

CUB SCOUT MEETING GUIDE

SUPER HEROES



INTRODUCTION

This week you will learn all about real life superheroes! You will learn about fire safety during our meeting, and even get to go on your own kindness quest (found in this booklet). Use this book to help you on your adventures as you learn what it takes to be a true hero. Your adventure starts now!

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HOW TO USE THIS GUIDE

Find your Den's Adventure and complete the activities, some activities can be completed at home and others will be completed in our meeting, this is indicated with a yellow or blue star.

 COMPLETE AT HOME

 COMPLETE IN MEETING

LIONS



Animal Kingdom

- ★ 1. Learn the role of someone who provides a service to your community.
- ★ 2. Demonstrate you know what to do in an emergency.
- ★ 3. Choose two energy saving projects to practice in your home for two weeks.
- ★ 4. Participate in a Lion den family service project for others.

TIGERS



Safe and Smart

COMPLETE 1-8. REQUIREMENT 9 IS OPTIONAL.

- ★ 1. Memorize your address, and say it to your den leader or parent/guardian/other caring adult.
- ★ 2. Memorize an emergency contact's phone number, and say it to your parent, guardian, or den leader.
- ★ 3. Take the 911 safety quiz.
- ★ 4. Show you can "Stop, Drop, and Roll."
- ★ 5. Show you know how to safely roll someone else in a blanket to put out a fire.
- ★ 6. With your parent/guardian or other caring adult, make a fire escape map of your home and explain it to family members and your den.
- ★ 7. With your parent/guardian or other caring adult, try a practice fire drill at home.
- ★ 8. Find the smoke detectors in your home. With the help of your parent/guardian or other caring adult, check the batteries.
- ★ 9. Visit an emergency responder station, or have an emergency responder visit you.

WOLVES



Hometown Heroes

- ★ 1. Talk with your family or den about what it means to you to be a hero. Share the name of someone you believe is a hero. Explain what it is that makes that person a hero.
- ★ 2. Visit a community agency where you will find many heroes. While there, find out what they do. Share what you learned with your den.
- ★ 3. With the help of a family member, interview one of your heroes, and share what you learn with your den. Tell why you think this person is a hero.
4. Complete one of the following:
 - ★ (a) As a den or family, honor a serviceman or servicewoman by sending a care package along with a note thanking them for their service.
 - ★ (b) With your family or den, find out about animals that are trained to help others in your community.
 - ★ (c) Participate in or create an event that celebrates your hometown hero(es).

BEARS



Paws for Action (Duty to Country)

Complete Requirement 1 and two others from Requirements 2-4.

- ★ 1. Learn about our nation's flag. Display it at home for one month.
Say the Pledge of Allegiance and learn its meaning.
- ★ 2. Do at least one of the following.
 - (a) Find out about two famous Americans. Share what you learned.
 - (b) Find out where places of historical interest are located in or near your community, town, or city. Go and visit one of them with your family or den.
- ★ 3. Do at least two of the following.
 - ★ (a) With your school or den, visit a local sheriff's office, police station, or fire department OR talk with a fire safety officer or law enforcement officer visiting your school or den. Find out what skills the officers use to do their jobs. Ask questions that will help you learn how to stay safe.
 - ★ (b) Make a list of emergency numbers and discuss with your family where the list should be kept. Show your family that you know how to call for help in an emergency. Talk with your family about people who could help you if a parent is not available.
 - ★ (c) With your family, develop a plan to follow in case of an emergency, and practice the plan at least three times. Your family can determine the emergency, or you can develop several plans.
- 4. Do at least one of the following.
 - (a) Do a cleanup project that benefits your community.
 - (b) Participate in a patriotic community parade or other civic event that honors our country.

WEBELOS



BUILD MY OWN HERO

Complete Requirements 1-3 plus at least one other.

- ★ 1. Discover what it means to be a hero. Invite a local hero to meet with your den.
- ★ 2. Describe how citizens can be heroes in their communities.
- ★ 3. Recognize a hero in your community by presenting him or her with a "My Hero Award"
- ★ 4. Learn about a real-life hero from another part of the world who has helped make the world a better place.
- ★ 5. Learn about a Scout hero.
- ★ 6. Create your own superhero..

KINDNESS QUEST

MATERIALS

All you need for this activity is the hunt list and a pencil.

INSTRUCTIONS

- Use the list below to perform different acts of kindness for different people.
- Try and complete all the Kindness Quest Items on the next page also!
- You can also go through the list and try to catch someone else performing acts of kindness too.
- Check off the items on the list as you go.

QUEST LIST

- An act of kindness for a family member.
- An act of kindness for a neighbor.
- An act of kindness for an animal.
- An act of kindness for a friend.
- An act of kindness for an essential worker.
- An act of kindness for the earth.
- An act of kindness for a teacher or leader.
- A secret act of kindness for someone.



ACTS OF KINDNESS IDEAS

- Do a chore for someone without them knowing.
- Tell a joke.
- Write a letter.
- Feed the birds.
- Leave happy notes around town.
- Put a small bin in your car to collect recycling.
- Call your grandparents.
- Put change in a vending machine.
- Compliment a friend.
- Wash someone's car.
- Write a thank you note to an essential worker.
- Plant something.
- Set the table for a meal.
- Tell someone why they are special to you.
- Donate outgrown clothes.
- Write chalk messages on the sidewalk.
- Donate food to the food pantry.
- Donate supplies to a homeless shelter.
- Read a book to someone.
- Make someone else's bed.
- Turn off the water while brushing your teeth.
- Help make dinner.
- Clean up your room without being asked.
- Record a video message for faraway friends or family.
- Teach someone something new.
- Make a homemade gift for someone.
- Send a postcard to a friend.
- Donate to the local animal shelter.
- Share your toys.
- Tell your family you love them.

911 FAMILY CHAT

911 is a number people can call when they need help. It is important to know some specific information so that help can find you. Talk with your family about the things below, and we will all share our ideas with a mini-game during our Den Meeting.

When is it okay to call 911? _____

When should you not call 911? _____

Should you whisper on the phone? _____

Should you use a loud, clear voice on the phone? _____

How long should you stay on the phone with 911? _____

Do you know your address? _____

Can you repeat your phone number? _____

EMERGENCY CONTACTS

Complete the items below with your parent & and place this in a spot you can find in an emergency.

Fire: _____

Police: _____

Poison Control: _____

Emergency Contact #1 Name: _____

Emergency Contact #2 Name: _____

Emergency Contact #3 Name: _____

My Home Address: _____

City, State, Zip Code: _____

Special features that will help someone find my house: _____

Neighbor I can go to for help: _____

Phone Number or House color? _____

First Aid Kit Located In: _____





















Family Doctor: _____

Doctor Phone Number: _____

Use a second piece of paper to create an Emergency escape plan. Be sure to include exit routes for all rooms of your house. If possible, try and figure out 2 exits for each room in case one is blocked.

SUPERHERO TRAINING

A Superhero stays fit to handle any situation they are given. Check off the items below as you complete your Superhero Training!
Challenge yourself to improve your time another day!

<input type="checkbox"/> balance on one foot for 10 seconds		<input type="checkbox"/> bend and touch your toes 10x	
<input type="checkbox"/> crawl forward for 10 feet		<input type="checkbox"/> curl your body up and hold for 10 seconds	
<input type="checkbox"/> gallop for 10 steps		<input type="checkbox"/> hop on one foot 10x	
<input type="checkbox"/> jump in place 10x		<input type="checkbox"/> kneel up tall for 10 seconds	
<input type="checkbox"/> leap forward 10x		<input type="checkbox"/> roll in a straight line for 10 feet	
<input type="checkbox"/> run in place for 10 seconds		<input type="checkbox"/> sit and then stand up 10x	
<input type="checkbox"/> skip forward 10x		<input type="checkbox"/> slide to the right 10x slide to the left 10x	
<input type="checkbox"/> stomp your feet in place 10x		<input type="checkbox"/> straighten your body and hold for 10 seconds	
<input type="checkbox"/> stretch your legs for 10 seconds		<input type="checkbox"/> twist your body to the right and left 10x	
<input type="checkbox"/> walk backwards for 10 steps		<input type="checkbox"/> wiggle your body for 10 seconds	

SUPERHERO SIGHTING

MY NAME IS:

MY FAVORITE THINGS IN THE UNIVERSE

COLOR _____ RESTAURANT _____
ANIMAL _____ SUBJECT _____
SEASON _____ MOVIE _____
FOOD _____ BAND _____
BOOK _____ PLACE _____

MY SUPERHERO SIDE-KICKS

THERE ARE _____ PEOPLE IN MY FAMILY
THEY ARE _____

3 THINGS
I LIKE TO DO
WHEN I'M
NOT SAVING
THE PLANET

2

3

MY REAL-LIFE HERO IS

BECAUSE _____

I AM _____ YEARS OLD

MY BIRTHDAY IS _____

I AM IN _____ GRADE

MY SUPERHERO NAME IS:



MY SUPERPOWER IS:



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