

## Opening

1. Pledge of Allegiance
2. Opening Prayer
3. Cub Scout Promise
4. Law of the Pack

## Review

1. New Scouts –Requirements for Bobcat
2. Keep working on Health Habits Chart (Achievement 3a) from last week – complete by next meeting and get your first bead

## Achievements

3. Keep Your Body Healthy
  - a. Review health habits chart
  - b. Tell four ways to stop a cold
  - c. Show what to do for a small cut on your finger
4. Know Your Home and Community
  - a. Emergency contact list
  - b. Tell what to do if someone comes to the door and wants to come in
  - c. Tell what to do if someone calls on the phone
  - d. What to do when you leave home
8. Cooking and Eating
  - a. Study the Food Pyramid
  - b. Plan one day of meals
  - e. Plan an Outdoor Meal

## Electives – Time Permitting

1. Make a sprint start, see how far you can run in 10 seconds (elective 20h)
2. Do a standing long jump (elective 20h)
3. Play a game of basketball (elective 20m)
4. Tell what to do if you get lost (elective 23c)

## Do at Home

1. Complete Emergency contact list (Achievement 4a)
2. Household jobs and responsibilities chart(Achievement 4e)

## Next Meeting

- |        |  |
|--------|--|
| Pack   | November 6, 2008 6:30PM<br>Turn in Popcorn Sales, Space Derby        |
| Den    | November 13, 2008<br>Snack Max Sutton                                |
| Outing | November 1, 2008 8:30AM to 12:30PM<br>Fall Hike at Robinette Orchard |