** – Tell what Webelos means. (We'll Be a Loyal Scout)
- **4** – Show the Cub Scout sign. Tell what it means.
- **5** – Show the Cub Scout handshake. Tell what it means.
- **6** – Say the Cub Scout motto.
- **7** – Give the Cub Scout salute. Tell what it means.
- **8** – With our parent or guardian, complete the exercises in the booklet "How to Protect Your Children from Child Abuse.

There are 25 Arrow Point Trail Electives and other Awards that can be earned (pages 180-283):

- Most of electives should be completed with the parents but some electives and extra awards need to be done as a den or pack.
- A Scout may work on the Arrow Points at any time but the Arrow Points will not be presented until after he receives his Bear Badge.

Achievements: Every time a Scout completes 3 achievements, he earns a red recognition bead.

How to read the program responsibilities in this Guide Book:

- As you look at all the achievement titles listed in this Leader Guide, you will see "Sample Ideas / Activities." These are all sample ideas / activities that the Den Leader could set up for the boys to "Go See," (but not limited to these.)
- Below the "Sample Ideas / Activities" are what the Den Leaders Responsibility would be in order for a boy to complete that achievement.
- Below the "Den Leaders Responsibility" is what the Parent / Guardians responsibilities are in order for the boys to complete that achievement.
- The key is for the Den Leader(s) is to communicate to the parent / guardian(s) what achievement(s) the Scout needs to complete by the next Den Meeting.
 - **EXAMPLE:** The den just visited the National Guard Armory for Achievement #3 "What makes America Special" and completed requirements 3d, 3e, and 3f. Parent / Guardian(s) please complete requirements 3a and 3j by the next Den Meeting and have your son bring his book back signed.

BEAR LEADER PROGRAM GUIDE BOOK

24 ACHIEVEMENTS:

- All achievements are broken up into 4 categories
 - God (Achievements: 1 & 2) Do one achievement.
 - Country (Achievements: 3, 4, 5, 6 & 7) Do any three achievements
 - Family (Achievements: 8, 9, 10, 11, 12, 13) Do any four achievements
 - Self (Achievements: 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24) Do any four achievements
- All **BOLD Achievement #'s** represent an achievement that may require Den Level Programming for the Scout to achieve the requirement.

GOD (Do ONE of the following):

1) Ways we Worship (page 26):

- Sample Family Program Ideas / Activities:
 - A. Sunday School
 - B. CCD Classes
 - C. Visit with your Pastor

Complete BOTH requirements:

Parent / Guardian Book Responsibility:

- **1a** – Complete the Character Connection for Faith: Name some people in history who have shown great faith. Discuss with an adult how faith has been important at a particular point in his or her life. Discuss with an adult how having faith and hope will help you in your life, and also discuss some ways that you can strengthen your faith. Practice your faith as you are taught in your home, church, synagogue, mosque, or religious fellowship.
- **1b** – Make a list of things you can do this week to practice your religion as you are taught in your home, church, synagogue, mosque, or other religious community. Check them off your list as you complete them.

2) Emblems of Faith (page 30):

- Sample Family Program Ideas / Activities:
 - D. Sunday School
 - E. CCD Classes
 - F. Visit with your Pastor

Complete the Requirement:

Parent / Guardian Book Responsibility:

- **2** – Earn the religious emblem of your faith.

COUNTRY (Do THREE of the following):

3) What Makes America Special (page 34):

- Sample Den Program Ideas / Activities:
 - A. Visit National Guard Armory
 - B. Historical Museum
 - C. Library
 - D. Local Monuments
 - E. American Legion / VFW

Do requirements “3a” and “3j” and any two of the other requirements:

Den Leaders Responsibility:

- **3d** – Find out where places of historical interest are located in or near your town or city. Go and visit one of them with your family or den.
- **3f** – Be a member of the color guard in a flag ceremony for your den or pack.
- **3i** – Participate in an outdoor flag ceremony

Parent / Guardian Book Responsibility:

- **3a** – Write or tell what makes America special to you.
- **3b** – With the help of your family or den leader, find out about two famous Americans. Tell the things they did or are doing to improve our way of life.
- **3c** – Find out something about the old homes near where you live. Go and see two of them.
- **3e** – Choose a state; it can be your favorite one or your home state. Name its state bird, tree and flower. Describe its flag. Give the date it was admitted to the Union.
- **3g** – Display the U.S. flag in your home or fly it on three national holidays.
- **3h** – Learn how to raise and lower a U.S. flag properly for an outdoor ceremony.
- **3j** – *Complete the Character Connection for Citizenship*: Tell ways some people in the past have served our country. Tell about some people who serve our country today. (Don't forget about "ordinary" people who serve our country.) Tell something that might happen to you and your family if other people were not responsible citizens. Tell one thing you will do to be a good citizen. Tell three things you did in one week that show you are a good citizen.

4) Tall Tails (page 42):

- Sample Den Program Ideas / Activities:
 - i. Visit Library
 - ii. Have a Story Teller come in
 - iii. HS / College Theater Department

Do ALL THREE requirements:

Den Leaders Responsibility:

- **4c** – (*Part 2*) Tell your favorite folklore story to your den.

Parent / Guardian Book Responsibility:

- **4a** – Tell in your own words what folklore is. List some folklore stories, folk songs, or historical legends from your own state or part of the country. Play the Folklore Match Game on page 48.
- **4b** – Name at least five stories about American folklore. Point out on a United States map where they happened.
- **4c** – (Part 1) Read two folklore stories.

5) Sharing Your World with Wildlife (page 50):

- Sample Den Program Ideas / Activities:
 - i. Visit DNR
 - ii. Fish Hatchery
 - iii. Nature Center
 - iv. Zoo

Do FOUR of the requirements:

Den Leaders Responsibility (5b can be done at home with the parent / guardian):

- **5b** – Build or make a bird feeder or birdhouse and hang it in a place where birds can visit safely.
- **5d** – Visit one of the following: Zoo, Nature center, Aviary, Wildlife refuge, Game preserve.

Parent / Guardian Book Responsibility:

- **5a** – Choose a bird or animal that you like and find out how it lives. Make a poster showing what you have learned.
- **5c** – Explain what a wildlife conservation officer does.
- **5e** – Name one animal that has become extinct in the last 100 years. Tell why animals become extinct. Name one animal that is on the endangered species list.

6) Take Care of Your Planet (page 56):

- Sample Den Program Ideas / Activities:
 - i. Visit Recycle Center
 - ii. Water Treatment Plant
 - iii. Land Fill
 - iv. Drummers Garden Center
 - v. Habitat for Humanity

Do ANY THREE of the following requirements:

Den Leaders Responsibility (*6b can be done at home with the parent / guardian*):

- **6b** – Plant a tree in your yard, or on the grounds of the group that operates your Cub Scout pack, or in a park or other public place. Be sure to get permission first.
- **6g** – Take part in a den or pack neighborhood clean-up project.

Parent / Guardian Book Responsibility:

- **6a** – Save 5 pounds of glass or aluminum, or 1 month of daily newspapers. Turn them in at a recycling center or use your community's recycling service.
- **6c** – Call city or county officials or your trash hauling company and find out what happens to your trash after it is hauled away.
- **6d** – List all the ways water is used in your home. Search for dripping faucets or other ways water might be wasted. With an adult, repair or correct those problems.
- **6e** – Discuss with an adult in your family the kinds of energy your family uses.
- **6f** – Find out more about your family's use of electricity.

7) Law Enforcement is a Big Job (page 64):

- Sample Den Program Ideas / Activities:
 - i. Visit a Police Station
 - ii. Blue Earth County Law Enforcement Center

Do all SIX requirements:

Den Leaders Responsibility:

- **7b** – Visit your local sheriff's office or police station or talk with a law enforcement officer visiting your den or pack to discuss crime prevention.

Parent / Guardian Book Responsibility:

- **7a** – Practice one way police gather evidence: by taking fingerprints, or taking shoeprints, or taking tire track casts.
- **7c** – Help with crime prevention for your home.
- **7d** – Be sure you know where to get help in your neighborhood.
- **7e** – Learn the phone numbers to use in an emergency and post them by each phone in your home.
- **7f** – Know what you can do to help law enforcement.

FAMILY (Do FOUR of the following):

8) The Past is Exciting and Important (page 72):

- Sample Den Program Ideas / Activities:
 - i. Visit a Newspaper
 - ii. Library
 - iii. Historical Society

Do requirement “8g” and two other requirements:

Den Leaders Responsibility (8b can be done at home with the parent / guardian):

- **8a** – Visit your library or newspaper office. Ask to see back issues of newspapers or an almanac.
- **8b** - Find someone who was a Cub Scout a long time ago. Talk with him about what Cub Scouting was like then.
- **8c** – Start or add to an existing den or pack scrapbook.

Parent / Guardian Book Responsibility:

- **8d** – Trace your family back through your grandparents or great-grandparents; or, talk to a grandparent about what it was like when he or she was younger.
- **8e** – Find out some history about your community.
- **8f** – Start your own history: keep a journal for 2 weeks.
- **8g** – *Complete the Character Connection for Respect:* As you learn about how Cub Scout-age life was like for adults you know, does what you learn change what you think about them. Tell how it might help you respect or value them more. Can you think of reasons others might be disrespectful to people or things you value? Name one new way you will show respect for a person or thing someone else values. List some ways you can show respect for people and events in the past.

9) What’s Cooking (page 80):

- Sample Den Program Ideas / Activities:
 - i. Visit a Restaurant
 - ii. Papa Murphy’s
 - iii. Boy Scout Troop for Outdoor Cooking

Do ANY FOUR of the following requirements:

Parent / Guardian Book Responsibility:

- **9a** – With an adult, bake cookies.
- **9b** - With an adult, make snacks for the next den meeting.
- **9c** – With an adult, prepare one part of your breakfast, one part of your lunch, and one part of your supper.
- **9d** – Make a list of the "junk foods" you eat. Discuss "junk food" with a parent or teacher.
- **9e** – Make some trail food for a hike. .
- **9f** – With an adult, make a dessert for your family.
- **9g** – With an adult, cook something outdoors.

10) Family Fun (page 90):

- Sample Den Program Ideas / Activities:
 - i. Go to Park
 - ii. Circus
 - iii. Airport
 - iv. Sporting Events
 - v. Car Trips
 - vi. Valley Fair

Do BOTH requirements:

Parent / Guardian Book Responsibility:

- **10a** – Go on a day trip or evening out with members of your family.
- **10b** – Have a family fun night at home.

11) Be Ready (page 96):

- Sample Den Program Ideas / Activities:
 - i. Fire Department
 - ii. Search & Rescue
 - iii. Ambulance
 - iv. Tour the ER

Do requirements “11a” through “11e” and requirement “11g”. Requirement “11f” is recommended, but not required:

Parent / Guardian Book Responsibility:

- **11a** – Tell what to do in case of an accident in the home. A family member needs help. Someone's clothes catch on fire.
- **11b** - Tell what to do in case of a water accident.
- **11c** – Tell what to do in case of a school bus accident.
- **11d** – Tell what to do in case of a car accident.
- **11e** – With your family, plan escape routes from your home and have a practice drill.
- **11f** – Have a health checkup by a physician (*optional*).
- **11g** – *Complete the Character Connection for Courage*: Memorize the courage steps: Be brave, Be calm, Be clear, and Be careful. Tell why each courage step is important. How will memorizing the courage steps help you to be ready? Tell why it might be difficult to follow the courage steps in an emergency situation. Think of other times you can use the courage steps. (Standing up to a bully is one example.) Act out one of the requirements using these courage steps: Be brave, Be calm, Be clear, and Be careful.

12) Family Outdoor Adventures (page 106):

- Sample Den Program Ideas / Activities:
 - i. Go on a Hike
 - ii. Bike Ride
 - iii. Have a Picnic
 - iv. Camping
 - v. Fishing

Do THREE requirements:

Parent / Guardian Book Responsibility:

- **12a** – Go camping with your family.
- **12b** - Go on a hike with your family.
- **12c** – Have a picnic with your family.
- **12d** – Attend an outdoor event with your family.
- **12e** – Plan your outdoor family day.

13) Saving Well, Spending Well (page 112):

- Sample Den Program Ideas / Activities:
 - i. Tour a bank
 - ii. Play Monopoly

Do FOUR requirements:

Parent / Guardian Book Responsibility:

- 13a – Go grocery shopping with a parent or other adult member of your family.
- 13b - Set up a savings account.
- 13c – Keep a record of how you spend money for 2 weeks.
- 13d – Pretend you are shopping for a car for your family.
- 13e – Discuss family finances with a parent or guardian.
- 13f – Play a board game with your family that involves the use of play money.
- 13g – With an adult, figure out how much it costs for each person in your home to eat one meal.

SELF (do FOUR of the following):

14) Ride Right (page 118):

- Sample Den Program Ideas / Activities:
 - i. Bike Ride
 - ii. A1 Bike Shop
 - iii. Nicollet South Bike Shop

Do requirement “14a” and three other requirements:

Parent / Guardian Book Responsibility:

- 14a – Know the rules for bike safety. If your town requires a bicycle license, be sure to get one.
- 14b - Learn to ride a bike, if you haven't by now. Show that you can follow a winding course for 60 feet doing sharp left and right turns, a U-turn, and an emergency stop.
- 14c – Keep your bike in good shape. Identify the parts of a bike that should be checked often.
- 14d – Change a tire on a bicycle.
- 14e – Protect your bike from theft. Use a bicycle lock.
- 14f – Ride a bike for 1 mile without rest. Be sure to obey all traffic rules.
- 14g – Plan and take a family bike hike.

15) Games, Games, Games (page 126):

- Sample Den Program Ideas / Activities:
 - i. Go to a Sporting Event
 - ii. Play a Sporting Game
 - iii. Physical Education Instructor

Do TWO requirements:

Den Leaders Responsibility:

- 15b – Play two organized games with your den.
- 15c - Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.

Parent / Guardian Book Responsibility:

- 15a – Set up the equipment and play any two of these outdoor games with your family or friends. (*Backyard golf, Badminton, Croquet, Sidewalk shuffleboard, Kickball, Softball, Tetherball, Horseshoes, Volleyball*)

16) Building Muscles (page 130):

- Sample Den Program Ideas / Activities:
 - i. Visit a gym or the YMCA
 - ii. Physical Education

Do all THREE Requirements:

Den Leaders Responsibility:

- **16b** – With a friend about your size, compete in at least six different two-person contests. (*Many examples in book.*)
- **16c** - Compete with your den or pack in the crab relay, gorilla relay, 30-yard dash, and kangaroo relay.

Parent / Guardian Book Responsibility:

- **16a** – Do physical fitness stretching exercises. Then do curl-ups, push-ups, the standing long jump, and the softball throw.

NOTE TO PARENTS: If a licensed physician certifies that the Cub Scout's physical condition for an indeterminable time doesn't permit him to do three of the requirements in this achievement, the Cubmaster and pack committee may authorize substitution of any three Arrow Point electives.

17) Information Please (page 136):

- Sample Den Program Ideas / Activities:
 - i. Go to TV Station
 - ii. Newspaper
 - iii. Radio Station
 - iv. Local Post Office

Do requirement “17a” and THREE more requirements:

Den Leaders Responsibility:

- **17c** – Visit a newspaper office or a TV or radio station and talk to a news reporter.

Parent / Guardian Book Responsibility:

- **17a** – With an adult in your family, choose a TV show. Watch it together.
- **17b** – Play a game of charades at your den meeting or with your family at home.
- **17d** – Use a computer to get information. Write, spell-check, and print out a report on what you learned.
- **17e** – Write a letter to a company that makes something you use. Use e-mail or the U.S. Postal Service.
- **17f** – Talk with a parent or other family member about how getting and giving facts fits into his or her job.

18) Jot it Down (page 140):

- Sample Den Program Ideas / Activities:
 - i. Go to Library
 - ii. Newspaper

Do requirement “18h” and FOUR other requirements:

Parent / Guardian Book Responsibility:

- **18a** – Make a list of the things you want to do today. Check them off when you have done them.
- **18b** - Write two letters to relatives or friends.
- **18c** – Keep a daily record of your activities for 2 weeks.
- **18d** – Write an invitation to someone.
- **18e** – Write a thank-you note.
- **18f** – Write a story about something you have done with your family.
- **18g** – Write about the activities of your den.

- **18h** – *Complete the Character Connection for Honesty*: Tell what made it difficult to be clear and accurate as you wrote details and kept records, and tell what could tempt you to write something that was not exactly true. Define honesty. Tell why it is important to be honest and trustworthy with yourself and with others. Imagine you had reported something inaccurately and tell how you could set the record straight. Give reasons that honest reporting will earn the trust of others. While doing the requirement for this achievement, be honest when you are writing about real events.

19) Shavings and Chips (page 146):

- Sample Den Program Ideas / Activities:
 - i. Soap Carving
 - ii. Have a Whittler come in
 - iii. Earn Whittlin' Chip

Do all FOUR requirements:

Parent / Guardian Book Responsibility:

- **19a** – Make known the safety rules for handling a knife.
- **19b** – Show that you know how to take care of and use a pocketknife.
- **19c** – Make a carving with a pocketknife. Work with your den leader or other adult when doing this.
- **19d** – Earn the Whittlin' Chip card.

20) Saw Dust and Nails (page 152):

- Sample Den Program Ideas / Activities:
 - i. Visit a Lumber Yard
 - ii. Carpenter
 - iii. Menards / Home Depot
 - iv. Cabinet Shop

Do all THREE requirements:

Den Leaders Responsibility (could be done as a Den or with parent / guardian):

- **20b** – Build your own tool box.

Parent / Guardian Book Responsibility:

- **20a** – Show how to use and take care of four of these tools. (Hammer, Hand saw, Hand drill, C-clamp, Wood plane, Pliers, Crescent wrench, Screwdriver, Bench vise, Coping saw, Drill bit)
- **20c** – Play a game of charades at your den meeting or with your family at home.

21) Build a Model (page 156):

- Sample Den Program Ideas / Activities:
 - i. Visit an Architect Firm (I & S)
 - ii. Model Airplane Club

Do requirement “21g” and TWO other requirements:

Den Leaders Responsibility:

- **21e** – Go and see a model of a shopping center or new building that is on display somewhere.

Parent / Guardian Book Responsibility:

- **21a** – Build a model from a kit.
- **21b** – Build a display for one of your models.
- **21c** – Pretend you are planning to change the furniture layout in one of the rooms in your home.
- **21d** – Make a model of a mountain, a meadow, a canyon, or a river.

- **21f** – Make a model of a rocket, boat, car, or plane.
- **21g** – *Complete the Character Connection for Resourcefulness*: Review the requirements for this achievement and list the resources you would need to complete them. Then list the materials you could substitute for items that you do not already have. Tell what it means to be resourceful. After you complete the requirements for this achievement, list any changes that would make the results better if you did these projects again. Tell why it is important to consider all available resources for a project. While you complete the requirements for this achievement, make notes on which materials worked well in your projects and why.

22) Tying It All Up (page 162):

- Sample Den Program Ideas / Activities:
 - i. Have older Boy Scouts (in uniform) come in and teach the Cub Scouts
 - ii. Den Chiefs

Do FIVE requirements:

Parent / Guardian Book Responsibility:

- **22a** – Whip the ends of a rope.
- **22b** – Tie a square knot, bowline, sheet bend, two half hitches, and slip knot. Tell how each knot is used.
- **22c** – Learn how to keep a rope from tangling.
- **22d** – Coil a rope. Throw it, hitting a 2-foot square marker 20 feet away.
- **22e** – Learn a magic rope trick.
- **22f** – Make your own rope.

23) Sports, Sports, Sports (page 170):

- Sample Den Program Ideas / Activities:
 - i. Go to a sporting event ie: MoonDogs Baseball or MSU Mavericks

Do all FIVE requirements:

Den Leaders Responsibility (could be done as a Den or with parent / guardian):

- **23e** – Attend a high school, college, or professional sporting event with your family or your den.

Parent / Guardian Book Responsibility:

- **23a** – Learn the rules of and how to play three team sports.
- **23b** – Learn the rules of and how to play two sports in which only one person is on each side.
- **23c** – Take part in one team and one individual sport.
- **23d** – Watch a sport on TV with a parent or some other adult member of your family.

24) Be a Leader (page 174):

- Sample Den Program Ideas / Activities:
 - i. Plan / assist with a Den Meeting, with the help of the Den Leader & Parent

Do requirement “24f” and TWO other requirements:

Parent / Guardian Book Responsibility:

- **24a** – Help a boy join Cub Scouting, or help a new Cub Scout through the Bobcat trail.
- **24b** – Serve as a denner or assistant denner.
- **24c** – Plan and conduct a den activity with the approval of your den leader.
- **24d** – Tell two people they have done a good job.
- **24e** – Leadership means choosing a way even when not everybody likes your choice. Refer to page 178 for items to complete.

- **24f** – *Complete the Character Connection for Compassion*: Tell why, as a leader, it is important to show kindness and concern for other people. List ways leaders show they care about the thoughts and feelings of others. Tell why a good leader must consider the ideas, abilities, and feelings of others. Tell why it might be hard for a leader to protect another person's well-being. Tell ways you can be kind and compassionate. While you complete the requirements for this achievement, find ways to be kind and considerate of others.

Supplemental Program Resources:

- How To Book
- Program Helps
- Internet
- Roundtable

Ideal Year of Scouting Brainstorming/Activity Planner

Bear Den(s) #: _____

Planning Year: **June 2006 - May 2007**

Bear Leader's Name & Phone #: _____

1. Brainstorming

First: Review the Bear Leader Guide Book and brainstorm ideas of places the Bear Den could go and things it could do.

2. Activity Planner

Second: With the help of the Bear Guide Book start plugging the brainstormed ideas in the month(s) they will be done. The goal should be to get the boys out into the community.

Brainstorming	Month	Activity & Meeting Date	Den Activity / Meeting Focus	No. Boys	Cost/Boy	Total Cost
	June				\$	\$
					\$	\$
					\$	\$
	July				\$	\$
					\$	\$
					\$	\$
	Aug				\$	\$
					\$	\$
					\$	\$
	Sept				\$	\$
					\$	\$
					\$	\$
	Oct				\$	\$
					\$	\$
					\$	\$
	Nov				\$	\$
					\$	\$
					\$	\$
	Dec				\$	\$
					\$	\$
					\$	\$
	Jan				\$	\$
					\$	\$
					\$	\$
	Feb				\$	\$
					\$	\$
					\$	\$
	March				\$	\$
					\$	\$
					\$	\$
	April				\$	\$
					\$	\$
					\$	\$
	May				\$	\$
					\$	\$
					\$	\$
A. Total Activity Planner					\$	\$