

Bear Strong

Required adventure • Personal Fitness

If you read nothing else

Two meetings. Meeting 1 is food and the quiet activity; meeting 2 is the active hour with a guest who knows how to run it.

Requirement 1 needs families to prepare a snack at home and bring it. Ask two weeks out and call every family the day before, or you will have three snacks for eight Scouts.

Requirement 5 is a conversation between the Scout and a parent about the Scout's own health form. Bryan runs it as a gathering activity with parents seated alongside their Scouts, which works well — but the form itself is private and never read aloud.

Book the fitness guest for meeting 2 one to two weeks ahead, and book a gym or a field. This adventure needs space.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Sample food from 3 of the following food groups: protein, vegetables, fruits, dairy, and grains.
- ☐ 2. Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.
- ☐ 3. Be active for 15 minutes doing personal exercises that boost your heart rate, use your muscles, and work on flexibility.
- ☐ 4. Do a relaxing activity for 10 minutes.
- ☐ 5. Review your Scouting America Annual Health and Medical Record with your parent or legal guardian.

Requirement 5 belongs to the Scout and their parent or legal guardian. You confirm the conversation happened and you collect the form; you do not read its contents to the den or ask about them.

Meeting 1: Food groups and ten quiet minutes

Goal: Every Scout samples food from three different food groups, reviews their health form with a parent, and does ten genuinely relaxing minutes of yoga.

Covers requirements 1, 4 and 5

Before the meeting

- Two weeks out, tell every family: prepare a snack at home and bring it to share. The snack needs ingredients from at least three different food groups — protein, vegetables, fruits, dairy, grains.
- Ask every family in writing about food allergies and restrictions before this meeting, and pass the answers on to the other families when you ask them to cook. Then plan around them rather than making one Scout eat something different.
- Call or text every parent the day before to confirm their snack is coming. Do not skip this — this is the requirement that fails on logistics, not on content.
- Ask parents or legal guardians to arrive with their Scout and stay for the first ten minutes for the health form review, or to send the reviewed form in if they cannot.
- Have blank Annual Health and Medical Records available for families who have not filed one, and the filed ones ready to hand back for review.
- Print or load the Yoga Salutation Poses worksheet from the Bear Strong adventure resources, and practice the poses yourself first. Leading yoga you have never done in front of eight third graders goes exactly how you would expect.
- Tell families to send comfortable clothes and a water bottle.

Supplies

- Plate and napkin for each Scout
- Serving utensils and a table for the shared snacks
- Allergy list, printed and visible
- Annual Health and Medical Record forms, blank and filed copies
- Pens
- Tables and chairs set up for writing
- Yoga Salutation Poses worksheet
- Mats, towels, or clean floor
- Water bottles

Run of show

Time	What happens
10 min	Gathering: health record review, families sitting together
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
25 min	Activity 1: Fun and Food — sample and sort
15 min	Activity 2: Yoga Salutation — ten quiet minutes
5 min	Closing

Gathering — Health record review (10 min)

Scouting America Health Medical Record Review Bear — scouting.org/cub-scout-activities/scouting-america-health-medical-record-review-bear/

Scouts and their parent or legal guardian sit together at a table. Hand back the completed forms; hand blank ones to families who have not filed yet.

The parent reviews the form with their Scout and talks about two things: anything the Scout should not take part in, and anything adult leadership needs to know for safety. That is the entire requirement, and it is a family conversation held in the same room, not a den activity.

Collect the forms as families finish. Read them yourself after the meeting and follow up privately with any family whose form raises a question about participation.

A Scout whose parent could not come does this at home this week and brings the form back. Do not run it with the Scout alone.

Never read a form aloud, never discuss its contents with other parents, and never let a Scout read another Scout's. That is requirement 5 done properly.

Activity 1 — Fun and Food (25 min)

Fun and Food — scouting.org/cub-scout-activities/fun-and-food/

Lay the snacks out on one table with the allergy list posted where every adult can see it. Give each Scout a plate and a napkin.

Before anybody eats, walk the table. Each Scout says what they brought and what is in it. Then, as a den, sort each snack into food groups out loud — protein, vegetables, fruits, dairy, grains.

Then they eat. Requirement 1 is “sample food from three of the food groups,” so as they go, have each Scout name the three groups on their own plate. That is the check, and it takes ten seconds per Scout.

Do not turn this into a lecture about bad food. Ask what they actually ate yesterday and work from there. A Scout who says “pizza” is not wrong — ask what groups are already on a pizza, and what would go next to it.

A Scout who forgot their snack still eats and still completes the requirement. Bring a backup: cheese sticks, apple slices, and crackers cover three groups by themselves.

Alternatives: Apple Delights — scouting.org/cub-scout-activities/apple-delights/ · Fiesta Pizza — scouting.org/cub-scout-activities/fiesta-pizza/

Activity 2 — Yoga Salutation (15 min)

Yoga Salutation — scouting.org/cub-scout-activities/yoga-salutation/

Circle up on the floor, lights down if you can. Tell them this is a way of relaxing their mind, and that the ten minutes are a requirement in their own right — not a cool-down, not filler.

Teach the breathing first, because it is what makes it relaxing rather than just stretching: in through the nose going into a pose, out through the mouth coming out of it, and slow deep breaths while holding.

Then lead the poses from the Salutation worksheet, one at a time, and let each Scout copy you to whatever level their body does. Nobody is corrected, nobody is compared, and a Scout who cannot do a pose does the nearest thing they can.

Expect the first two minutes to be giggling. Wait it out rather than scolding. By minute four most of them are genuinely still, and several will tell you afterward it was their favorite part of the night.

That is requirement 4. Ten minutes, and it has to actually be ten.

Alternatives: Listening to Music — scouting.org/cub-scout-activities/listening-to-music/ · Reading Escape — scouting.org/cub-scout-activities/reading-escape/

Closing (5 min)

Remind them what meeting 2 needs: comfortable clothes, closed-toe shoes, a full water bottle, and the field or gym location if it is different.

Confirm you have a reviewed health form from every family before anyone leaves.

Send home with families

If the health form review did not happen at the meeting, do it this week and send the form back. That is requirement 5.

Ask your Scout to name the three food groups on their plate at one meal this week.

Send comfortable clothes, closed-toe shoes, and a filled water bottle to the next meeting.

Meeting 2: Thirty minutes hard, fifteen minutes their own

Goal: The den is active for a full thirty minutes with stretching and moving, then each Scout does fifteen minutes of personal exercise covering heart rate, muscles, and flexibility.

Covers requirements 2 and 3

Before the meeting

- Book a flat open field or a gym, free of obstacles. Walk it beforehand for holes, sprinklers and glass.
- One to two weeks out, invite an exercise professional from your community — a personal trainer, a PE teacher, a high school coach, a physical therapist. Tell them you need fifteen to twenty minutes leading third graders through exercise that covers heart rate, muscles, and flexibility.
- Review the rules of Ultimate at usultimate.org/youth/how-to-play/ so you are not learning them in front of the den.
- Set the field: markers at each end to make two end zones. A full Ultimate field is 70 yards by 40 with 20-yard end zones — scale it to your space and your Scouts, and make it smaller than you think.
- Tell families: comfortable clothes, closed-toe shoes, water bottle.
- Have water available throughout and know your plan if it is hot.

Supplies

- A frisbee, plus a spare
- Cones or markers for the end zones
- Water for everyone, plus extra

- A timer
- Den first aid kit
- Health forms and roster
- Thank you card for the guest

Run of show

Time	What happens
5 min	Gathering: free play with the frisbee
5 min	Opening and announcements
30 min	Activity 1: stretch, play Ultimate, cool down
20 min	Activity 2: Fitness Expert — fifteen minutes of personal exercise
5 min	Questions and thank you
5 min	Closing

Activity 1 — Ultimate (30 min)

Ultimate Frisbee — scouting.org/cub-scout-activities/ultimate-frisbee/

Requirement 2 asks for thirty minutes that include both stretching and moving, so build it as one block and keep the clock running:

- Five minutes — dynamic warm-up. Arm circles, high knees, walking lunges, toe touches. Moving stretches, not held ones.
- Twenty minutes — play Ultimate.
- Five minutes — cool down and held stretches. Hamstrings, calves, shoulders, thirty seconds each, no bouncing.

Explain the game before you split teams. The defense throws off to the offense. The offense advances the disc by throwing it — no running with it, no contact. A point is scored when someone catches it in the other team's end zone. Dropped, intercepted, or out of bounds, possession changes. Play to whatever number fits your time.

Before the first throw, ask which points of the Scout Law apply to how they play. Friendly, courteous, and kind will come out of them, and Ultimate is genuinely self-refereed at every level, so the question is not rhetorical.

Referee the no-contact rule hard and early. Third graders and a floating disc produce collisions.

Everybody plays the whole time. No elimination, no sitting out, no keeping score in a way that leaves a Scout on the sideline — a Scout on the sideline is not being active for thirty minutes.

Do it with them. A den leader on the sideline with a clipboard teaches the opposite of this adventure.

Alternatives: Basketball Challenge — scouting.org/cub-scout-activities/basketball-challenge/ · Tennis Titans — scouting.org/cub-scout-activities/tennis-titans/

Activity 2 — Fitness Expert (20 min)

Fitness Expert — scouting.org/cub-scout-activities/fitness-expert/

Before the guest starts, set expectations with the den: hand up to speak or ask a question, stay seated while they are talking unless asked to stand, listening ears on.

The guest leads fifteen to twenty minutes of exercise and talks about why it matters. Ask them ahead of time to cover all three things the requirement names — something that boosts the heart rate, something that uses the muscles, and something that works on flexibility — because a guest who only does one will leave you short.

This is requirement 3 and the operative word is personal. It is the Scout's own exercise, not the team game they just played. Every Scout works at their own level: push-ups on knees count, wall sits count, a Scout with a health limitation does what they can do. The requirement is to be active, not to hit a standard.

Teach them to find their pulse at the wrist or the neck and count for fifteen seconds. Check it before and after the heart-rate work so they can feel the difference themselves — that is the thing they take home.

Questions at the end, then thank the guest. Send a written thank you note this week.

If your guest cancels the morning of, run it yourself as a five-station circuit: jumping jacks or shuttle runs, push-ups, plank or sit-ups, squats or wall sits, sit-and-reach plus a shoulder stretch. Three minutes a station.

Alternatives: Dance Memory Grooves — scouting.org/cub-scout-activities/dance-memory-grooves/ · Energizing Workout — scouting.org/cub-scout-activities/energizing-workout/

Closing (5 min)

Say something like

Being Bear Strong means taking care of your whole self — choosing good food, staying active, stretching and moving your body, and taking the time to relax. You also took responsibility for your own health by reviewing your medical record with your family. Keep making smart choices, keep moving, and keep listening to what your body needs. That is how Bears grow stronger every day.

Record attendance and advancement. Send the guest's thank you note this week.

Send home with families

Fifteen minutes of the personal exercises, a few times a week. The point of requirement 3 is that your Scout can do it without a den around them.

Ask your Scout to teach you one of the yoga poses and one of the stretches.

Leader notes

- Every Scout moves at their own level. Push-ups on knees count. A Scout with a health limitation does what they can do.

- Never compare Scouts out loud, never weigh them, and never comment on body size. If a Scout raises a concern about their own body, listen, do not diagnose, and tell a parent.
- The snack requirement lives or dies on the reminder call the day before. Make it.
- Requirement 5 is between the Scout and their parent. You confirm it happened and you keep the form; you do not read its contents to anyone.
- This adventure sets up the Webelos Stronger, Faster, Higher adventure directly — same themes, higher bar, and next year they cook the meal instead of bringing a snack.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting.

Ask families in writing about food allergies before the snack meeting, post the list where adults can see it, and label everything that comes in.

Annual Health and Medical Record parts A and B on file and reviewed before the active meeting.

Water available throughout and real breaks. Watch for heat on a warm day.

Walk the field before the den does. Closed-toe shoes for the game, no contact, and stop the play if it gets rough.

The fitness guest is not a registered leader. Two registered adults stay present throughout and the guest is never alone with Scouts.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5

Scout	1	2	3	4	5