

LEADER
CUB SCOUT MEETING GUIDE

**SUPER
HEROES**



PRE-MEETING EMAIL

SEND 1 WEEK PRIOR + A REMINDER DAY OF:

Pack (enter #) Families,

Our next meeting is (enter date) at (enter time). Please log-in using this Zoom Code (enter zoom code). I, (enter name), will be the meeting host. Our meeting theme is Super Heroes! We will cover activities from the following adventures:

- Lion: Animal Kingdom
- Tiger: Safe and Smart
- Wolf: Hometown Heroes
- Bear: Paws for Action
- Webelos: Build My Own Hero

Please look at the meeting information (enter hyperlink), to make sure you prep your pre-meeting activities and complete any activities you wish to from home. We will ask (Insert a den to share something from previous week) during the meeting. The (insert den) will be sharing about their completion of the (Insert Requirement). Remember, DO YOUR BEST and have fun with it!

See you at our meeting,

(Your Name)

ZOOM MEETING TIPS

WHEN SETTING UP YOUR MEETING:

- Prior to meeting:
 - Set up your meeting and email meeting code, only email to those in your Cub Scout Pack, set up a new meeting in Zoom for each meeting, so there is a new secure code
 - Pre-assign other adults to help as co-hosts, ask them to do specific tasks (monitor chat room, help present w/assigned slides)
 - Take a look at the slide deck and script before the meeting. Read through it once or twice and think about questions your den may ask. You know them best!
- In settings turn off:
 - Annotation (prevents Scouts from writing on screen)
- At beginning of meeting
 - Mute everyone and select "do not let participants unmute themselves"
 - Make additional adults co-hosts
 - Give scouts basic chat courtesy rules: Use it only for questions and on topic conversation. Don't type your response over and over - this makes it hard to see what your friends are saying!
 - You can keep the chat open, but likely you will want to close the chat to "host only", the Scouts tend to spam the chat

SLIDE DECK SCRIPT

SLIDE 1

Welcome to our Cub Scout Meeting! We will start at (enter time)
Before we start, we would like to have the _____ share
about _____

SLIDE 2

In today's meeting we will learn about two real life Superheroes!
No, not Batman or Superman or Wonderman or even Captain
Marvel. We will talk about some animal super heros and a scout
super hero. After that we will learn about some Fire Safety and
practice how to Stop, Drop and Roll, followed by a 911 Safety
Game! We will finish by learning how everyone can be a hero at
home! The animal superheros we will learn about are from
Guide Dogs for the Blind right here in Oregon.

SLIDE 3

Since 1942 Guide Dogs for the Blind have been helping hearing
impaired people by training dogs to assist in daily activities. This
fantastic organization is base right here in Oregon.

Slide 4

Recently Guide Dogs for the Blind was featured in an award-
winning documentary where it follows the life of the dogs and
their human partners. To find out more about this documentary
head to <https://www.guidedogs.com/pickofthelitter>

Slide 5

That is such a great example of communities working together!
Hometown Heroes and Superheroes don't have to have a cape
or extensive training to be a hero. You can be a hero right now
in your own community in many ways. We will learn about being
a Leave No Trace Hero in a little bit, but first let's learn how one
Scout became a hero and saved his Mom.

SLIDE DECK SCRIPT

SLIDE 6

<VIDEO AUTO-PLAYS>

That is such an inspirational story and shows that you never know when your Scout skills will come in handy! Alright now that we have learned from some every day heroes, lets learn some fire safety skills and lean how to stop drop and roll.

SLIDE 7

<Video Auto-Plays>

So, now that we have watched others practice - let's practice together! Everyone stand up, pretend we just got too close to the campfire and STOP, DROP, and ROLL!

<Give time for Scout's to practice, praise scouts for a job well done>

SLIDE 8

Who is ready to play a game to check how much you know about when to call 911? In your Cub Scout Meeting Guide this week there is an activity called '911 Family Chat', we will now share our ideas and learn why each of these is important! Use the 'Raise Hand' feature or type your response in chat to share. Alright, let's get started!

SLIDE 9

When is it okay to call 911? *<Allow scouts to respond in chat, call on scouts to share with microphone>*

Those were great answers, you should definitely call 911 when there is a fire, someone breaks a bone, a person is unconscious, and other urgent situations.

SLIDE DECK SCRIPT

SLIDE 10

Okay, so when should you NOT call 911? *<Allow scouts to respond in chat, call on scouts to share with microphone>*

You all shared some great ideas about when you shouldn't call 911, things like being mad at your sibling or parent, a lost toy, a scraped knee that can be fixed with a band-aid, or a broken window and the other things you mentioned - those are not times you would want to call 911. If you did, the first responders may not be able to respond to real emergencies like a fire.

SLIDE 11

Once you get on the phone, should you whisper to the operator?

<Allow scouts to respond in chat, call on scouts to share with microphone>

Sometimes, it might be best to whisper on the phone with the operator. Situations where you might need to hide until help arrives would be a good example of this. *(depending on age of Scouts, you can expand on these situations like an intruder in the home)*

SLIDE 12

How long should you stay on the phone with 911? *<Allow scouts to respond in chat, call on scouts to share with microphone>*

Wow, you guys sure have a lot of knowledge about 911! You're correct, you'll want to stay on the phone until first responders arrive. The 911 operator may even give you tips to help the person that is in trouble, or help you stay safe until assistance arrives.

SLIDE DECK SCRIPT

SLIDE 13

Should you use a loud, clear voice on the phone? *<Allow scouts to respond in chat, call on scouts to share with microphone>*

Time is of the essence in most circumstances and the 911 dispatcher needs to hear everything the first time. If there is a fire and they have to keep asking you to repeat yourself, it could waste precious time that could be used getting to your location to put the fire out.

SLIDE 14

Do you know your address? *<Allow scouts to respond in chat, call on scouts to share with microphone>*

This is probably the second questions that the 911 dispatcher will ask you. The first one is usually "What is your emergency".

Depending on the emergency you state in the first question, right after giving them your address they will get first responders on the way to you, unless they need more information first.

SLIDE 15

Okay, the last question I have is can you repeat your phone number? You don't need to put it in the chat or say it out loud *<Allow scouts to respond in chat, call on scouts to share with microphone>*

Knowing your phone number is another important thing. This is incase you get disconnected from 911. The 911 dispatcher will be able to call you right back to continue the call.

SLIDE 16

GREAT JOB! You're a 911 Superhero! Don't forget to complete your emergency contact sign and place somewhere you can see. Read it every morning and night, and that will help you memorize the information.

SLIDE DECK SCRIPT

SLIDE 17

Let's finish our meeting this week by learning about how we can all be superheroes in our everyday lives. We have our ECO Superhero friends here to help us learn all about being a Leave No Trace Superhero. Leave No Trace is a set of outdoor rules that help us keep our planet safe and healthy. Let's say the Leave No Trace principles together, repeat after me:

1. Know before you go <Scouts repeat>
2. Choose the right path <Scouts repeat>
3. Trash your trash <Scouts repeat>
4. Leave what you find <Scouts repeat>
5. Be careful with fire <Scouts repeat>
6. Respect wildlife <Scouts repeat>
7. Be kind to other visitors <Scouts repeat>

Great Job!

SLIDE 18

That is a lot to remember, and there is also The Outdoor Code. Some people say once they know each of these, that it is easy to remember the other one. Repeat after me:

- As an American I will do my best to <Scouts repeat>
- Be clean in my outdoor manners <Scouts repeat>
- Be careful with fire <Scouts repeat>
- Be considerate in the outdoors <Scouts repeat>
- Be conservation minded <Scouts repeat>

SLIDE 19

Okay, this is a lot to remember! Let's watch a video to help us remember the Leave No Trace principles, practice along with the video and we will look closer at each of these things and what they mean in just a minute.

<PLAY VIDEO>

SLIDE DECK SCRIPT

SLIDE 20

We are starting to get the hang of the Leave No Trace Pledge, but what does all of this mean? Let's get into the details. Number One is Know Before You Go <*Point at head then point to where you're going*> Proper trip planning and preparation helps us accomplish trip goals safely and enjoyably, while minimizing damage to the land. Poor planning often results in a miserable trip. Before we go we should look online or in a book for details about a hike, to make sure it is still open, to understand the rules of the area, and we should choose where we are going to camp if we plan on staying overnight.

SLIDE 21

Number Two is 'Choose the Right Path' <*Walk two fingers down your arm*>

Land management agencies construct trails to provide identifiable routes that concentrate foot and stock traffic. Constructed trails are themselves an impact on the land; however, they are a necessary response to the fact that people travel through natural areas.

Keeping travel on trails reduces the likelihood that multiple routes will develop and scar the landscape. It is better to have one well-designed route than many poorly chosen paths. Even if there is a trail that looks like a shortcut, stay on the designated trails. Often these shortcuts are much harder to hike, so it definitely isn't worth the 1 or 2 minutes you might save.

SLIDE DECK SCRIPT

SLIDE 22

Number Three is 'Trash Your Trash' <Hold up three fingers, one at a time when saying each word> Let's watch a quick video about this.

<PLAY VIDEO>

"Pack it in, Pack it out" is a familiar mantra to seasoned wildland visitors. Any user of recreation lands has a responsibility to clean up before he or she leaves. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash and garbage

Even if you are on a walk in your neighborhood, be on the lookout for garbage and clean it up. I like to carry a little bag with me that I can put garbage in whenever I am out and about.

SLIDE 23

Number 4 is 'Leave What You Find' <Make a camera with your thumbs and forefingers> Allow others a sense of discovery by leaving rocks, plants, archaeological artifacts and other objects of interest as you find them. You should minimize how much you change a place while you are there. Think about it, if everyone took 10 rocks from the beautiful riverbank, would there be any rocks for you to go and see in 10 or 20 years? What about all those sticks laying around... did you ever think that the birds need those to build nests for their families. I know I wouldn't like it if a visitor came into my home and started taking things. so leave the areas as you find them

SLIDE DECK SCRIPT

SLIDE 24

Number 5 is 'Be Careful With Fire' <Wiggle five fingers on one hand, use your other hand under it to make the firepit>

Now let's watch a video about being safe with fire.

<PLAY VIDEO>

The best place to build a fire is within an existing fire ring in a well-placed campsite. Keep the fire small and burning only for the time you are using it. Allow wood to burn completely to ash. Put out fires with water, not dirt. Dirt may not completely extinguish the fire. A fire is not considered out until a trusted adult can place the back of their hand down without getting burned.

SLIDE 25

Number 6 is 'Respect Wildlife' <Use three fingers on each hand to make ears or antlers>

<PLAY VIDEO>

Do you know about the thumb challenge?

If you see an animal outside, hold your thumb out in front of you, like a thumbs up, and see if your thumb covers the whole animal. If it doesn't you are too close. You can try this out with your stuffed animal, or even with your sibling or friend! Whenever you are outside you should always respect the wildlife by not feeding them and not approaching them.

Remember, you are in their home!

SLIDE DECK SCRIPT

SLIDE 26

The last Leave No Trace Principle is Number 7 'Be Kind to other Visitors' < *Two fingers make a peace sign and five fingers wave with the other hand*>

This should be easy for us since we are Scouts and Kind is in our Scout Law! There are a lot of ways we can respect each other in the outdoors. Did you know that the general assumption on a narrow trail is that hikers headed downhill will step aside to allow an uphill foot traveler to easily pass? Not sure how to respect others in the outdoors? Just follow the Scout Law. And, a really important thing to do right now is to wear a mask when we are in a crowded outdoor area. This helps keep everyone safe, and we are able to still enjoy the outdoors!

SLIDE 27

Awesome, now we know more about all of the Leave No Trace principles, let's say the Pledge together, one more time!

<READ PLEDGE ALOUD WITH SCOUTS>

Great! Now we know all about Leave No Trace and how we can be many types of heroes in the world we live in.

SLIDE 28

These are the Adventures that you worked on this week. Make sure to open up your Scout handbook to check off all of the activities that you've done, ask your parent or guardian for help.

<READ ADVENTURES>

Thanks for another awesome week! <close meeting how you wish, invite scouts to share if they like, etc.>



BOY SCOUTS
OF AMERICA®
CASCADE PACIFIC COUNCIL