



# Pack 1372

## Den Leader's Reference Handbook

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This handbook is for reference only and is in accordance with the established rules, regulations and guidelines as set forth by the Boy Scouts of America. This Den Leader's Reference handbook is for the sole purpose of describing activities available to Pack 1372.

This is a living document and meant to be updated as Den Leaders find new activities and recommendations for current and future Den Leaders.

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Den(s) Tiger Den

Activity **Requirement 1G - Go to a library, historical society, museum, old farm, or historical building, or visit an older person in your community.** Discover how family life was the same and how it was different many years ago.

Resources <http://www.fairfaxcounty.gov/parks/sully/scouting.htm>

Description Sully Historic Site offers several programs for Tigers and is always willing to work with you if you call far enough in advance. This is a great Sat. morning outing in the fall.

Results/Awards Complete 1 of the 5 'Go See It' requirements for the Tiger Badge

Den(s) Tiger Den/Wolf Den

Activity **Requirement 2G - Visit a police station** or a fire station. Ask someone who works there how he or she helps people in your community.

Resources <http://www.manassasparkpolice.com/>

Description Manassas Park Police are always willing to work with dens to complete this requirement. Officer Fallon is usually willing to do a meeting during the week or on a Sat. I would recommend to him that it should be about an hour as he went quite long for us. NOTE: The wolves also need to do this requirement, so you might want to work with that den to schedule this outing.

Results/Awards Complete 1 of the 5 'Go See It' requirements for the Tiger Badge



Den(s) Tiger Den

Activity **Requirement 3G - Learn the rules of a game or sport.** Then, go watch an amateur or professional game or sporting event.

Resources [http://www.milb.com/tickets/page.jsp?ymd=20100302&content\\_id=8651532&key=tickets\\_t436&fext=.jsp&sid=t436](http://www.milb.com/tickets/page.jsp?ymd=20100302&content_id=8651532&key=tickets_t436&fext=.jsp&sid=t436)

Description Potomac Nationals offers 3 scouting nights each year. This is a great way to complete a Tiger requirement. August is a great month for this outing and it is usually offered up as a pack outing for the month to help complete the Pack Summertime Award requirements.

Results/Awards Complete 1 of the 5 'Go See It' requirements for the Tiger Badge

Other Before the game starts the packs get to march out on the parade field with their flags with the mascot. If you are up for it, the parents and boys, can stay for a movie on the HD video board as well as spend the night. You can set up your tent, bring chairs and sit on the field and enjoy the movie.

Den(s) Tiger Den

Activity **Elective 43 - Visit a veterinarian or animal groomer**

Resources <http://www.bloomsvet.com/>

Description The Bloom's Crossing Animal Hospital offers the opportunity for the boys to visit a vet as well as a groomer.

Results/Awards Complete a Tiger Elective – 10 equal one Tiger Trax Bead for the boys

Other They were very friendly here and said we were welcome back anytime. The boys were able to see the surgical room, x-rays, a groomer and listen to the vet talk about his job. It lasted about 30-45 min. and was a great outing for the spring after the Tiger Badge 'Go See It' requirements are completed.



Den(s)	Tiger Den
Activity	<b>Elective 15 - Mix the primary colors to make orange, green and purple.</b>
Resources	You need washable paint in three colors (blue, yellow & red) - a paper plate for each boy with the three colors and a handful of Q-tips they can use to mix the paint and then paint the Color Wheel Sheet.
Description	The boys did an amazing job of completing this objective. They didn't need to complete the entire worksheet, but many did and did it well. This worked great outside on plastic tables that the boys stood around so I didn't have to worry about the clean-up.
Results/Awards	Complete a Tiger Elective – 10 equal one Tiger Trax Bead for the boys



Den(s)	Wolf
Activity	<b>Achievement 5 - Tools for Fixing and Building</b>
Resources	Wolf Handbook pages 64 thru 69
Description	<p>Home Depot on Liberia</p> <p>Operations Manager Timothy Holloman arranged for a Tool clinic for our Den. They explained all the tools that were requires, with additional tools as well. We also had a mini Build workshop.</p> <p>Ask for Troy to do the tool display he is great with the boys.</p>
Results/Awards	The Scouts were able to complete Achievement 5 in the Wolf handbook.

Den(s)	Wolf
Activity	<b>Bowling</b>
Resources	Elective 20G
Description	<p>Bowling at Bowl America on Mathis Avenue.</p> <p>Scout rate of \$2.00 per game and included shoes</p> <p>The manager also met with the boys for 30 minutes prior to talk about the history, basic rules, and safety of bowling.</p>
Results/Awards	The Scouts were able to earn their bowling belt loop, as well as complete Elective 20G.



Den(s)	Wolf Den
Activity	<b>Roller Skating</b>
Resources	Elective 20 F and Roller Skating Belt Loop
Description	Roller skating on Wednesday evening 6:30-8:00 They go over the rules and safety. If they are not too busy they also may go over outdoor skating rules as well to cover other portion of the elective.
Results/Awards	The scouts can earn their roller skating belt loop, as well as complete elective 20 F
Den(s)	Wolf Den
Activity	<b>Police station tour</b> , Making Choices Achievement, Know your home and Community
Resources	Wolf Handbook pages 101-106 61-62 <a href="http://www.manassasparkpolice.com/">http://www.manassasparkpolice.com/</a>
Description	Contact officer Q, at Manassas Park Police Station. We had a tour of the station. We had a nice discussion about how to respond to others when you are approached when you are alone, what to do during a peer pressure occurrence, and the scouts filled out emergency cards to post to the fridge with contact phone numbers
Results/Awards	The scouts were able to work on Achievement 4, and complete achievement 12



## SERVICE

Den(s)	Small Groups
Activity	<b>Serving a meal at S.E.R.V.E. / Homeless shelter</b>
Resources	Food / helping hands
Description	<p>There is always a great need for food at the various shelters in the area. Most shelters look for volunteers to come in over the weekends to serve a warm meal to the inhabitants. This is a great opportunity for the boys to help those in need, and to realize how fortunate they are. Homelessness doesn't just affect adults, but kids like them as well.</p> <p>When we did this in the past, we got Yorkshire Diner to supply spaghetti sauce, and we supplied noodles, bread, salad, and had families bake desserts</p>
Results/Awards	Good feeling for helping those in need
Other	Duty to Others
Den(s)	ALL
Activity	<b>Flag Retirement Ceremony</b>
Resources	Flags to be retired / a large fire / Shovel / secluded field
Description	<p>No disrespect should be shown to the flag of the United State of America; The United States Flag Code states: "When a flag is so tattered that it can no longer serve as a symbol of the United States, it should be destroyed in a dignified manner, preferably by burning."</p> <p>A flag retirement ceremony is a chance for the Scouts to do a service project for the community and show Duty to Country.</p> <p>The old worn flags are cut and prepped</p> <p>A patriotic script is read by the boys</p> <p>The prepared flag is placed in the fire</p> <p>An honor guard watches the fire till the flag is completely burned and the flames have extinguished</p> <p>When the ashes have cooled, they are to be buried on US soil where they will not be disturbed</p>
Results/Awards	<p>A good feeling for doing something for the Country</p> <p>Grommets can be given to the boys (they are supposed to be good luck)</p> <p>Activity helps the scouts with Duty to Country</p>
Other	<p>Sample scripts: <a href="http://www.usscouts.org/ceremony/flagret1.asp">http://www.usscouts.org/ceremony/flagret1.asp</a></p> <ul style="list-style-type: none"> <li><a href="http://usscouts.org/ceremony/flagret2.asp">http://usscouts.org/ceremony/flagret2.asp</a></li> </ul>





Den(s) Older Dens (Webelos I & II)

Activity **Greeters for the World War II veterans Honor Flights**

Resources Transportation to Dulles Airport / Adults

Description

The scouts are invited to the airport to welcome back and cheer for World WAR II veterans, after they spend a day in D.C.

Scouts are to show up at the Airport in full Class A uniform. They will have to go through Airport security

The Scouts line up and address the veterans as they pass by (shaking their hands, applauding, and talking to them).

Sometimes a meal is served, and the Scouts can help pass out the meals, and help clean up afterwards.

Results/Awards PINS and or Patches have been provided by organizing groups in the past Duty to Country and Duty to Others

Other This is a great opportunity to Honor the Men and Women who so selflessly served our Country and sacrificed so much, and it means so much to these veterans for the boys to be there



## Pack Activities

Den(s)	All
Activity	<b>Pinewood Derby</b>
Resources	Typical Pinewood Derby instructions, Pinewood Derby Track, Official BSA Pinewood Derby Kit, place to race
Description	<p>The Pinewood Derby is a family fun event. Pack 1372 will typically hold the Pinewood Derby on a Saturday in January. The goal of the derby is to get the boys excited about building the kit, as well as having family involvement in the building and racing.</p> <p>The pack follows the district rules so that any scout can compete in the district pinewood derby.</p>
Results/Awards	The pack will award first, second, third by den and for the overall pack. The top 5 from the pack are then eligible to race in the District Derby.



Den(s)	All
Activity	<b>Space Derby</b> Space Derby Track, Space Derby Kit, place to race
Resources	General instructions can be found - <a href="http://sites.google.com/site/pack62shrewsburyma/space">http://sites.google.com/site/pack62shrewsburyma/space</a>  You can also find another set of instructions at: <a href="http://www.youtube.com/watch?v=QFQ-Joc6Fo8">http://www.youtube.com/watch?v=QFQ-Joc6Fo8</a>
Description	The Space Derby is a family fun event. Pack 1372 will typically hold the Space Derby in the fall, either as a pack meeting or an additional event. The goal of the derby is to get the boys excited about building the kit, as well as having family involvement in the building and racing.  For the space derby, the pack or dens must hand out the derby kits several weeks ahead of the planned race. The space derby kits require gluing and drying time before shaping, so it is not a night before activity!
Results/Awards	This is the first race of the year, it gets the scouts interested in the den and group activities. Participation ribbons are typically provided.
Den(s)	All
Activity	<b>Raingutter Regatta</b>  Regatta Track (also known as gutters), Regatta Kit, place to race
Resources	General instructions <a href="http://boyslife.org/hobbies-projects/projects/3921/make-the-ultimate-raingutter-regatta-racer/">http://boyslife.org/hobbies-projects/projects/3921/make-the-ultimate-raingutter-regatta-racer/</a>
Description	The Raingutter Regatta is a family fun event. Pack 1372 will typically hold the Regatta in the summer as a July or August pack event. The goal of the derby is to have fun and usually get wet.
Results/Awards	Depending on participation, participation and first, second, third by den and for the overall pack. Is awarded. In addition, the regatta tends to be a fun outdoor summer event.



Den(s)	All Dens
Activity	<b>District Soapbox Derby</b>
Resources	Soapbox Derby Kit / Paint, a Couple of weekends to build September 2011 Bull Run District held their first ever Soapbox derby race. Car kits were purchased kits from Lowe's
Description	As a den the boys had to build their car and then each boy got to race the car down the track. Car took about 2 Saturday's to build and paint
Results/Awards	Pack Ribbon and/or placement awards This is just a hand activity where the boys get to build and race their cars
Other	Car kits can be found here: <a href="http://www.lowes.com/pd_144682-18860-RTB2600_?PL=1&amp;productId=3272425">http://www.lowes.com/pd_144682-18860-RTB2600_?PL=1&amp;productId=3272425</a>



Den(s) All

Activity **Blue and Gold**

Resources Parent Participation, Chair to lead the planning and events

Description The Blue and Gold is the awards and recognition ceremony for the Cub Scouts. Pack 1372 typically holds the Blue and Gold Early in February. Most of the Scouts will have earned their rank badge by this point, so this awards ceremony is especially important. Each Blue and Gold typically has some kinda theme for skits, activities, food and den provided crafts or songs. Planning will begin in December for the theme and skits, material that is needed for the theme. Volunteers are absolutely necessary to ensure a great event for the Scouts.





Den(s) All

Activity **Family Camping**

Resources Tent, food, sleeping gear, cooking gear.

Description One of the main activities for scouting is to get outdoors and have FUN! As a Pack we have 2 family camping trips a year, typically in September and March, weather permitting. Family Camping is for the whole family, and to get the scouts out to enjoy the outdoors, learn about camping and to earn many of the outdoor activities and skills necessary for their rank badges.

Camping is local at approved camping areas that included toilets and running water. The Pack Outdoor coordinator in coordination with the Cubmaster will plan the location and the activities for the campout with support from the Dens.

Den(s) All

Activity **Leave No Trace**

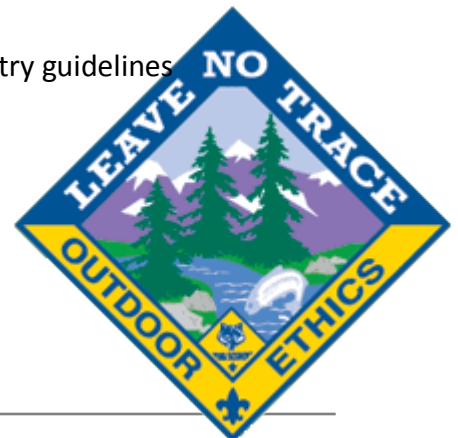
Resources National Leave no trace guidelines:  
<http://lnt.org/>

Cub Scout Leave No Trace Guidelines:  
<http://www.scouting.org/scoutsource/CubScouts/resources/LeavenoTrace.aspx>

Description Leave No Trace is a nationwide effort to enjoy the outdoors, respect the environment and leave the outdoors available for future generations to enjoy. While there are common themes for, Each level of scouting has their own set of requirements applying and earning the Leave No Trace award. Each Cub Scout rank book has the specifics for their rank. But for all cub Scouts the Cub Scout Leave No Trace Pledge is:

I promise to practice the Leave No Trace front country guidelines wherever I go:

1. Plan ahead.
2. Stick to trails.
3. Manage your pet.
4. Leave what you find.
5. Respect other visitors.
6. Trash your trash.





Den(s) ALL

Activity **Soda Bottle Rockets**

Resources Soda bottles / water / rocket launcher / bicycle pump

Description On a Saturday afternoon the den met at the cougar parking lot with the Soda Bottle Rockets they had built themselves. Two launchers were laid out each with one gallon of water. The boys put about 4 to 6 oz of water in their rockets, placed them on the launchers and started to pump the air pressure till the rocket shot off into the air. Rockets launched 20 – 50 feet in the air. The boys ran around trying to catch the rockets as they came down. A good time was had by all.

Results/Awards The boys had fun launching rockets and learning about science.

This is a fun activity where the boys got to learn about science.

Other Designs for launchers can be found everywhere, and can be built for under \$20 dollars.  
<http://users.soe.ucsc.edu/~karplus/abe/soda-bottle-rocket.pdf>  
[http://www.ehow.com/how\\_7329371\\_build-soda-bottle-rocket-launcher.html](http://www.ehow.com/how_7329371_build-soda-bottle-rocket-launcher.html)



Den(s)	All Dens
Activity	<b>Geology, Map &amp; Compass</b>
Resources	Belt Loops and Pins
Description	1 to 1&1/2 hour classes offered free of charge at Prince William Forest Park. The Scouts learned how to identify different maps, and how to use a compass.
Results/Awards	They earned their Map and Compass Belt loop, and their Geologoly belt loop.
Other	Many different activities and classes offered free of charge check web site for times. Only charge is \$5 entry fee into the park.





Den(s)	ALL
Activity	<b>10 Commandments Hike</b>
Resources	<p>Comfortable shoes / snacks / water</p> <p>February 2012, the Bull Run District held the First Annual 10 Commandments Hike around Manassas.</p> <p>We met at ALL Saints Catholic Church for registration and to learn about the first two commandments</p> <p>From there we walked around old town Manassas to four other places of worship to learn about the other eight commandments. We finished back at ALL Saints Catholic Church. In total it was about a 5 mile hike</p> <p>From the flyer:</p> <p>This activity is a short hike through the City of Manassas with stops at numerous houses of worship. At each stop the pastor, religious leader, or another speaker designated by that religious body will conduct an interactive discussion with the youth about one (or more) of the Ten Commandments along with a brief introduction to their particular religious denomination. The hike will be part of the traditional February Scout Sunday/Scout Sabbath celebration. Participants will earn a patch for completing the hike.</p> <p><b>For the Scouts/Participants/Leaders:</b></p> <p>For youth who do not regularly attend worship services, it is an opportunity to get them into a house of worship and to remove any fears they may have about simply going in and talking with a minister.</p> <p>For all youth and adults, it is an opportunity for them to be introduced to other faiths and to reduce any misconceptions or mistaken notions they may have about the religions of their friends and neighbors.</p> <p>Likewise, for all it is a review of the Ten Commandments, what they mean, and how they are a fundamental component of most religions in America.</p> <p>Scouts will earn a patch suitable for uniform wear and possibly complete advancement requirements.</p> <p><b>For the District/Service Area involved:</b></p> <p>This is a high visibility activity that will draw attention to the Scout Sunday/Scout Sabbath celebration. It is a wintertime activity in a traditionally "slow" period that will be relatively easy to plan and participate in. The hike is a community centered activity that displays Scouting and our youth to the community in a traditional, respected activity. It is an opportunity to introduce Scouts and the Scouting program to leaders of the religious community that may not be familiar with the program.</p> <p><b>For the Churches/Religious Communities:</b></p> <p>The hike is an opportunity to stimulate youth to consider basic moral issues as well as differences and similarities between religions.</p> <p>They will be supporting an activity that will help correct misinformation and biases caused by lack of knowledge about the religious beliefs of others.</p>
Description	
Results/Awards	A Patch for a fee
Other	This activity helps the scouts show Duty to God