

The “Unofficial” Lion Den Leader Guide



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Acknowledgements

Let it be known that Scouting America has not created “Official” Den Leader Guides with the inception of the new Cub Scout program. The information in this document is a copy of all the information found in the following webpages:

Main Webpage:

<https://www.scouting.org/programs/cub-scouts/adventures/>

Lion Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/lion/>

Tiger Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/tiger/>

Wolf Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/wolf/>

Bear Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/bear/>

Webelos Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/webelos/>

Arrow of Light Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/arrow-of-light/>

Special thanks to whomever created a PDF of this to begin with (original documents found on Facebook)! We used that document as a base for this one.

All graphics were re-created through Visio and exported as EMF files (mmmmmm, nice crisp vector graphics). These graphics can be located at:

[Den Leader “Unofficial” Vector Graphics](#)

[Cub Scout “Unofficial” Vector Graphics](#)

Special Thanks to Heart of Virginia Council, Dogwood District Commissioners:

Shawn Bergeron
Elizabeth Dombroski
Ben Ward

Adventure Activity Key

Meeting Space Icon



Indoor



Outing with travel



Outdoor

Energy Level Icon



- 1 Very Low Energy – talking, listening, sharing, and sitting
- 2 Low Energy – arts and crafts, sitting
- 3 Moderate Energy – skilled crafts, hand tools, sitting or standing
- 4 High Energy – walking, moving, and active movements
- 5 Very High Energy – walking, moving, long distances, or running

Supply List Icon



- 1 None – no supplies are needed
- 2 Very Little – common household items
- 3 Average – recycled items or low-cost craft supplies
- 4 Above Average – common craft supplies
- 5 Custom – items for the activity are custom or uncommon

Prep Time Icon



- 1 Minimal prep
- 2 Something needs to be done 1 to 3 days ahead of time
- 3 Something needs to be done 3 to 5 days ahead of time
- 4 Something needs to be done a week ahead of time
- 5 Something needs to be done a week or more ahead of time



LION ADVENTURES

Kindergarten

Earn the Lion Badge of Rank

To earn the Lion badge of rank, you must complete six required Adventures and any two elective Adventures.

Required Adventures



Character & Leadership

Bobcat Adventure

The Bobcat Adventure is designed to be the first required Adventure. Requirements for Bobcat include getting to know members of the den and the "How to Protect Your Children from Child Abuse: A Parent's Guide" which are important activities to do with your den early on.

[View Lion Bobcat](#)

Click on any image below to see more detail for each adventure.



Fun on the Run

Personal Fitness



King of the Jungle

Citizenship



Lion's Pride

Family & Reverence



Lion's Roar

Personal Safety



Mountain Lion

Outdoors

For the two required elective adventures, click the link below:

[Elective Adventures](#)

Lion - Kindergarten

Bobcat

Personal Fitness

REQUIRED



Snapshot of Adventure

The Bobcat Adventure is the first required Adventure on the trail to earn the Lion badge of rank. Once the Bobcat Adventure is completed, Lions can start any other of the Adventures in any order.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

Before starting this Adventure complete the following:

- Review [Age Appropriate Guidelines for Scouting Activities](#) before starting a project.
- Cub Scouts are allowed to use common craft tools, such as paintbrushes, scissors, hammers, and screw drivers.
- Know the proper use of the tools that will be used for the project, by any youth or adult.

During the Adventure:

- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Bobcat Lion.

Requirement 1

Get to know the members of your den.

- The [den doodle](#) is a craft project that can be used to track attendance, reward good behavior, and completion of requirements.
- A [den flag](#) is a craft that can bring your den together by getting to know everyone's name and having a symbol that everyone has a part in making.
- Cub Scouts and adult partners make [hand puppets](#) that reflect themselves and use the puppets share about themselves.
- The [Cub Scout sign](#) is a way to help Cub Scouts learn good manners and communication skills.
- Sing the [Wigalo](#) Song to get to know everyone's name.

Requirement 2

Have your Lion adult partner or den leader read the Scout Law to you. Demonstrate your understanding of being friendly.

- Cub Scouts will make a friendship [zipper pull](#) for another Cub Scout.
- [Coloring activity](#) for the Scout Law.
- Everyone pays a [compliment](#) to each other in a game.

Requirement 3

Share with your Lion adult partner, during a den meeting or at home, a time when you have demonstrated the Cub Scout motto "[Do Your Best.](#)"

Requirement 4

At home, with your parent or legal guardian, do the activities in the booklet "[How to Protect Your Children from Child Abuse: A Parent's Guide.](#)"

[Back to Required Adventures](#)

Lion - Kindergarten

Bobcat Lion
Character & Leadership
Required



Requirement 1

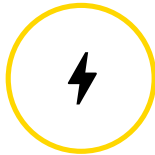
Den Doodle Lion

Snapshot of Activity

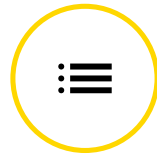
The den doodle is a craft project that can be used to track attendance, reward good behavior, and completion of requirements.



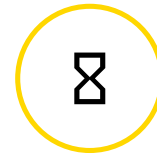
Indoor



3



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

Den doodles can be made from different materials and there are several different designs. This is one example of a den doodle that can be made. It stands on its own and is four feet tall.

- Cub Scouts will need their Lion handbook, page 3
- Pencils, one for each Cub Scout
- 1 – ¼" plywood 3' x 1'
- 4 – 12 inch 2" x 1" boards for the base
- 1 – 4 foot 2" x 1" board for the pole
- 12 – 1 ½" wood screws
- 200 grit sandpaper
- 1-foot-long cord that is 3/16" or less than ¼" thick, one for each Cub Scout
- Power drill with a ¼" drill bit
- Gold spray paint
- Yellow spray paint
- Blue spray paint
- Black latex paint
- Fine paint brush for lettering
- Blue plastic pony beads, enough to present each Cub Scout with one for every den meeting
- Yellow plastic pony beads, enough to present each Cub Scout with one for every den meeting
- Gold plastic pony beads, enough to present each Cub Scout when they earn an elective Adventure
- White plastic pony beads, enough to present to each Cub Scout when they earn a required Adventure
- Add more colors of beads if you want to track or recognize other items such as wearing the uniform, bringing your handbook, good behavior, or helping others

Directions

Before the meeting:

1. Sand the edges of each board and the plywood to remove any rough edges.
2. Paint the 3' x 1' plywood with gold spray paint and let it dry.
3. Paint the four boards for the base that are 12-inch, 1" x 2" with blue spray paint and let it dry.
4. Paint the 4-foot board for the pole board with the yellow spray paint and let it dry.
5. Using wood screws, attach one 12-inch 1" x 2" to each side of the bottom of the 4 foot 1" x 2" board for the pole so that the 12-inch 1" x 2" are vertical. See illustration in Additional Resources.
6. With a pencil space out the names of each Cub Scout on the bottom of the 3' x 1'- $\frac{1}{4}$ " plywood. Names may need to be placed at an angle or vertically to fit everyone. You may consider leaving one space open just in case a new Cub Scout joins the den later. Leave space to drill a hole below each name. See illustration in additional resources.
7. Once names are properly placed and penciled in, paint the names using black latex paint and a fine paintbrush.
8. Decorate the rest of the $\frac{1}{4}$ " plywood with the pack number, Lion rank stickers or patches, etc., and let dry.
9. Drill a hole under each name and attach a 1' long cord under each name.
10. Center the $\frac{1}{4}$ " plywood to the top of the 4 ft. 1" x 2" and attach it with wood screws.

During the meeting:

1. Have Cub Scouts meet each other by signing each other's handbooks on page 3.
2. Introduce the den doodle to the den by letting the Cub Scouts know how they can earn a bead and what each color bead means.
 - Blue is for attending the den meeting, pack meeting, and other Cub Scout activities
 - Yellow is for wearing their Cub Scout uniform to the den meeting
 - White is for when they earn a required Adventure, in addition to their Adventure loop.
 - Gold is for when they earn an elective Adventure, in addition to their Adventure loop.
3. At the end of each Den meeting award the beads to each Cub Scout and attach them to the cord on the den doodle below their name. Attach the beads by looping the bead(s) through the cord, push the beads to the top, and tie an overhand knot just below the last bead.
4. Use the den doodle to reward positive behavior. Do not take beads away once they are earned.

After the meeting:

1. After each meeting look at the den doodle and look for Cub Scouts who may be lagging. Reach out to the adult partner to address any concerns about participation.

[Back to Bobcat Requirements](#)

Lion - Kindergarten

Bobcat Lion
Character & Leadership
Required



Requirement 1

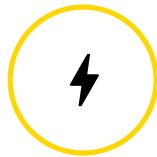
Den Flag Lion

Snapshot of Activity

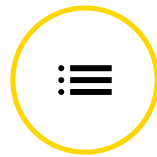
A den flag is a craft that can bring your den together by getting to know everyone's name and having a symbol that everyone has a part in making.



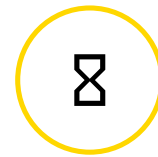
Indoor



2



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

Den flags can be made from different materials and there are several different designs. This is one example of a den flag that can be made. It can be used for a den up to 12 Cub Scouts, larger dens will need to adjust the dimensions of the flag. These instructions include a flagpole and stand.

- Cub Scouts will need their Lion handbook, page 3
- Pencils, one for each Cub Scout
- 60" long 1 1/8" diameter wooden staff or dowel
- 30" long 1/2" diameter wooden dowel
- Concrete mix
- Water
- Tin foil
- 2-gallon paint bucket
- 200 grit sandpaper
- 2' x 3' gold felt (use dark yellow if gold isn't available) – this is the flag, and it will be displayed vertically
- 1 1/2' x 1' black felt
- 1 Lion badge of rank patch
- 30" piece of twine or thin rope
- 1 teacup hook
- 7" x 7" black felt squares, one for each adult partner
- 7" x 7" brown felt squares, one for each Cub Scout (If the den leader is not an adult partner of one of the Cub Scouts in the den, add another black felt square)
- Thick black Sharpie marker to write on brown felt squares
- White chalk, enough to share
- Scissors, one for each Cub Scout or enough to share
- Fabric glue

Directions

Before the meeting:

1. Wrap the bottom of the wooden staff with tin foil as high as the paint bucket is tall.

Follow the directions for the concrete mix to fill the 2-gallon paint bucket $\frac{3}{4}$ of the way full.

2. While the concrete is wet place the wooden staff, the end with the tin foil, into the bucket and hold it in place until the concrete is dry.
3. Once the concrete is dry, remove the wood staff, and the tin foil will allow the pole to come out. This is the base for your den flag.
4. Sand the ends of the wooden dowels and staff to remove sharp edges
5. Lay the flag on a table so that it is vertical with the 2' section as the bottom and top.
6. Place the $\frac{1}{2}$ " dowel across the top and fold the top of the flag over by 1 inch to cover the wood dowel and glue the folded section to the flag to the back section of the flag with the wood dowel inside.
7. Use the 1 $\frac{1}{2}$ ' x 1' black felt to cut out letters and numbers to spell the word "Pack" and the pack numbers. If your pack uses den numbers include the word "Den" and the den number. Letters and numbers should be 6" tall.
8. Attach the letters and numbers using fabric glue to the top of the flag. Place the Pack and the number above the Den and number.
9. Attach the teacup hook to the top of the flagpole.
10. Attach the 30" twine or rope to each end of the dowel.

During the meeting:

1. Have Cub Scouts meet each other by signing each other's handbooks on page 3.
2. Give each Cub Scout a 7" x 7" orange felt square and each adult partner a 7" x 7" black felt square
3. Have adult partners help their Cub Scout trace their hand (either left or right) onto the orange felt using the chalk and then help them cut out the shape of their hand.
4. Have adult partners trace their hand (the same side as their Cub Scouts) onto the black felt using the chalk and cut out the shape of their hand.
5. Have Cub Scouts write their name on the cut out of their hand.
6. Have each Cub Scout and their adult partner glue the Cub Scout's orange hand on top of the adult partner's black hand, making sure the Cub Scout's name is visible.
7. Have each Cub Scout and adult partner glue their cut-out hands on the flag one by one. As they glue their cut-out hands onto the flag have them share what their favorite outdoor activity is and what their favorite food is.
8. When all the hands are on the flag, attach the flag to the flagpole by hanging it by the twin or rope onto the teacup hook.

[Back to Bobcat Requirements](#)

Lion - Kindergarten

Bobcat Lion
Character & Leadership
Required

Requirement 1



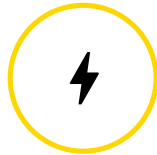
Hand Puppet Introductions

Snapshot of Activity

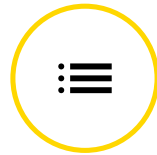
Cub Scouts and adult partners make hand puppets that reflect themselves and use the puppets to share about themselves.



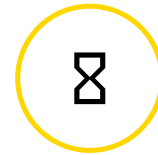
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 3
- Pencils, one for each Cub Scout
- Brown paper bags (lunch bag size) 5 1/8 x 3 1/8 x 10 5/8, one for each Cub Scout and adult partner
- Construction paper of assorted colors
- Glue sticks, enough to share
- Scissors, youth sized for Cub Scouts / adult sizes for adult partners, enough to share
- Crayons of assorted colors, enough to share
- Googly eye stickers, a pair for each Cub Scout and adult partner

Directions

Before the meeting:

1. Prepare the meeting space with enough room for Cub Scouts and adult partners to make their hand puppets.
2. Make your own hand puppet to use as an example.

During the meeting:

1. Gather the Cub Scouts and adult partners and welcome them to the meeting.
2. Have Cub Scouts meet each other by signing each other's handbooks on page 3.
3. Share with the den that for many of us this is our first time meeting each other. Tell the den that you are looking forward to getting to know everyone and that during this activity we are going to get to know each other by making hand puppets.
4. Instruct Cub Scouts and adult partners on how to make a hand puppet.
 - First place your hand in the bag and fold your fingers over inside the bag to move the bag as if it was talking. This is to help the Cub Scouts understand what part of the bag the face will be. Use your bag as an example.
 - Now use the construction paper, crayons, and googly eyes to make a hand puppet that represents you. Remind adult partners that they too are to make a hand puppet.
 - Have everyone put their name on their puppet, adult partners may need to help their Cub Scout.

5. When everyone is finished with their hand puppet have each Cub Scout and adult partner introduce themselves using their hand puppet to do the “talking”. Have everyone give their name, their favorite color, and their favorite food.

[Back to Bobcat Requirements](#)

Lion - Kindergarten

Bobcat Lion
Character & Leadership
Required

Requirement 1



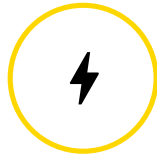
Lions Talk and Lions Listen

Snapshot of Activity

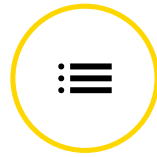
The Cub Scout sign is a way to help Cub Scouts learn good manners and communication skills.



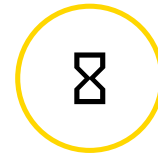
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 3
- Pencils, one for each Cub Scout

Directions

Before the meeting:

1. Be familiar with the Cub Scout sign.

During the meeting:

1. Have Cub Scouts and their adult partners gather together.
2. Have Cub Scouts meet each other and have them sign each other's Lion handbooks on page 3.
3. Demonstrate the Cub Scout sign and tell the Cub Scouts and adult partners that the Cub Scout sign represents the ears of a wolf.
4. Inform the Cub Scouts and adult partners that when they see someone use the Cub Scout sign it means everyone stops what they are doing and listens.
5. Give everyone a chance to demonstrate the Cub Scout sign.
6. Now practice using the Cub Scout sign by having the Cub Scouts and adult partners talk to each other and make a lot of noise, then without saying anything, make the Cub Scout sign and wait for everyone to stop what they are doing to listen.
7. Remind the Cub Scouts and adult partners that the Cub Scout sign gives us a way to communicate without having to talk over or yell to get everyone's attention.
8. Create pairs made up of two Cub Scouts and their adult partners. Have them get to know each other by sharing what they like to do as a family, what their favorite food is, and what their favorite color is.
9. When it looks like everyone is done, use the Cub Scout sign to get everyone's attention to move on to the next activity.

Tip – When using the Cub Scout sign, patience is key. Do not talk over or yell to get the attention of Cub Scouts. Use the Cub Scout sign and wait for everyone to place their sign up and stop what they are doing and listen. Avoid calling out “signs up” or any other verbal command.

Additional Resources

[Cub Scout Sign, Salute, and Handshake](#)

[Back to Bobcat Requirements](#)

Lion - Kindergarten

Bobcat Lion
Character & Leadership
Required



Requirement 1

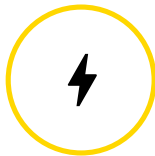
The Wigalo Song

Snapshot of Activity

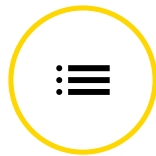
The Cub Scout sign is a way to help Cub Scouts learn good manners and communication skills.



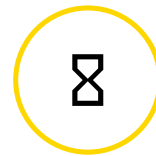
Indoor



3



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 3
- Pencils, one for each Cub Scout

Directions

Before the meeting:

1. Prepare a space for Cub Scouts to be able to move freely about.
2. Be familiar with the names of the Cub Scouts and adult partners in your den. Use name tags if needed.
3. Become familiar with the Wigalo song.

The verse is "My hands are high, my hands are low, and this is how I wigalo"

The song leader starts by singing to a member of the den: Hey **NAME**

The person then responds: "Yea"

The song leader starts by singing to a member of the den: Hey **NAME**

The person then responds: "Yea"

The song leader responds: "Are you ready?"

The person then responds: "For what?"

The song leader responds: "To show us how you wig a low"

The person then responds: "I'll show you how I wig a low. My hands are high my feet are low and this is how I wig a low" they then do some kind of fun motion and that's the way.

Everyone in the group then sings "**NAME** hands are high, their hands are low, and this is how **NAME** wig a lows" everyone repeats the motion.

Everyone continues to sing "wig a low, wig wig a low, wig a low, wig wig allow"

Song leader then sings to another member of the den until everyone in the den has been called.

During the meeting:

1. Have Cub Scouts meet each other by having them sign each other's handbooks on page 3.
2. When everyone has signed each other's books, have everyone stand in a circle.
3. Include adult partners in this song.
4. Sing the Wigalo song to help everyone learn each other's name.

[Back to Bobcat Requirements](#)

Lion - Kindergarten

Bobcat Lion
Character & Leadership
Required

Requirement 2



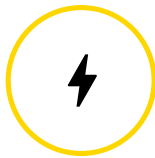
Friendship Zipper Pull

Snapshot of Activity

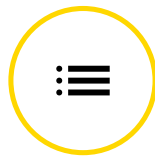
Cub Scouts will make a friendship zipper pull for another Cub Scout.



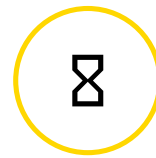
Indoor



2



2



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 4
- 1 ¼" round Key, rings, one for each Cub Scout
- Key, chain clips, one for each Cub Scout
- Paracord, any color, cut into 8" pieces, one for each Cub Scout
- Plastic craft beads, assorted colors

Directions

Before the meeting:

1. Set up meeting space for Cub Scouts to work on craft.
2. Prepare paracord by cutting into 8" pieces, one for each Cub Scout.
3. Make your own zipper pull as an example.

During the meeting:

1. Gather the Cub Scouts and adult partners and have the adult partners read the Scout Law to their Cub Scout, found on page 4 and on the back of the Lion handbook and adult partner Guide. Have adult partners explain to their Cub Scout what each point of the Scout Law means.
2. When everyone is done, have adult partners work with their Cub Scouts to complete the activity on page 4 of the Lion handbook.
3. Share with the Cub Scouts that they are going to make a gift for another Cub Scout. Assign each Cub Scout a buddy (if you have an odd number a buddy group of three is OK). They are going to make a zipper pull for their buddy.
4. Pass out the craft supplies and demonstrate how to make a zipper pull.
 - With adult partners helping, attach the Key, chain clip to the Key, ring.
 - Attach the paracord to the Key, ring by folding the paracord in half, push the folded end of the rope partly through the Key, ring, take the two ends of the paracord and pull them through the folded end of the rope, going around the Key, ring.
 - Attach craft beads of your choosing and tie off each of the paracord with an overhand knot.
5. When everyone is done have them exchange zipper pulls. Remind Cub Scouts to say, "thank you" and "you are welcome".

[Back to Bobcat Requirements](#)

Lion - Kindergarten

Bobcat Lion
Character & Leadership
Required



Requirement 2

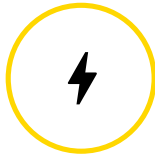
The Colorful Scout Law

Snapshot of Activity

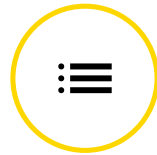
Coloring activity for the Scout Law.



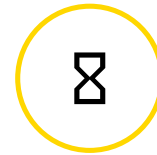
Indoor



2



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 4
- Crayons of assorted colors, enough to share

Directions

Before the meeting:

1. Set up the meeting space for Cub Scouts to work on the activity.

During the meeting:

1. Gather the Cub Scouts and adult partners and have the adult partners read the Scout Law to their Cub Scout, found on page 4 and on the back of the Lion handbook and adult partner Guide. Have adult partners explain to their Cub Scout what each point of the Scout Law means.
2. Have Cub Scouts color each point of the Scout Law on page 4 using just one color that reminds them of that Scout Law. They can repeat a color if they want.

[Back to Bobcat Requirements](#)

Lion - Kindergarten

Bobcat Lion
Character & Leadership
Required

Requirement 2



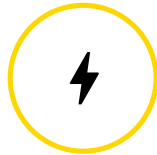
The Compliment Game

Snapshot of Activity

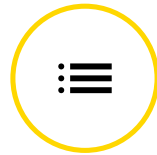
Everyone pays compliments to each other in a game.



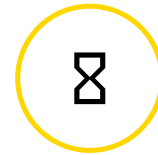
Indoor



2



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 4

Directions

Before the meeting:

1. Prepare a space for Cub Scouts to be able to move freely about.
2. Read below “During the meeting” to understand the compliment Game.

During the meeting:

1. Gather the Cub Scouts and adult partners and have the adult partners read the Scout Law to their Cub Scout found on page 4 and on the back of the Lion handbook and adult partner Guide. Have adult partners explain to their Cub Scout what each point of the Scout Law means.
2. When everyone is done, have adult partners collaborate with their Cub Scouts to complete the activity on page 4 of the Lion handbook.
3. Have everyone sit on the floor in an open space, include adult partners in this game.
4. Choose a Cub Scout to start by looking at the person to their left and say something that they like about them. The compliment must be kind and truthful.
5. The person who just received the compliment then says, “thank you” and turns to the person to their left and says something that they like about that person.
6. Repeat until everyone has given and received a compliment. Then have the person who started turn to their right and have the compliments go in the other direction.

[Back to Bobcat Requirements](#)

Lion - Kindergarten

Bobcat Lion
Character & Leadership
Required

Requirement 3



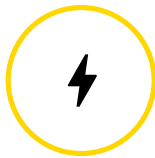
When Am I Doing My Best?

Snapshot of Activity

Cub Scouts will make a friendship zipper pull for another Cub Scout.



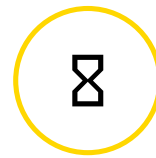
Indoor



2



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 4
- 1 ¼ " round Key, rings, one for each Cub Scout
- Key, chain clips, one for each Cub Scout
- Paracord, any color, cut into 8" pieces, one for each Cub Scout
- Plastic craft beads, assorted colors

Directions

Before the meeting:

4. Set up meeting space for Cub Scouts to work on craft.
5. Prepare paracord by cutting into 8" pieces, one for each Cub Scout.
6. Make your own zipper pull as an example.

During the meeting:

6. Gather the Cub Scouts and adult partners and have the adult partners read the Scout Law to their Cub Scout, found on page 4 and on the back of the Lion handbook and adult partner Guide. Have adult partners explain to their Cub Scout what each point of the Scout Law means.
7. When everyone is done, have adult partners work with their Cub Scouts to complete the activity on page 4 of the Lion handbook.
8. Share with the Cub Scouts that they are going to make a gift for another Cub Scout. Assign each Cub Scout a buddy (if you have an odd number a buddy group of three is OK). They are going to make a zipper pull for their buddy.
9. Pass out the craft supplies and demonstrate how to make a zipper pull.
 - With adult partners helping, attach the Key, chain clip to the Key, ring.
 - Attach the paracord to the Key, ring by folding the paracord in half, push the folded end of the rope partly through the Key, ring, take the two ends of the paracord and pull them through the folded end of the rope, going around the Key, ring.
 - Attach craft beads of your choosing and tie off each of the paracord with an overhand knot.
10. When everyone is done have them exchange zipper pulls. Remind Cub Scouts to say, "thank you" and "you are welcome".

[Back to Bobcat Requirements](#)

Lion - Kindergarten

Bobcat Lion
Character & Leadership
Required

Requirement 4



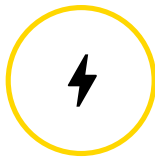
Child Abuse Protection Review Lion

Snapshot of Activity

Review the activities in the booklet “How to Protect Your Children from Child Abuse: A Parent’s Guide.”



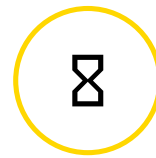
Indoor



1



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1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- “How to Protect Your Children from Child Abuse: A Parent’s Guide” booklet found in the Lion Adult Partner Guide
- Cub Scouts will need their Lion handbook, page 6

Directions

At home:

1. Parents or legal guardians must read the “How to Protect Your Children from Child Abuse: A Parent’s Guide” booklet and complete the exercises with their Cub Scout.
2. Inform them that one of the activities is to list five trusted adults, they can use page 6 of the Lion handbook to make this list.

Additional Resources

Online and Spanish versions of the “[How to Protect Your Children from Child Abuse: A Parent’s Guide](#)” are available

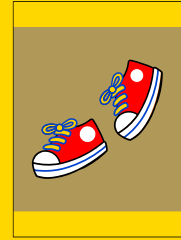
[Back to Bobcat Requirements](#)

Lion - Kindergarten

Fun On the Run

Personal Fitness

REQUIRED



Snapshot of Adventure

In this adventure, Lions will explore the different food groups, have fun being active, and the importance of rest.

Safety Moment

Prior to any activity, use the [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure:

- Review the [Food Allergies](#) safety moment.
- Review each Cub Scouts [Scouting America Annual Health and Medical Record](#) for any food allergies or restrictions.
- Ask if any member of the den, youth, or adult, has any religious, or cultural dietary concerns.
- There is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#).
- Review the [Keep Your Food Safe](#) guide to properly keep, store, and prepare food.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Fun on the Run.

Requirement 1

Identify the five different food groups.

- Cub Scouts bring and share their favorite food from one of the [five food groups](#).
- That Food is in the Wrong Group Activity for Cub Scouts to identify food groups and [what doesn't belong](#).
- Use [play food](#) to help Cub Scouts identify the five different food groups.

Requirement 2

Practice hand washing. Point out when you should wash your hands.

- Cub Scouts [pop bubbles](#) and wash their hands.
- Practice handwashing and learn to wash your hands while [singing happy birthday](#).
- [Practice handwashing](#) and put the steps to washing hands in the right order.

Requirement 3

Be active for 20 minutes.

- Have a [dance party](#) with Cub Scouts and adult partners.
- Play a game of [Freeze Tag](#).
- Play a game of [Simon Says](#).

Requirement 4

Practice methods that help you rest.

- Learn that [animals sleep](#) and rest too, but some do so during the day and some during the night.
- Learn how music can influence your ability to [rest and relax](#).
- Adult partners work with Cub Scouts to establish good [bedtime habits](#).

[Back to Required Adventures](#)

Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 1

Snack Time

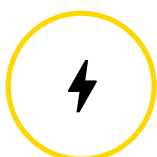


Snapshot of Activity

Cub Scouts bring and share their favorite food from one of the five food groups.



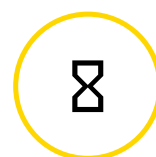
Indoor



2



4



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 13
- Snack Time adult partner notification found in Additional Resources
- Crayons, enough to share
- Images of foods that are in the five different food groups
- Cub Scouts bring their favorite food from one of the five food groups
- Plates
- Napkins
- Access to hand washing area
- Cups
- Drinking water
- Forks or toothpicks
- Instructions for adult partners to prepare for the meeting
- Cleaning supplies to wipe down eating areas before and after the meeting
- Table for serving food samples
- Tables and chairs for Cub Scouts and adult partners to eat at
- 5 – 3" x 5" index cards
- Marker

Directions

Before the meeting:

1. Using the [USDA MyPlate](#), become familiar with the types of food that are in the five different food groups.
2. Review the "Snack Time adult partner notification" for adult partners. Make any necessary edits and send it to all parents and adult partners in the den at least two weeks before the den meeting. You may need to adjust how many different types of food you ask each Cub Scout to bring based on the size of your den.
3. Send a reminder to adult partners a week prior to the meeting.
4. Send a reminder to adult partners a day prior to the meeting.

5. Confirm that at least one food item from each of the five food groups will be available.
6. Prepare the meeting space to have food samples and a place for everyone to eat.
7. Clean surfaces where food will be.
8. Use the 3"x5" index cards to make labels for the five different food groups.
9. Space the index cards on the table to label where Cub Scouts and adult partners are to place their food.

During the meeting:

1. As Cub Scouts and adult partners bring in the food have them place it on the table in the appropriate food group the item belongs to.
2. Have each Cub Scout and adult partner talk about their food item and what food group it belongs to.

Additional Resources

[Snack Time adult partner notification](#)

[Back to Fun On The Run Requirements](#)

Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 1



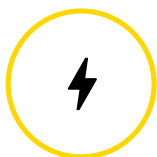
That Food Is In The Wrong Group

Snapshot of Activity

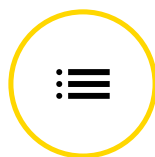
Activity for Cub Scouts to identify food groups and what doesn't belong.



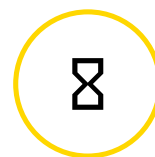
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 13
- Crayons of various colors, enough to share

Directions

Before the meeting:

1. Using the [USDA MyPlate](#), become familiar with the types of food that are in the five different food groups.
2. Set up the meeting space for Cub Scouts and adult partners to complete the activity in the handbook.

During the meeting:

1. Introduce the five different food groups and what types of food are in each group.
2. Have adult partners work with their Cub Scout to complete the activity on page 13 of the Lion handbook.

[Back to Fun On The Run Requirements](#)

Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 1



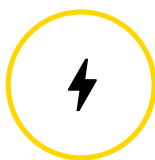
What Food Group Do I Belong To?

Snapshot of Activity

Use play food to help Cub Scouts identify the five different food groups.



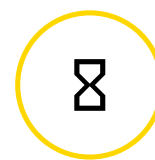
Indoor



4



4



3

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

Based on the number of Cub Scouts and adult partners in our den you may want to adjust the amount of supplies for this activity.

- 3 plastic or toy foods that are vegetables
- 3 plastic or toy foods that are fruits
- 3 plastic or toy foods that are proteins
- 3 plastic or toy foods that are grains
- 3 plastic or toy foods that are dairy
- 5 small boxes, approximately 2'x2'x2'
- Black marker
- Pillowcase
- Stopwatch

Directions

Before the meeting:

1. Using the [USDA MyPlate](#), become familiar with the types of food that are in the five different food groups.
2. Set up an area clear of obstacles to conduct a relay race.
3. Label one box for each food group: vegetables, fruits, proteins, grains, and dairy.
4. Line up the five boxes in a row.

During the meeting:

1. Introduce the five different food groups and what types of food are in each group.
2. Each Cub Scout and their adult partner will form a team. The objective is to properly sort each food item into the correct box in the fastest time. For every incorrect item 3 seconds will be added to their time.
3. Place all the play food into the pillowcase. Have the first team stand in front of the five boxes. Tell them that when you hand them the pillowcase you will start the timer. They must pick one food item out of the pillowcase at a time and name the good group it belongs to and place it in the correct box. Remind them if

they get a good item incorrect (either by naming it out loud or placing it in the wrong box) 3 seconds will be added to their time.

4. Have each Cub Scout and adult partner team compete for the best time.

[Back to Fun On The Run Requirements](#)

Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 2

Bubbles Good Clean Fun

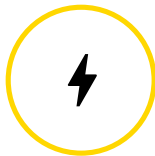


Snapshot of Activity

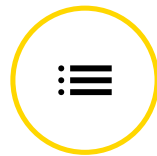
Cub Scouts pop bubbles and wash their hands.



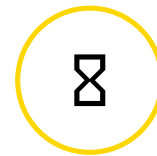
Outdoor



4



2



3

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 4-ounce container of bubbles with wand, one for each Cub Scout and adult partner set
- Sink
- Hand soap
- Paper towels
- Print out of 11"x17" [Wash Your Hands](#) poster from the CDC
- Print out of 11"x17" [Know When to Wash Your Hands at School](#) poster from the CDC

Directions

Before the meeting:

1. Confirm a meeting location that has a sink for Cub Scouts to wash their hands.
2. Identify a safe area free of obstacles where you can blow bubbles for the Cub Scouts to pop.
3. Review the article [Clean Hands Save Lives](#) from the CDC.
4. Set up a handwashing station with soap and paper towels.
5. Print the Wash Your Hands poster and place it at the handwashing station.
6. Print the Know When to Wash Your Hands at School poster and place it at the handwashing station.

During the meeting:

1. Gather the Cub Scouts and adult partners outside and hand each adult partner the bubbles. Have adult partners blow bubbles and have Cub Scouts pop the bubbles with their hands. After they have done this for a while, the Cub Scouts rub their hands and ask them what they notice.
2. Share with Cub Scouts that bubbles are just a type of soap, this makes playing with bubbles good clean fun.
3. Gather Cub Scouts and adult partners inside and ask when you should wash your hands. Give everyone who wants to share a chance to answer. Review any item that wasn't mentioned.
 - After you go to the bathroom
 - After you play with a dog, a cat, or other animal
 - After you blow your nose, sneeze, or cough
 - After you touch garbage
 - Before and after you help to prepare food

- Before you handle plates, utensils, or cups
 - Before you eat
 - When your hands have dirt on them
 - When your hands have been touching a lot of things that others have touched
4. Bring Cub Scouts over to the handwashing station to demonstrate how to wash your hands.
 - Put your hands under clean, running water. Put soap on your hands. Turn off the water.
 - Rub your hands together palm to palm. They should get sudsy.
 - With your left palm facing down, place your right hand on top of your left and interlock your fingers. Scrub vigorously to clean the space between your fingers. Switch hands and repeat.
 - With your right hand, grab your left thumb and rotate your hand around it. Switch hands and repeat.
 - Take the tips of your fingers and press them into your opposite palm, rotating them around the palm in a circular motion. Switch hands and repeat.
 - Rinse the soap from your hands, grab a towel or paper towel and then use it to turn the faucet off.
 5. After you have demonstrated the steps to washing hands inform Cub Scouts and adult partners that the time it takes to do all these steps should be the time it takes for you to sing the Happy Birthday song.
 6. Have each Cub Scout take a turn washing their hands following the steps as they sing the Happy Birthday song.

[Back to Fun On The Run Requirements](#)

Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 1



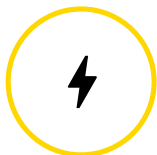
Happy Birthday Clean Hands

Snapshot of Activity

Practice handwashing and learn to wash your hands while singing happy birthday.



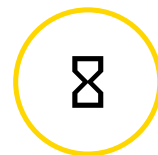
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Sink
- Hand soap
- Paper towels
- Print out of 11"x17" [Wash Your Hands](#) poster from the CDC
- Print out of 11"x17" [Know When to Wash Your Hands at School](#) poster from the CDC

Directions

Before the meeting:

1. Confirm a meeting location that has a sink for Cub Scouts to wash their hands.
2. Review the article [Clean Hands Save Lives](#) from the CDC.
3. Set up a handwashing station with soap and paper towels.
4. Print the Wash Your Hands poster and place it at the handwashing station.
5. Print the Know When to Wash Your Hands at School poster and place it at the handwashing station.

During the meeting:

1. Gather Cub Scouts and adult partners and ask when you should wash your hands. Give everyone who wants to share a chance to answer. Review any item that wasn't mentioned.
 - After you go to the bathroom
 - After you play with a dog, a cat, or other animal
 - After you blow your nose, sneeze, or cough
 - After you touch garbage
 - Before and after you help to prepare food
 - Before you handle plates, utensils, or cups
 - Before you eat
 - When your hands have dirt on them
 - When your hands have been touching a lot of things that others have touched
2. Bring Cub Scouts over to the handwashing station to demonstrate how to wash your hands.
 - Put your hands under clean, running water. Put soap on your hands. Turn off the water.

- Rub your hands together palm to palm. They should get sudsy.
 - With your left palm facing down, place your right hand on top of your left and interlock your finger. Scrub vigorously to clean the space between your fingers. Switch hands and repeat.
 - With your right hand, grab your left thumb and rotate your hand around it. Switch hands and repeat.
 - Take the tips of your fingers and press them into your opposite palm, rotating them around the palm in a circular motion. Switch hands and repeat.
 - Rinse the soap from your hands, grab a towel or paper towel and then use it to turn the faucet off.
3. After you have demonstrated the steps to washing hands inform Cub Scouts and adult partners that the time it takes to do all these steps should be the time it takes for you to sing the Happy Birthday song.
 4. Have each Cub Scout take a turn washing their hands following the steps as they sing the Happy Birthday song.

[Back to Fun On The Run Requirements](#)

Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 2



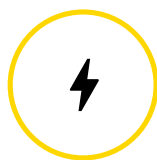
Steps To Washing Your Hands

Snapshot of Activity

Practice handwashing and put the steps to washing hands in the right order.



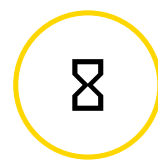
Indoor



2



2



3

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 14
- Crayons, enough to share
- Sink
- Hand soap
- Paper towels
- Print out of 11"x17" [Wash Your Hands](#) poster from the CDC
- Print out of 11"x17" [Know When to Wash Your Hands at School](#) poster from the CDC

Directions

Before the meeting:

1. Confirm a meeting location that has a sink for Cub Scouts to wash their hands.
2. Identify a safe area free of obstacles where you can blow bubbles for the Cub Scouts to pop.
3. Review the article [Clean Hands Save Lives](#) from the CDC.
4. Set up a handwashing station with soap and paper towels.
5. Print out the Wash Your Hands poster and place it at the handwashing station.
6. Print out the Know When to Wash Your Hands at School poster and place it at the handwashing station.

During the meeting:

1. Gather Cub Scouts and adult partners and ask when you should wash your hands. Give everyone who wants to share a chance to answer. Review any item that wasn't mentioned.
 - After you go to the bathroom
 - After you play with a dog, a cat, or other animal
 - After you blow your nose, sneeze, or cough
 - After you touch garbage
 - Before and after you help to prepare food
 - Before you handle plates, utensils, or cups
 - Before you eat

- When your hands have dirt on them
 - When your hands have been touching a lot of things that others have touched
2. Bring Cub Scouts over to the handwashing station to demonstrate how to wash your hands.
 - Put your hands under clean, running water. Put soap on your hands. Turn off the water.
 - Rub your hands together palm to palm. They should get sudsy.
 - With your left palm facing down, place your right hand on top of your left and interlock your finger. Scrub vigorously to clean the space between your fingers. Switch hands and repeat.
 - With your right hand, grab your left thumb and rotate your hand around it. Switch hands and repeat.
 - Take the tips of your fingers and press them into your opposite palm, rotating them around the palm in a circular motion. Switch hands and repeat.
 - Rinse the soap from your hands, grab a towel or paper towel and then use it to turn the faucet off.
 3. Have adult partners work with their Cub Scouts to complete the activity on page 14 of the Lion handbook.
 4. After you have demonstrated the steps to washing hands inform Cub Scouts and adult partners that the time it takes to do all these steps should be the time it takes for you to sing the Happy Birthday song.
 5. Have each Cub Scout take a turn washing their hands following the steps as they sing the Happy Birthday song.

[Back to Fun On The Run Requirements](#)

Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 3



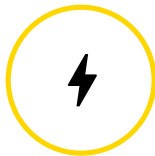
It's Time For Lions To Dance

Snapshot of Activity

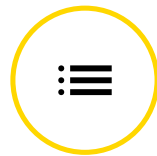
Have a dance party with Cub Scouts and adult partners.



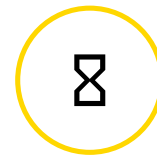
Indoor



4



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Age-appropriate music playlist, ideas for playlist includes songs that have dance moves
 - The Twist – Chubby Checker – 1960
 - YMCA – The Village People 1978
 - Locomotion – Kylie Minogue 1987
 - Electric Boogie (Electric Slide) – Marcia Griffiths 1989
 - Achy Breaky Heart – Billy Ray Cyrus 1992
 - Macarena – Los Del Rio 1996
 - Cha Cha Slide – DJ Casper 2000
 - Whip/Nae Nae – Silento 2015
 - Pinkfong – Baby Shark 2015
- Smart device with music and speakers to play music
- Timer

Directions

Before the meeting:

1. Set up a dance area that is free of obstacles.
2. Create the playlist and share it with parents, legal guardians, and adult partners and if the song has a dance to it provide them a link to a video that shows the dance move so they can practice.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that part of being healthy is staying active and moving around. This helps your muscles, including your heart, and it is also good for your brain. One way to do this is to dance.
2. Have fun dancing to songs and teaching dance moves for at least 20 minutes.

[Back to Fun On The Run Requirements](#)

Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 3

Lion Freeze Tag

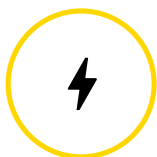


Snapshot of Activity

Play a game of Freeze Tag.



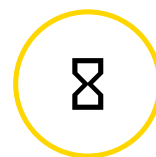
Outdoor



5



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 4 sports cones
- Timer

Directions

Before the meeting:

1. Identify a safe area free of obstacles to play freeze tag. Mark the area off with a sports cone at each corner of the play area. A recommended space is 60' x 60', adjust the size based on the number of Cub Scouts in your den.
2. Become familiar with the rules to freeze tag.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that part of being healthy is staying active and moving around. This helps your muscles, including your heart, and it is also good for your brain.
2. Inform the den they are going to play freeze tag. Demonstrate that when playing tag only a light tag from the waist up is allowed. If you hit someone or tackle someone or roughhouse you will be removed from the remainder of the round and have to sit out the next round.
3. Explain the rules to freeze tag. Pick two Cub Scouts to be "it". When the game starts, the "it" Cub Scouts chase the other Cub Scouts who are not "it". The Cub Scouts who are "it" have 3 minutes to work together and try to tag and freeze the other Cub Scouts. When the player who is "it" tags another player, they tap them and say "FREEZE!" The Cub Scouts who are not "it" need to run, dodge, and hide from the players who are "it". They also unfreeze other participants who have been frozen by tapping them and saying "UNFREEZE!" The game is won either by the Cub Scouts who are "it" when they have frozen all other players, or it is won by the "not it" Cub Scouts when 3 minutes have run out and at least 1 player is still unfrozen.
4. Have Cub Scouts play freeze tag for at least 20 minutes.

[Back to Fun On The Run Requirements](#)

Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 3

Lion Says

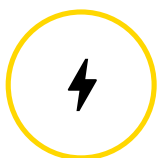


Snapshot of Activity

Play a game of Simon Says.



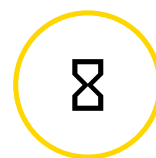
Indoor



3



1



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- At least two Cub Scouts
- Timer

Directions

Before the meeting:

1. Become familiar with how to play “Simon Says”. One person is Simon, in this version we will say Lion, and the other players follow Lion’s instructions. Standing in front of the group Lion tells the players what they must do. The players must obey all commands that begin with the words “Lion says”. If Lion says, “Lion says touch your nose” then all players must touch their nose. However, if Lion says, “jump” without saying “Lion says” first the players must not jump. If they do jump, that player is out until the next game.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that part of being healthy is staying active and moving around. This helps your muscles, including your heart, and it is also good for your brain.
2. Play Lion Says for at least 20 minutes.

[Back to Fun On The Run Requirements](#)

Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 4



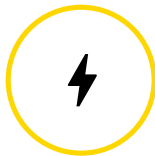
Animals Sleep Just Like Me

Snapshot of Activity

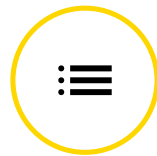
Learn that animals sleep and rest too, but some do so during the day and some during the night.



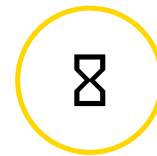
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Lions need their Lion handbook, page 15
- Crayons, enough to share

Directions

Before the meeting:

1. Become familiar with nocturnal animals and those that are diurnal (dai·ur·nuhl).

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that it is important that we not only eat foods that will keep us healthy and to stay active to exercise our muscles It is also important to give our body a chance to rest and to sleep.
2. Share with the Cub Scouts the things you learned about nocturnal animals and those that are diurnal.
 - Owls and Opossums are nocturnal which means they sleep during the day and are active at night. They are active during these times for two different reasons. Owls eat mice and other small rodents as do many other birds, but most other birds sleep during the night, this means that there is less competition for owls when they are hunting. Opossums are nocturnal so avoid predators (other animals that eat them) and it is also when most of the animals they hunt are active.
 - Dogs and birds are diurnal which means they are like us; they are active during the day and sleep at night. Dogs are domesticated, meaning they rely on humans for food, shelter, and protection so dogs keep the same active patterns as their owners. Most birds are also diurnal and are active during the day and sleep at night.
 - Ask Cub Scouts if they think cats are diurnal or nocturnal and have them explain why they think that. Cats are actually special. It may seem to us that all they do is sleep during the day and night and that is somewhat true. Cats are known as crepuscular (kruh·puh·skyuh·lr) which means they are most active when the sun is just starting to come up (dawn) and when the sun is about to go down (dusk).
3. Have the adult partners work with their Cub Scouts to complete the activity on page 15 of the Lion handbook.

4. When they are finished with the activity have the adult partners talk to their Cub Scouts about when they go to bed and when they wake up. Do they feel rested with they wake up in the morning? Are they getting enough sleep? Lion aged Cub Scouts should get about 10 hours of sleep a night.

[Back to Fun On The Run Requirements](#)

Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 4



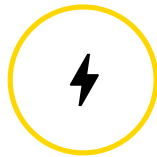
Music Can Soothe The Savage Beast

Snapshot of Activity

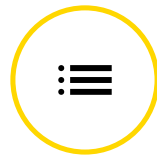
Learn how music can influence your ability to rest and relax.



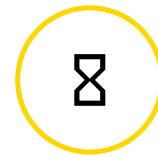
Indoor



2



3



3

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Age-appropriate music playlist with different beats
 - Ideas for the playlist for upbeat music
 - Y'all Ready for This (Space Jam Theme)
 - We Will Rock You (Queen)
 - Ideas for the playlist for dramatic music
 - Theme for the movie Jaws
 - The Imperial March (Star Wars)
 - Ideas for the playlist for soothing music
 - 5 Lieder, Op. 49: No. 4, Wiegenlied (Brahms's Lullaby)
 - Piano Sonata No. 14 in C-Sharp Minor, Op. 27 No. 2 "Moonlight Sonata"
- Smart device with music and speakers to play music

Directions

Before the meeting:

1. Set up a playlist with music that is upbeat, music that is dramatic, and music that is soothing. Set up the speaker with your smart device.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that it is important that we not only eat foods that will keep us healthy and to stay active to exercise our muscles It is also important to give our body a chance to rest and to sleep.
2. One way to rest and relax is to listen to music, however not just any music can help you relax. Music can really affect your mood. For example, how do you feel when you hear this? Play an upbeat song.
3. Allow Cub Scouts and adult partners to reflect on how the song made them feel.
4. Play each type of song and ask the Cub Scouts and adult partners to reflect on how the song makes them feel.
5. Discuss how some songs can get you energized, and some are little scary, and some can really help you relax or even fall asleep.

6. Play relaxing music for the den and have everyone close their eyes as they listen to one soothing piece of music.

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Lion - Kindergarten

Fun On The Run
Personal Fitness
Required

Requirement 4



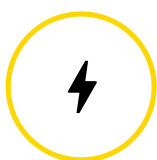
What Time Is Bedtime?

Snapshot of Activity

Adult partners work with Cub Scouts to establish good bedtime habits.



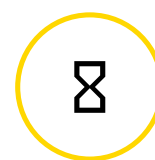
Indoor



1



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 45
- Crayons, enough to share

Directions

This activity also meets Requirement 2 of the I'll Do It Myself Elective Adventure

Before the Meeting:

1. Set up the meeting location for Cub Scouts and adult partners to work on the activity together.

During the Meeting:

1. Gather the Cub Scouts and adult partners and share with them that it is important that we not only eat foods that will keep us healthy and to stay active to exercise our muscles. It is also important to give our body a chance to rest and to sleep.
2. Share with the Cub Scouts that doing the same thing each night is the same order helps send messages to your body that it is time to go to bed. Share with them that this is called a routine. A regular nightly routine will help you get the rest you need each night. Cub Scouts who are Lions need about 10 hours of sleep each night.
3. Have adult partners work with their Cub Scouts to color the activity on page 45 of the Lion handbook.
4. When they are done have adult partners talk to Cub Scouts about what time they should be in bed sleeping and what time they need to get up each day. Are they getting enough sleep?
5. Have adult partners work with their Cub Scout to put a time when each part of their nightly routine should take place to make sure the Cub Scouts are getting enough sleep.

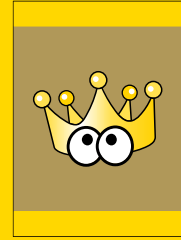
[Back to Fun On The Run Requirements](#)

Lion - Kindergarten

King of The Jungle

Citizenship

REQUIRED



Snapshot of Adventure

Citizenship is one of the four aims of the Scouting America program. For Lions, citizenship begins at home with those they live with. They will explore how they can contribute to their home and community.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Use the [Service Project Planning Checklist](#) to plan your den or pack service project.
- Review the [SAFE Project Tool Use](#) is an at-a-glance reference for service projects, not crafts.

It includes age guidelines for tools and types of allowed activities allowed for service projects.

During the Adventure

- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete King of the Jungle.

Requirement 1

Draw a picture or take a photo of the people you live with.

- [Draw a picture](#) of the people you live with.

Requirement 2

With your Lion adult partner, choose a job that will help your family. Follow through by doing that job at least once.

- Cub Scouts work with adult partners to identify [how they can help their family](#).

Requirement 3

Talk with a grandparent or other older adult about what citizenship means to them.

- [Identify a grandparent](#) of one of the Cub Scouts to visit with the den to talk about citizenship.
- Invite a [military veteran](#) to discuss what citizenship means to them.
- Plan a trip to visit the elderly in a [retirement or assisted living facility](#).

Requirement 4

Participate in a service project.

- Conduct an [art supply drive](#) for children in a homeless shelter or transitional housing.
- Conduct a [book drive](#) for a children's hospital.
- Participate in your Council-sponsored [Scouting for Food](#) event.

[Back to Required Adventures](#)

Lion - Kindergarten

King of the Jungle
Character & Leadership
Required

Requirement 1

My Lion Family

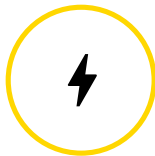


Snapshot of Activity

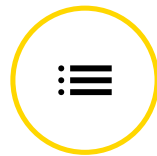
Draw a picture of the people you live with.



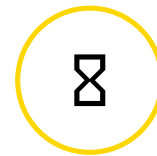
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 16
- Pencils, one for each Cub Scout
- Crayons, enough to share

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can complete the activity.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with the den that those we live with we consider our family, and our family is like a little community on its own where each member has responsibilities and needs.
2. Have adult partners work with their Cub Scout to draw a picture of the people that the Cub Scout lives with. If the Cub Scout divides time between two families have them draw both.
3. When everyone is done have each Cub Scout share with the den who they live with.

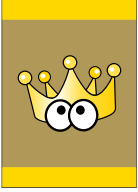
[Back to King of the Jungle Requirements](#)

Lion - Kindergarten

King of the Jungle
Character & Leadership
Required

Requirement 2

Lions Can Help Too

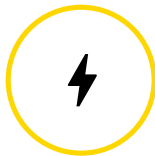


Snapshot of Activity

Cub Scouts work with adult partners to identify how they can help their family.



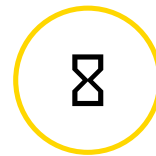
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 17
- Crayons, enough to share

Directions

Before the meeting:

1. Set up the meeting space for Cub Scouts and adult partners to complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that being a good member of the family is like being a good citizen in the community where you do what you can to help. There are some things that as Cub Scouts we can do to help the adults that we live with.
2. Have adult partners work with their Cub Scouts to look at the different tasks on page 17 of the Lion handbook and discuss which items the Cub Scout will start helping with. Have them color the tasks they will start doing at home.
3. Ask adult partners and Cub Scouts if there are any other things they could do or that they already do that isn't on page 17.
4. Remind adult partners that Cub Scouts should do one new thing to help around the house at least one time.

[Back to King of the Jungle Requirements](#)

Lion - Kindergarten

King of the Jungle
Character & Leadership
Required

Requirement 3

Grandparent Visit

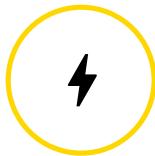


Snapshot of Activity

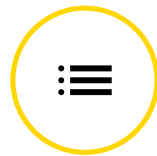
Identify a grandparent of one of the Cub Scouts to visit with the den to talk about citizenship.



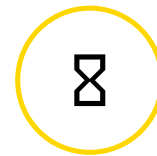
Indoor



1



1



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Before the meeting:

1. Ask parents and legal guardians of Cub Scouts if there is a grandparent who lives locally who would be willing to visit the den to share their thoughts on citizenship. If no grandparent can come in person, consider having a grandparent do a virtual visit.
2. Once a grandparent is identified contact the grandparent and give them the details of the meeting, date, time, and location. Inform them that the den is interested in hearing about what they think being a good citizen means. Questions to consider: What can someone do to be a good citizen? When was the first election you voted in? How are things different today compared to when they grew up?
3. The day before the meeting confirm the details of the meeting with the visiting grandparent.

During the meeting:

1. Gather the Cub Scouts and adult partners. Introduce the grandparent to the den.
2. Allow the grandparent to share their thoughts on citizenship and then give Cub Scouts and adult partners a chance to ask questions about citizenship to the grandparent.
3. When finished thank the grandparent for visiting.

After the meeting:

1. Send the guest speaker a thank you note.

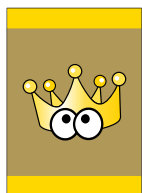
[Back to King of the Jungle Requirements](#)

Lion - Kindergarten

King of the Jungle
Character & Leadership
Required

Requirement 3

Visit From A Veteran

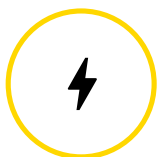


Snapshot of Activity

Invite a military veteran to discuss what citizenship means to them.



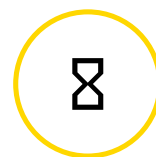
Indoor



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5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Before the meeting:

1. Contact parents and legal guardians and ask if they know anyone who is an active military or a veteran that they could ask to come speak to the den. If not contact your pack leadership or reach out to a veterans organization such as the Veterans of Foreign Wars or American Legion to identify a guest speaker.
2. Inform the guest speaker that you would like for them to visit the den and share their thoughts on citizenship and what makes a good citizen. Share with them the size of the den and the age of the Cub Scouts.
3. Confirm date, time, and location of the visit.
4. The day before the meeting remind the guest speaker of the visit.

During the meeting:

1. Introduce the guest speaker.
2. Have the guest speaker share their thoughts about citizenship and what makes a good citizen. Allow Cub Scouts and adult partners to ask questions.
3. After the guest speaker is done, thank them for their visit.

After the meeting:

1. Send a thank you note to the speaker.

[Back to King of the Jungle Requirements](#)

Lion - Kindergarten

King of the Jungle
Character & Leadership
Required

Requirement 3



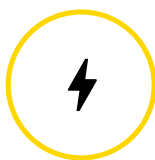
Visiting Grandparents

Snapshot of Activity

Plan a trip to visit the elderly in a retirement or assisted living facility.



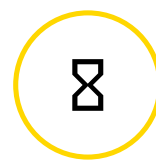
Travel



2



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- [Activity Consent](#) form

Directions

Before the meeting:

1. Contact parents and legal guardians to see if any of them have a relative who is in a retirement or assisted living facility, if so coordinate to visit that location. If not identify a local retirement or assisted living facility in your community and make arrangements for Cub Scouts to visit.
2. Inform the facility that your Cub Scout den is made of kindergarteners and adult partners, and they would like to visit the facility and meet with residents who would like to share their thoughts on what it means to be a good citizen.
3. Confirm the date and time of the visit and identify a point of contact with the facility.
4. Have each parent or legal guardian submit an [Activity Consent Form](#) for each Cub Scout.
5. A day before the meeting send a reminder to Cub Scouts, parents, legal guardians, and confirm the date, time, and location of the visit and where the den will meet up.

During the meeting:

1. Meet up with the den at a designated location. Remind adult partners to stay with their Cub Scout at all times.
2. Check in with the contact at the facility. Have them give an overview of the facility.
3. Have Cub Scouts and adult partners matched up with a resident and have them ask the following questions:
 - What can someone do to be a good citizen?
 - When was the first election you voted in?
 - How are things different today compared to when they grew up?
4. After the visit Cub Scouts and adult partners should thank the resident they visited with. Thank the contact with the facility.

After the meeting:

1. Send a thank you note to the facility.

[Back to King of the Jungle Requirements](#)

Lion - Kindergarten

King of the Jungle
Character & Leadership
Required

Requirement 4



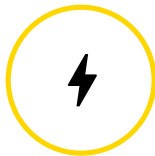
Lion Art Supply Drive

Snapshot of Activity

Conduct an art supply drive for children in a homeless shelter or transitional housing.



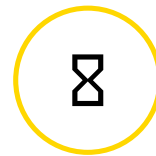
Indoor



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4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 18" x 14" x 12" cardboard boxes, one for each collection site
- 11" x 17" pieces of paper, one for each Cub Scout
- Markers and crayons, enough to share

Directions

This activity will take two meetings. One will be for Cub Scouts to decorate boxes and posters for the art supply drive. The other will be collecting and donating art supplies.

Before the meeting:

1. Identify a local homeless or transitional shelter with children that will accept art donations. Meet with them to discuss conducting an art drive and identify details and dates.
2. Share details of the drive with all parents, legal guardians, and adult partners in the den.

During the meeting:

1. Inform Cub Scouts of the organization that you are conducting the art drive with. Include who they serve and the need for art supplies to help kids who are going through a difficult time.
2. Explain that today the den will decorate donation boxes and make promotional posters.
3. Explain that the posters and collection boxes should include the date when the art supplies will be collected, the Pack number and den, and who the art supplies are being collected for.

After the meeting:

1. Deliver the donation boxes to the agreed-upon collection locations.
2. After one week collect the boxes and deliver them to the organization you collected them for.

At the next pack meeting ask Cubmaster to recognize the den for their project.

[Back to King of the Jungle Requirements](#)

Lion - Kindergarten

King of the Jungle
Character & Leadership
Required

Requirement 4

Lion Book Drive

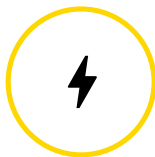


Snapshot of Activity

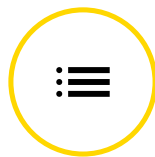
Conduct a book drive for a children's hospital.



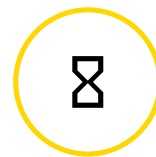
Indoor



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4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 18" x 14" x 12" cardboard boxes, one for each collection site
- 11" x 17" pieces of paper, one for each Cub Scout
- Markers and crayons, enough to share

Directions

This activity will take two meetings. One will be for Cub Scouts to decorate boxes and posters for the book drive. The other will be collecting and donating books.

Before the meeting:

1. Identify a local children's hospital that will accept book donations. Meet with them to discuss conducting a book drive and identify details and dates.
2. Share details of the drive with all parents, legal guardians, and adult partners in the den.

During the meeting:

1. Inform Cub Scouts of the organization that you are conducting the book drive with. Include who they serve and the need for books.
2. Explain that today the den will decorate donation boxes and make promotional posters.
3. Explain that the posters and collection boxes should include the date when the books will be collected, the Pack number and den, and who the books are being collected for.

After the meeting:

1. Deliver the donation boxes to the agreed-upon collection locations.
2. After one week collect the boxes and deliver them to the organization you collected them for.

At the next pack meeting ask Cubmaster to recognize the den for their project.

[Back to King of the Jungle Requirements](#)

Lion - Kindergarten

King of the Jungle
Character & Leadership
Required

Requirement 4



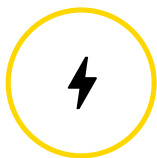
Lion Scouting For Food

Snapshot of Activity

Participate in your Council-sponsored Scouting for Food event.



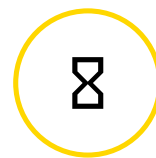
Indoor



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- [Activity Consent Form](#)
- Collection bags provide by local council
- Vehicle to carry collected food such as a truck or van
- Map of area to distribute bags and collect food donations
- Check with local council for any additional items

Directions

Before the Meeting:

1. Contact your local Council to participate in Scouting for Food collection event.
2. Review council provided materials for Scouting for Food event.
3. Communicate the details to the parents and legal guardians of your Cub Scouts.
4. Distribute [Activity Consent Form](#) to the patrol.
5. Confirm with local council the area to distribute bags and collect food donations.
6. Confirm with local council the location of drop off for donations.
7. Get collection bags provided by local council.
8. Communicate date, time, and location for bag distribution to the patrol.
9. Communicate date, time, and location for food collection distribution to the patrol.
10. Refer to your council provided resources for any additional items to be completed before the event.

During collection bag distribution:

1. Collect Activity Consent Form for each Cub Scout.
2. Create buddies.
3. Assign area for buddies to distribute collection bags.
4. Review how to approach residences safely and politely as they distribute collection bags.
5. Remind Cub Scouts that it is illegal to place collection bags in or on mailboxes.

During food donation collection:

1. Collect Activity Consent Form for each Cub Scout.

2. Create buddies.
3. Assign area for buddies to collect donations.
4. Review how to approach residences safely and politely if there is no donated food left out.
5. Take donated food to the assigned collection point.

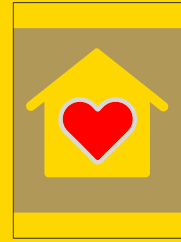
[Back to King of the Jungle Requirements](#)

Lion - Kindergarten

Lion's Pride

Citizenship

REQUIRED



Snapshot of Adventure

It is important to know that the Scouting America has a religious element as a part of the program as stated in the Scout Oath and Scout Law. However, the Scouting America is absolutely nonsectarian in its attitude toward a member's religion or faith. The Scouting America policy is that the home and organization or group with which the member is connected shall give definite attention to religious life.

In this Adventure, the Lions learn about their family by exploring the faith traditions and celebrations that make being part of their family special.

This Adventure is commonly done at home with the Cub Scout's family. If it is being done as a den, ensure that every parent and guardian is aware of the content and the activities that the den will do and allow for parents to opt out of doing it as a den activity and choose to complete the requirement at home.



Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

It is important to know that the Scouting America has a religious element as a part of the program as stated in the Scout Oath and Scout Law. However, the Scouting America is absolutely nonsectarian in its attitude toward a member's religion or faith. The Scouting America policy is that the home and organization or group with which the member is connected shall give definite attention to religious life.

Complete the following requirements

This Adventure may be earned by completing the requirements below OR by completing a Religious Emblem of the Cub Scouts family's choosing. Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Lion's Pride.

Requirement 1

With your parent or legal guardian talk about your family's faith traditions. Draw a picture of your favorite family's faith tradition holiday or celebration.

- Draw and color a favorite [faith tradition holiday or celebration](#).

Requirement 2

With your family, attend a religious service OR other gathering that shows how your family expresses Family & Reverence.

- Cub Scouts attend a [religious celebration](#) with their family.
- [Attend a religious service](#) with your family.
- [Attend a Veterans Day event](#) with your den.

Requirement 3

Make a cheerful card or a drawing for someone you love and give it to them.

- [Make a card of kindness](#) to give to someone special.

[Back to Required Adventures](#)

Lion - Kindergarten

Lion's Pride
Character & Leadership
Required

Requirement 1



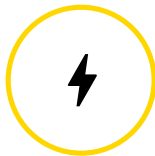
Lion Holiday Drawing

Snapshot of Activity

Draw and color a favorite faith tradition holiday or celebration.



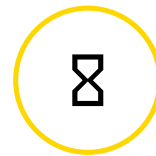
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 22
- Crayons, enough to share

Directions

Before the meeting:

1. Create a space for Cub Scouts to draw and color.

During the meeting:

1. Share with Cub Scouts that a Cub Scout is Reverent and that means that they are faithful to their religious obligations and respect the beliefs of others.
2. Share with Cub Scouts that religious holidays or celebrations are times for families and communities to come together. There are also family traditions that are connected to these events. For some, it may be cooking a certain type of food, playing a certain game, or singing certain songs.
3. Think about your family's faith traditions and draw a picture of it. Be ready to share your drawing when you are done.
4. Have each Cub Scout describe their picture when they are done.

[Back to Lion's Pride Requirements](#)

Lion - Kindergarten

Lion's Pride
Character & Leadership
Required

Requirement 2



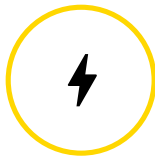
Lion Attend a Religious Celebration

Snapshot of Activity

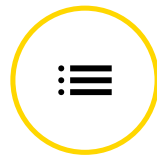
Cub Scouts attend a religious celebration with their family.



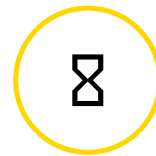
Travel



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5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Many religions and faiths have celebrations based on major life events such as birth, coming of age, and getting married. The celebration you attend does not have to be the same as your family's faith.

Before the celebration:

1. Cub Scout and parent(s) discuss the celebration they will attend.
 - What is being celebrated?
 - How does the celebration connect with that religion or faith?
 - How often is the celebration?

During the celebration:

1. Cub Scouts attend a religious celebration with their parent(s).

After the celebration:

1. Cub Scout and parent(s) discuss what they took away from the service.
 - How did it make you feel?
 - Is there something that inspired you?
 - What parts of the celebration did they like the most?

[Back to Lion's Pride Requirements](#)

Lion - Kindergarten

Lion's Pride
Character & Leadership
Required

Requirement 2



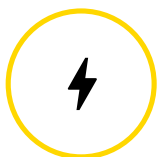
Lion Attend a Religious Service

Snapshot of Activity

Attend a religious service with your family.



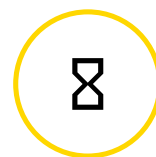
Travel



2



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5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Before the service:

1. Cub Scout and parent or legal guardian(s) discuss the service they will attend.
 - What is the significance of this service?
 - How often is this service performed?
 - Is the service divided into different parts? If so, what are they?

During the service:

1. Cub Scouts attend a religious service with their parent or legal guardian(s).

After the service:

1. Cub Scout and parent or legal guardian(s) discuss what they took away from the service.
 - How did it make you feel?
 - Is there something that inspired you?
 - What parts of the service did they like the most?

[Back to Lion's Pride Requirements](#)

Lion - Kindergarten

Lion's Pride
Character & Leadership
Required

Requirement 2



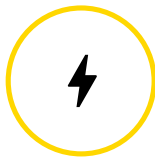
Lion Family Reverence

Snapshot of Activity

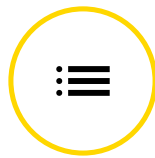
Attend a Veterans Day event with your den.



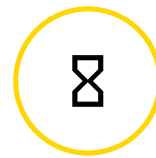
Travel



3



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies are required.

Directions

Before the meeting:

1. Veterans Day is November 11th because World War I officially ended on the 11th hour of the 11th day of the 11th month. Veterans Day honors those who served in the military. This is different from Memorial Day where those who served and died are honored.
2. Identify Veterans Day activities in your community that your den can attend.
3. Notify parents and guardians of the activity, date, time, and location.

During the meeting:

1. Gather the Cub Scouts and explain what Veterans Day is about.
2. Ask Cub Scouts what are some ways they can show their appreciation to a veteran.
3. Attend the Veterans Day activity.
4. Afterwards ask Cub Scouts what they liked best about the activity.

[Back to Lion's Pride Requirements](#)

Lion - Kindergarten

Lion's Pride
Character & Leadership
Required

Requirement 3

Lion Note of Kindness

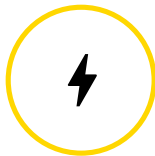


Snapshot of Activity

Make a card of kindness to give to someone special.



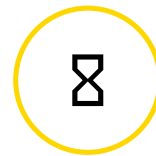
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 23
- Crayons, enough to share
- Scissors

Directions

Before the meeting:

1. Set up the meeting space for Cub Scouts to complete the activity on page 23 of the Lion handbook.

During the meeting:

1. Ask Cub Scouts about things that they can do to be kind to other people.
2. Share that one way to be kind is to give someone a card that tells them how special they are to you.
3. Have Cub Scouts make cards using page 23 of the Lion handbook.
4. Have Cub Scouts cut out cards with help from their adult partner.
5. Ask adult partners to help the Cub Scout send the card to the person they made it for.
6. Encourage Cub Scouts to always look for opportunities to perform acts of kindness and that being kind is part of being a Cub Scout because it is in the Scout Law.

[Back to Lion's Pride Requirements](#)

Lion - Kindergarten

Lion's Roar

Citizenship

REQUIRED



Snapshot of Adventure

In partnership with the Barbara Sinatra Children's Center Foundation, Lions will learn about the "Protect Yourself Rules" and other skills needed to stay safe.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure:

- Review the [Scouting America Youth Protection](#) content.
- Review the [Protect Yourself Rules-Lion](#) video.
- This Adventure may be completed at home or as a den. Prior to the meeting inform parents, legal guardians, and adult partners of the Adventure and content. See the document "Lion's Roar 1 Parent Notification" found in the Additional Resources section for Requirement 1.

During the Adventure:

- There is a chance that a child may disclose a situation that causes suspicion of abuse. If you suspect a child is being abused follow the reporting guidelines found on the [Scouting America Youth Protection](#) site.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Lion's Roar.

Requirement 1

With permission from your parent or legal guardian watch the Protect Yourself Rules video for the Lion rank.

- Watch the [Protect Yourself Rules](#) video with your parent or legal guardian.

Requirement 2

With your Lion adult partner, demonstrate Shout, Run, Tell as explained in the Protect Yourself Rules video.

- Cub Scouts demonstrate their own personal way of [shout, run, and tell](#).

Requirement 3

With your Lion adult partner, demonstrate how to access emergency services.

- At home learn how to contact [emergency services](#) using a home alarm or voice-activated devices.
- [Practice dialing 911](#).

Requirement 4

With your Lion adult partner, demonstrate how to safely cross a street or walk in a parking lot.

- Play a game of [red light, green light](#) to reinforce how to safely cross a street.
- Set up a mock [crosswalk and parking lot](#) for Cub Scouts to learn about staying safe in these situations.

[Back to Required Adventures](#)

Lion - Kindergarten

Lion's Roar
Character & Leadership
Required

Requirement 1



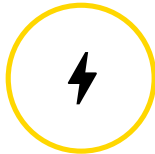
Protect Yourself Rules Video Lion

Snapshot of Activity

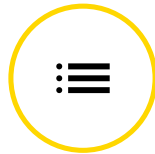
Watch the Protect Yourself Rules video with your parent or legal guardian.



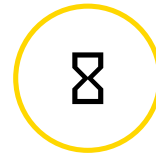
Indoor



1



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Lion's Roar 1 Parent Notification found in Additional Resources
- Computer or smart device
- Internet connection to view the "[Protect Yourself Rules](#) Lion" video (duration 13 minutes)
- Or download video onto device if internet is not available where you will be watching.

Directions

Before the meeting:

1. Inform parents, legal guardians, and adult partners of the Adventure and content. See the document "Lion's Roar 1 Parent Notification" found in the Additional Resources section for Requirement 1

During the meeting or at home:

1. Parent or legal guardian watch the "Protect Yourself Rules" video with their Cub Scout.

Additional Resources

[Lion's Roar 1 Parent Notification](#)

[Back to Lion' Roar Requirements](#)

Lion - Kindergarten

Lion's Roar
Character & Leadership
Required

Requirement 2



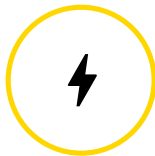
Shout, Run, Tell Relay Lion

Snapshot of Activity

Cub Scouts demonstrate their own personal way of shout, run, and tell.



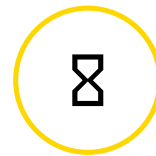
Indoor



4



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 19
- Crayons, enough to share

Directions

This activity is designed to be done after watching the Protect Yourself Rules Video in Requirement 1.

Before the meeting:

1. Identify a safe area free of obstacles for Cub Scouts to run during the activity.
2. Set up the meeting space so Cub Scouts and adult partners can work on the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners after watching the Protect Yourself Rules video. Ask them who remembers what to do if someone makes you feel unsafe? "Shout, Run, Tell".
2. Have Cub Scouts work with their adult partners to color page 19 of the Lion handbook.
3. When everyone is done inform everyone that it is now time for them to practice how to shout, run, and tell.
4. Have the Cub Scouts line up a single file line with each youth about 10 yards away from their adult partner. When the den leader signals "Go," the first Cub Scout in line will yell something like "No!" or "Stay away from me!" or anything else they would say if someone did something that made them feel uncomfortable.
5. The first Cub Scout will then run to their adult partner. When this is done, the next Cub Scout gets a turn.
6. Repeat until all the Cub Scouts have had a chance to practice how they would Shout, Run, and Tell.
7. During this activity, allow each Cub Scout to come up with what they want to shout.

[Back to Lion' Roar Requirements](#)

Lion - Kindergarten

Lion's Roar
Character & Leadership
Required

Requirement 3



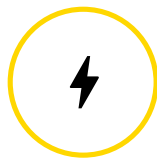
Home Security Emergency Services

Snapshot of Activity

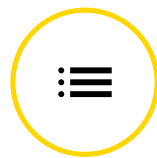
At home learn how to contact emergency services using a home alarm or voice-activated devices.



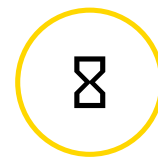
Indoor



2



5



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Home alarm system or voice-activated smart device

Directions

This activity is designed to be done at home where the Cub Scout lives.

Before the Activity

1. Review how to contact emergency services using the home alarm system or voice-activated smart device.

During the Activity

1. Ask the Cub Scout if they know the number to call in case of an emergency.
2. Ask Cub Scouts when they think they should call 911. Listen for these:
 - If there is a fire where there isn't supposed to be one
 - They see someone unconscious (they look like they are sleeping but they won't wake up)
 - They see someone has trouble breathing or stops breathing.
 - They see someone is choking
 - They see a crime happening
 - If they see a car accident and there are no emergency services vehicles
3. Show them how to contact emergency services using the home alarm system or voice-activated smart device without actually contacting 911.
4. Work with the Cub Scout to practice calling 911 by asking the questions that a 911 operator will ask. Give the situation that the Cub Scout sees one of the adults at home grab their chest and fall to the ground.
 - Where are you? Where is the scene? The location of the emergency, including the street address.
 - Who's involved? Is anyone hurt? Name(s) and/or physical description(s) of people involved.
 - When did it happen? Is it going on right now?

[Back to Lion' Roar Requirements](#)

Lion - Kindergarten

Lion's Roar
Character & Leadership
Required

Requirement 3



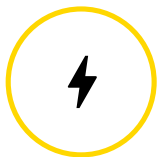
Practice 911 and Five Trusted Adults

Snapshot of Activity

Practice dialing 911.



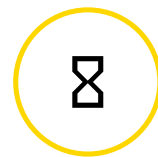
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 20
- Crayons, enough to share
- Pencils, one for each Cub Scout

Directions

Before the meeting:

1. Prepare the meeting space so Cub Scouts and adult partners can work on the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that when they are in trouble or if they see someone else in trouble it is important to call emergency services. Ask the Cub Scouts if they know the number to call in case of an emergency.
2. Ask Cub Scouts when they think they should call 911. Listen for these:
 - If there is a fire where there isn't supposed to be one.
 - They see someone unconscious (they look like they are sleeping but they won't wake up).
 - They see someone has trouble breathing or stops breathing.
 - They see someone is choking.
 - They see a crime happening.
 - If they see a car accident and there are no emergency services vehicles.
3. Tell Cub Scouts that since we don't want to call 911 unless there is an emergency we can practice using the activity on page 20 of their Lion handbook.
4. Have Cub Scouts work with their adult partners to practice calling 911 by pushing the numbers on the activity on page 20. adult partners will ask the questions that a 911 operator will ask. Give the situation that the Cub Scout sees one of the adults in the den meeting grab their chest and fall to the ground.
 - Where are you? Where is the scene? The location of the emergency, including the street address.
 - Who's involved? Is anyone hurt? Name(s) and/or physical description(s) of people involved.
 - When did it happen? Is it going on right now? Time.
5. When everyone has time to practice 911 have adult partners work with their Cub Scout to come up with a list

of five trusted adults. Share with the den that young people should have at least five adults they have identified with their parent(s) or legal guardians with whom they can talk freely about their feelings and problems and who provide healthy attention and affection. A child who has such a network of trusted adults will be more difficult for an adult who abuses children to groom. The list of five adults might change depending on the child's circumstances.

6. Have everyone list the five trusted adults on page 20 of the Lion handbook.

[Back to Lion' Roar Requirements](#)

Lion - Kindergarten

Lion's Roar
Character & Leadership
Required

Requirement 4



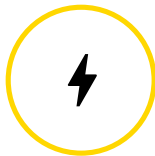
Green Means Go Red Means Stop

Snapshot of Activity

Play a game of red light, green light to reinforce how to safely cross a street.



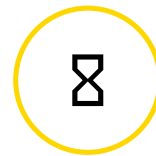
Indoor



4



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 21
- Crayons, red and green enough to share

Directions

Before the meeting:

1. Identify a safe area free of obstacles for Cub Scouts and adult partners to play red light, green light.
2. Become familiar with how to play red light, green light.
3. Start with Cub Scouts and adult partners along the starting line the game leader stands at the finish line about 25 yards away. When the game leader says 'Green Light' everyone will move towards the finish line. When the game leader says 'Red Light' everyone must immediately stop. If Cub Scouts or adult partners are still moving when you call 'Red Light', they must go back to the starting line. Start a new round when the first person crosses the finish line, they then get to be the game leader.
4. Set up the meeting location so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that it is important to always pay attention when we are walking across a street or when we are walking in a parking lot. You should always look all around you and pay attention to every car you can see. Just because you can see the car doesn't mean they can or do see you.
2. When we cross the street, we want to use a crosswalk and pay attention to when we can walk.
3. Have Cub Scouts work with their adult partner to complete the activity on page 21 of the Lion handbook.
4. When they are done, gather the Cub Scouts and adult partners to play a game of red light, green light.
5. Play red light, green light.

[Back to Lion' Roar Requirements](#)

Lion - Kindergarten

Lion's Roar
Character & Leadership
Required

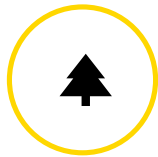
Requirement 4



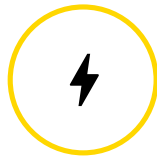
Make Believe Parking Lot

Snapshot of Activity

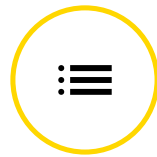
Set up a mock crosswalk and parking lot for Cub Scouts to learn about staying safe in these situations.



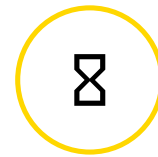
Outdoor



3



3



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Sidewalk Chalk
- 6 bicycles
- Bike helmets for the 6 bicycles
- 2 – 13" x 13" pieces of cardboard
- Red acrylic paint
- Green acrylic paint
- 1" paint brush
- Container of water to clean paint brush

Directions

Before the meeting:

1. Identify a flat concrete or blacktop area such as a basketball court or large driveway that is safe and free of obstacles.
2. Designate two areas, one will be an intersection with a crosswalk the other will be a mock parking lot.
3. Using the sidewalk chalk draw a road intersection with a designated crosswalk.
4. Using the sidewalk chalk draw a parking lot with six car spaces on each side.
5. Contact Cub Scouts and adult partners in the den and secure at least six bicycles and make sure to have bike helmets.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that it is important to always pay attention when we are walking across a street or when we are walking in a parking lot. You should always look all around you and pay attention to every car you can see. Just because you can see the car doesn't mean they can or do see you.
2. Bring everyone over to the mock crosswalk and inform the den that when we cross the street, we want to use a crosswalk and pay attention to when we can walk. Have someone serve as the crossing sign and stand at one end of the crosswalk. Have Cub Scouts and adult partners on the other end and each take a turn crossing the street. Remind Cub Scouts that even when the crossing signal says to walk, they should still look

both ways before crossing.

3. Next bring everyone over to the mock parking lot. Have some Cub Scouts and/or adult partners park their bikes in the parking spaces. They will act as cars moving in and around parking spaces as the other Cub Scouts and adult partners walk down the aisle. Cub Scouts should hold hands with their adult partner when in a parking lot and always look at the "cars". When walking they should stay on one side of the aisle and not walk down the center. Give everyone a chance to demonstrate holding hands, staying out of the middle of the aisle, and watching for cars.

[Back to Lion' Roar Requirements](#)

Lion - Kindergarten

Mountain Lion

Citizenship

REQUIRED



Snapshot of Adventure

Lions and adult partners will take a walk to explore the outdoors. Along the way, they will see and identify things that are natural and things that are man-made.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

Before starting this Adventure complete the following:

- Review [Age Appropriate Guidelines for Scouting Activities](#).
- Complete the on-line training “Hazardous Weather” training module that is part of the Position Specific Training for den leaders [my.scouting](#). If you have already completed den leader, Cubmaster, or pack committee chair training on-line, then you have completed this module.
- Watch the [Weather Related Safety Moment](#) video (1 minute 48 seconds).
- Review the [Scouting America Annual Health and Medical Record](#) for all Cub Scouts and adults going on the walk and check for any safety concerns.

If there is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#). During the Adventure:

- Use the buddy system.
- All adults are to provide active supervision.

Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Mountain Lion.

Requirement 1

Identify the Cub Scout Six Essentials. Show what you do with each item.

- Play a game of charades to identify the [Cub Scout Six Essentials](#).
- Play [Kim’s Game](#) to help Cub Scouts learn about the Cub Scout Six Essentials.

Requirement 2

With your den, pack, or family, take a walk outside spending at least 20 minutes exploring the outdoors with your Cub Scout Six Essentials. While outside, identify things that you see with your Lion adult partner that are natural and things that are manmade.

- During the walk stop and [change where you are looking by moving your body](#).
- While on a walk, play “[I Spy](#)” to identify natural items and things that are man-made.
- While on a walk play a [scavenger hunt](#) for things that are natural.

Requirement 3

Discover what S.A.W. means.

- Cub Scouts will [blow whistles](#) and demonstrate how to use the whistle if they get lost.
- Play a version of [hide and seek](#) where the idea is to be found.
- [Complete a maze](#) that helps teach the S.A.W. method.

Requirement 4

Identify common animals that are found where you live. Separate those animals into domesticated and wild.

- [Using craft supplies](#) make a domesticated animal and a wild animal.
- [Travel to an animal rescue](#) that has both wild and domestic animals.
- Matching activity for [wild and domesticated animals](#).

[Back to Required Adventures](#)

Lion - Kindergarten

Mountain Lion
Character & Leadership
Required

Requirement 1



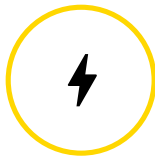
Guess The Cub Scout Six Essential

Snapshot of Activity

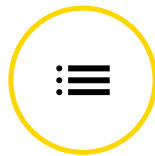
Play a game of charades to identify the Cub Scout Six Essentials.



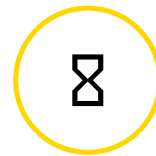
Indoor



3



4



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts need to bring their Lion handbook, page 9
- Crayons, enough to share
- Cub Scout Six Essentials (recommend using small youth-sized items)
 - Filled water bottle
 - Whistle
 - Flashlight
 - Sunscreen, hat, sunglasses
 - Trail mix
 - Small first aid kit
- 3" x 5" index cards – 12 cards
- Black magic marker

Directions

Before the meeting:

1. Watch the four-minute video on the [Cub Scout Six Essentials](#).
2. Take notes on the Cub Scout Six Essentials so you can explain the items to the den.
3. Gather Cub Scout Six essentials and four other items.
4. Using the 3" x 5" cards write one of the Cub Scout Six Essentials on each card creating two sets of cards with the Cub Scout Six Essentials. These will be used to play charades.
5. Become familiar with how to play charades.
6. Prepare a place for Cub Scouts and adult partners to complete the activity on page 9 of the Lion handbook.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that whenever we go outside there are six items we always want to have with us, these are called the Cub Scout Six Essentials.
2. Explain each item of the Cub Scout Six Essentials.
3. Have adult partners work with their Cub Scouts to complete the activity on page 9 of the Lion handbook.

4. Divide the den into two teams keeping Cub Scouts and their adult partner together.
5. Review how to play charades.
6. Keep the rules simple.
7. The first team picks someone to go first. That person picks a card from the cards and looks at what is on it without showing it to anyone. They then do their best to act out what is on the card. Their team then tries to guess what it is in 2 minutes. If they guess correctly in time they get a point. If they don't guess correctly in 2 minutes the other team goes.
8. The team with the most points after going through the deck of cards wins.

[Back to Mountain Lion Requirements](#)

Lion - Kindergarten

Mountain Lion
Character & Leadership
Required

Requirement 1



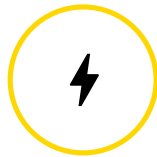
Kim's Game Cub Scout Six Essentials

Snapshot of Activity

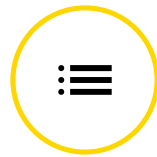
Play Kim's Game to help Cub Scouts learn about the Cub Scout Six Essentials.



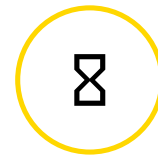
Indoor



2



4



3

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts need to bring their Lion handbook, page 9
- Crayons, enough to share
- Cub Scout Six Essentials (recommend using small youth-sized items)
 - Filled water bottle
 - Whistle
 - Flashlight
 - Sunscreen, hat, sunglasses
 - Trail mix
 - Small first aid kit
- Other outdoor equipment Tip: Make the items obvious that they are not part of the Cub Scout Six Essentials
 - Below is just a suggested list, keep it to four items
 - Umbrella
 - Book
 - Hammer
 - Phone

Directions

Before the meeting:

1. Watch the four-minute video on the [Cub Scout Six Essentials](#).
2. Take notes on the Cub Scout Six Essentials so you can explain the items to the den.
3. Gather Cub Scout Six essentials and four other items.
4. Prepare a place for Cub Scouts and adult partners to complete the activity on page 9 of the Lion handbook.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that whenever we go outside there are six items we always want to have with us, these are called the Cub Scout Six Essentials.
2. Explain each item of the Cub Scout Six Essentials.
3. Have adult partners work with their Cub Scouts to complete the activity on page 9 of the Lion handbook.

4. While they are working on the activity prepare the Kim's Game by placing the Cub Scout Six Essentials and the other four items on a table and covering them with the bath towel.
5. When everyone is done with the activity in the handbook gather everyone around the table with the items covered with a towel.
6. Explain that you are going to lift the towel up and count to 20. The objective is to try and memorize each item that is under the towel. When you finish counting you will cover the items back up and the Cub Scouts with their adult partners will work together to try and remember each item that was under the towel.
7. Lift the towel up and count to 20. Cover the items after counting to 20.
8. Give Cub Scouts and adult partners a couple of minutes to try and remember all the items when you are ready call on a Cub Scout and adult partner and ask them to identify one item that was under the towel.
9. If they get it right, ask them if the item is part of the Cub Scout Six Essentials.
10. Go around the den giving each Cub Scout and adult partner team a chance to identify an item and if it is part of the Cub Scout Six Essentials.

[Back to Mountain Lion Requirements](#)

Lion - Kindergarten

Mountain Lion
Character & Leadership
Required

Requirement 2

A Different Point Of View

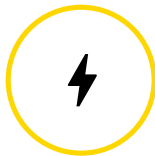


Snapshot of Activity

During the walk stop and change where you are looking by moving your body.



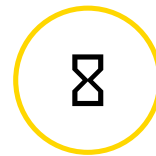
Outdoor



3



3



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts need to bring their Lion handbook, page 9
- Crayons, enough to share
- Pencils, one for each Cub Scout
- Cub Scout Six Essentials (recommend using small youth-sized items)
 - Filled water bottle
 - Whistle
 - Flashlight
 - Sunscreen, hat, sunglasses
 - Trail mix
 - Small first aid kit

Directions

This outdoor walk can be done in any environment, it may be in an urban, suburban, or rural area. It may be a local park or neighborhood. It may be outside of your normal meeting location.

Before the meeting:

1. Identify the area where you are going to take the walk. Ensure that the area is safe and identify any hazards to avoid.
2. If the location is not your normal meeting place, give the address and directions to the families in your den.
3. Remind Cub Scouts and adult partners to bring their Cub Scout Six Essentials with them and to wear appropriate footwear.

During the meeting:

1. Check to see if everyone has their Cub Scout Six Essentials.
2. Tell everyone the route that will be followed for the walk.
3. Share any hazards that may be on the path and how to avoid them.
4. During your walk, have the den stop and find a safe place to lay down on their back looking straight up ask them if they see anything man-made and anything natural and what it is they see. Then have them rollover

on their belly and look down and ask the same thing. Then have them sit up and look in one direction and ask them what they see that is natural then ask them what they see that is man-made.

5. During the walk try to find two or three spots along the way that will provide different types of views when they stop.
6. When the walk is over, have Cub Scouts draw in the Lion handbook on page 10 one thing they saw that one natural and one thing that was manmade.

[Back to Mountain Lion Requirements](#)

Lion - Kindergarten

Mountain Lion
Character & Leadership
Required

Requirement 2

I Spy Something Natural

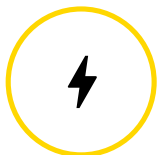


Snapshot of Activity

While on a walk, play “I Spy” to identify natural items and things that are man-made.



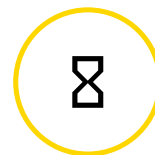
Outdoor



3



3



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts need to bring their Lion handbook, page 9
- Crayons, enough to share
- Cub Scout Six Essentials (recommend using small youth-sized items)
 - Filled water bottle
 - Whistle
 - Flashlight
 - Sunscreen, hat, sunglasses
 - Trail mix
 - Small first aid kit

Directions

This outdoor walk can be done in any environment, it may be in an urban, suburban, or rural area. It may be a local park or neighborhood. It may be outside of your normal meeting location.

Before the meeting:

1. Identify the area where you are going to take the walk. Ensure that the area is safe and identify any hazards to avoid.
2. If the location is not your normal meeting place, give the address and directions to the families in your den.
3. Remind Cub Scouts and adult partners to bring their Cub Scout Six Essentials with them and to wear appropriate footwear.

During the meeting:

1. Check to see if everyone has their Cub Scout Six Essentials.
2. Tell everyone the route that will be followed for the walk.
3. Share any hazards that may be on the path and how to avoid them.
4. Inform the den that during the walk you are going to play I spy.
5. Explain how to play “I Spy.” A person is chosen to go first. They spot something that everyone should be able to see, and they say, “I spy something (natural or manmade).” Each person in the den gets a chance to ask a question about the object that can only be answered with a yes or no then they get one chance to guess

- what it is. Keep going until the object is guessed. The Cub Scout who guessed correctly gets to spy next.
6. When the walk is over, have Cub Scouts draw in the Lion handbook on page 10 one thing they saw that one natural and one thing that was man-made.

[Back to Mountain Lion Requirements](#)

Lion - Kindergarten

Mountain Lion
Character & Leadership
Required

Requirement 2



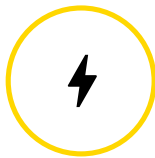
Outdoor Scavenger Hunt Lion

Snapshot of Activity

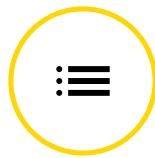
While on a walk play a scavenger hunt for things that are natural.



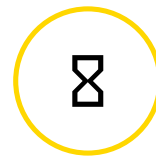
Outdoor



3



3



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts need to bring their Lion handbook, page 9
- Crayons, enough to share
- Outdoor Scavenger Hunt worksheet from Additional Resources
- Printer
- Pencils, one for each Cub Scout
- Cub Scout Six Essentials (recommend using small youth-sized items)
 - Filled water bottle
 - Whistle
 - Flashlight
 - Sunscreen, hat, sunglasses
 - Trail mix
 - Small first aid kit

Directions

This outdoor walk can be done in any environment, it may be in an urban, suburban, or rural area. It may be a local park or neighborhood. It may be outside of your normal meeting location.

Before the meeting:

1. Identify the area where you are going to take the walk. Ensure that the area is safe and identify any hazards to avoid.
2. If the location is not your normal meeting place, give the address and directions to the families in your den.

3. Remind Cub Scouts and adult partners to bring their Cub Scout Six Essentials with them and to wear appropriate footwear.
4. Print a copy of the Outdoor Scavenger Hunt worksheet for each Cub Scout.

During the meeting:

1. Check to see if everyone has their Cub Scout Six Essentials.
2. Tell everyone the route that will be followed for the walk.
3. Share any hazards that may be on the path and how to avoid them.
4. Inform the den that during the walk you are going to have a scavenger hunt.
5. Pass out the Outdoor Scavenger Hunt worksheet to each Cub Scout and tell them to check off the item on the sheet if they see it on the walk.
6. When the walk is over, have Cub Scouts draw in the Lion handbook on page 10 one thing they saw that one natural and one thing that was manmade.

Additional Resources

[Outdoor Scavenger Hunt worksheet](#)

[Back to Mountain Lion Requirements](#)

Lion - Kindergarten

Mountain Lion
Character & Leadership
Required

Requirement 3

Does My Whistle Work?

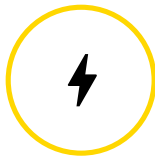


Snapshot of Activity

Cub Scouts will blow whistles and demonstrate how to use the whistle if they get lost.



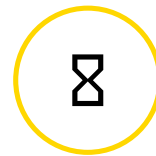
Indoor



2



3



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts should bring their whistle which is part of their Cub Scout Six Essentials
- Cub Scouts will need their Lion handbook, page 11
- Pencils or pens, one for each Cub Scout

Directions

Before the meeting:

1. Remind Cub Scouts and adult partners to bring a whistle. If you have already completed requirement 1 for Mountain Lion, have them bring their whistle which is part of their Cub Scout Six Essentials. If you have not completed requirement 1, inform Cub Scouts and adult partners that having a whistle will be part of other Adventures and something they bring with them whenever participating in outdoor activities.
2. Ensure the location for this activity is in a place where the blowing of whistles will not be a problem.
3. Prepare a space for Cub Scouts and adult partners to work on the activity in their Lion handbook.

During the meeting:

1. Gather the Cub Scouts and adult partners and check to make sure everyone has their whistle.
2. Ask Cub Scouts why they think it is important to have a whistle with them.
3. Inform Cub Scouts and adult partners that at times a person may get separated from the group they are with when they are outside.
4. Inform Cub Scouts and adult partners that if they are ever separated from the group they are with or get lost, there are three things they can do to increase the chances that they will get found.
 - Stay – Do not go looking or wandering around. When you get lost or separated your group or parents are likely to start looking for you in the last place, they saw you or at places you have been. If you stay where you are, chances are they will come back to that place to look for you.
 - Answer – When you hear your name being called, answer back.
 - Whistle – Use your whistle. Blow your whistle with three short blasts. Do this repeatedly until you are found.

5. Ask Cub Scouts, how do you know if your whistle works? Allow for answers.
6. Now is the time to test your whistle, I want you to blow your whistle with three short blasts and then stop.
7. Allow Cub Scouts to blow their whistles.
8. Gather Cub Scouts and adult partners and have them complete the activity on page 11 of the Lion handbook.

[Back to Mountain Lion Requirements](#)

Lion - Kindergarten

Mountain Lion
Character & Leadership
Required

Requirement 3

Reverse Hide And Seek

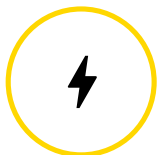


Snapshot of Activity

Play a version of hide and seek where the idea is to be found.



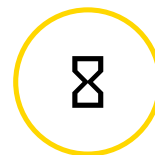
Outdoor



4



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts should bring their whistle which is part of their Cub Scout Six Essentials
- Cub Scouts will need their Lion handbook, page 11
- Pencils or pens, one for each Cub Scout

Directions

Before the meeting:

1. Identify a large area outside that has places to hide and is free of obstacles.
2. Remind Cub Scouts and adult partners to bring a whistle. If you have already completed requirement 1 for Mountain Lion, have them bring their whistle which is part of their Cub Scout Six Essentials. If you have not completed requirement 1, inform Cub Scouts and adult partners that having a whistle will be part of other Adventures and something they bring with them whenever participating in outdoor activities.

During the meeting:

1. Inform Cub Scouts and adult partners that if they are ever separated from the group they are with or get lost, there are three things they can do to increase the chances that they will get found.
 - Stay – Do not go looking or wandering around. When you get lost or separated your group or parents are likely to start looking for you in the last place, they saw you or at places you have been. If you stay where you are, chances are they will come back to that place to look for you.
 - Answer – When you hear your name being called, answer back.
 - Whistle – Use your whistle. Blow your whistle with three short blasts. Do this repeatedly until you are found.
2. Explain the rules of hide, seek, and found.
 - This game is like hide and seek but after 5 minutes the team that is hiding follows the stay, answer, and whistle. S.A.W.
 - A Cub Scout and their adult partner will be the first to hide. They will be given 30 seconds to find a place to hide. After 30 seconds the rest of the den will look for them. Cub Scouts and adult partners stick together as they search.
 - If they are found the Cub Scout and adult partner who found them get to hide next.

- If the Cub Scout and adult partner who are hiding cannot be found after 3 minutes, the den leader blows a whistle once. Now the Cub Scout and adult partner who are hiding have to stay, answer, and whistle.
 - The team that finds them first gets to hide next.
3. After playing the game ask the Cub Scouts if it was easier to find someone when they were following stay, answer, and whistle.
 4. Gather Cub Scouts and adult partners and have them complete the activity on page 11 of the Lion handbook.

[Back to Mountain Lion Requirements](#)

Lion - Kindergarten

Mountain Lion
Character & Leadership
Required



Requirement 3

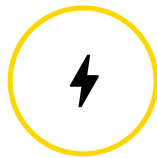
S.A.W. Maze

Snapshot of Activity

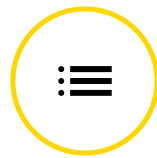
Complete a maze that helps teach the S.A.W. method.



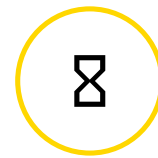
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 11
- Pencils or pens, one for each Cub Scout

Directions

Before the meeting:

1. Prepare a space for Cub Scouts and adult partners to work on the activity in their Lion handbook.

During the meeting:

1. Inform Cub Scouts and adult partners that at times a person may get separated from the group they are with when they are outside.
2. Inform Cub Scouts and adult partners that if they are ever separated from the group they are with or get lost, there are three things they can do to increase the chances that they will get found.
 - Stay – Do not go looking or wandering around. When you get lost or separated your group or parents are likely to start looking for you in the last place, they saw you or at places you have been. If you stay where you are, chances are they will come back to that place to look for you.
 - Answer – When you hear your name being called, answer back.
 - Whistle – Use your whistle. Blow your whistle with three short blasts. Do this repeatedly until you are found.
3. Have adult partners work with their Cub Scout to complete the activity on page 11 of the Lion handbook.

[Back to Mountain Lion Requirements](#)

Lion - Kindergarten

Mountain Lion
Character & Leadership
Required

Requirement 4

Animal Craft

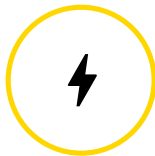


Snapshot of Activity

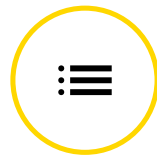
Using craft supplies make a domesticated animal and a wild animal.



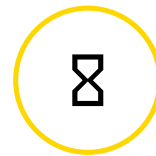
Indoor



2



3



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

This project could also be completed using clean recycled materials.

- Photos of domestic animals
- Photos of wild animals
- Construction paper of assorted colors
- Scissors, youth size, enough to share
- Glue
- Googly eyes, two pairs for each Cub Scout to make two animals
- Crayons in assorted colors, enough to share
- Craft sticks
- Tape
- Cotton balls

Directions

Before the meeting:

1. Prepare the meeting space for Cub Scouts to complete the activity in their handbook.
2. Gather photos or images of domesticated and wild animals.

During the meeting:

1. Discuss the difference between wild and domesticated animals. Ask Cub Scouts and adult partners what they think makes an animal wild and to give examples of wild animals.
2. Ask Cub Scouts and adult partners what they think makes an animal domesticated and to give examples of domesticated animals.
3. Wild animals are animals that live outdoors and do not rely on humans and are considered wild animals. Most wild animals avoid humans, so you may not see them. Wild animals usually have better sight, hearing, and smell than humans, which helps them stay out of our sight. You should observe wild animals but never approach them.
4. Domesticated animals are animals that live with humans and rely on us for things like food and shelter are

called domesticated. Some animals have become domesticated as a source of food or to help humans with work, and others have become pets. Just because an animal is domesticated does not mean the animal is safe.

5. Never approach an animal that you do not know. You cannot tell if an animal is domesticated or wild just by looking at it. For example, most dogs you may see are domesticated, but some dogs are wild and do not rely on humans. Wild dogs should not be approached.
6. Have adult partners work with heir Cub Scout to make one domesticated animal and one wild animal from the craft supplies.
7. When everyone is done have each Cub Scout share what they made.

[Back to Mountain Lion Requirements](#)

Lion - Kindergarten

Mountain Lion
Character & Leadership
Required

Requirement 4



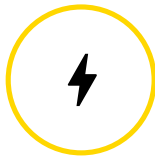
Visit To Animal Rescue

Snapshot of Activity

Travel to an animal rescue that has both wild and domestic animals.



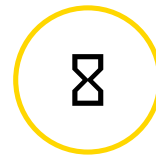
Travel



3



1



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Before the meeting:

1. Contact your local animal rescue shelter to arrange a tour of a location that has both wild and domestic animals that are being helped.
2. Inform the contact at the animal rescue shelter that the Cub Scouts are in Kindergarten and would like to learn about the difference between domestic and wild animals.
3. Remind parents, legal guardians, and adult partners of the date time, and location of the meeting. Include a physical address.
4. Confirm where everyone will park and meet up.

During the meeting:

1. Take a guided tour of the animal rescue shelter and have the contact share with the Cub Scouts the difference between wild and domesticated animals and how they help each type.
2. After the tour thank the contact for the tour.

After the meeting:

1. Send a thank you note.

[Back to Mountain Lion Requirements](#)

Lion - Kindergarten

Mountain Lion
Character & Leadership
Required

Requirement 4



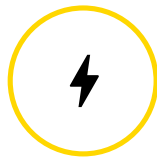
Wild Or Domestic

Snapshot of Activity

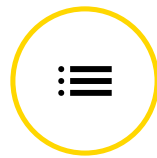
Matching activity for wild and domesticated animals.



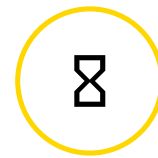
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 12
- Crayons, enough to share
- Photos of domesticated animals
- Photos of wild animals

Directions

Before the meeting:

1. Prepare the meeting space for Cub Scouts to complete the activity in their handbook.
2. Gather photos or images of domesticated and wild animals.

During the meeting:

1. Discuss the difference between wild and domesticated animals. Ask Cub Scouts and adult partners what they think makes an animal wild and to give examples of wild animals.
2. Ask Cub Scouts and adult partners what they think makes an animal domesticated and to give examples of domesticated animals.
3. Wild animals are animals that live outdoors and do not rely on humans and are considered wild animals. Most wild animals avoid humans, so you may not see them. Wild animals usually have better sight, hearing, and smell than humans, which helps them stay out of our sight. You should observe wild animals but never approach them.
4. Domesticated animals are animals that live with humans and rely on us for things like food and shelter are called domesticated. Some animals have become domesticated as a source of food or to help humans with work, and others have become pets. Just because an animal is domesticated does not mean the animal is safe.
5. Never approach an animal that you do not know. You cannot tell if an animal is domesticated or wild just by looking at it. For example, most dogs you may see are domesticated, but some dogs are wild and do not rely

on humans. Wild dogs should not be approached.

6. Have adult partners work with their Cub Scout to complete the activity on page 12 of the Lion handbook.

[Back to Mountain Lion Requirements](#)

Elective Adventures

Choose at least two of the following electives (from “Elective Adventures” or “Special Elective Adventures”)
Click on any image below to see more detail for each adventure.



Build It Up, Knock It Down



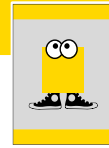
Champions for Nature Lion



Count On Me



Everyday Tech



Gizmos and Gadgets



Go Fish



I'll Do It Myself



Let's Camp Lion



On a Roll



On Your Mark



Pick My Path



Race Time Lion



Ready, Set, Grow



Time to Swim

Special Elective Adventures

These Adventures can only be completed at approved events with qualified instructors.



Archery

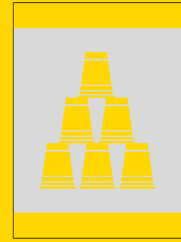


Slingshot

Lion - Kindergarten

Build it Up, Knock it Down

Elective



Snapshot of Adventure

Lions will have fun building a structure on their own and as a team.

Safety Moment

Prior to any activity, use the [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

Before starting this Adventure:

- Review the [Food Allergies](#) safetymoment.
- Review each Cub Scouts [Scouting America Annual Health and Medical Record](#) for any food allergies or restrictions.
- Ask if any member of the den, youth, or adult, has any religious, or cultural dietary concerns.
- There is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#).
- Review the [Keep Your Food Safe](#) guide to properly keep, store, and prepare food.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Build It Up, Knock It Down.

Requirement 1

With your Lion adult partner, build a structure.

- Use LEGO building blocks to [build a house](#).
- Lions work with their adult partners to [build a shoe box skyscraper](#).
- Cub Scouts work with their adult partner to [make a gingerbread house](#).

Requirement 2

With your den or family, build a structure.

- Take turns to build a [cup pyramid](#).
- Build a [pillow and blanket fort](#).
- The den will work together to [make a cardboard city](#).

Requirement 3

Build something that is designed to be knocked down.

- Using paper blocks [build a house](#) to see if it can hold up to the wind.
- [Play a relay race](#) to build it up and knock it down.
- [Build a domino maze](#) designed to be knocked down.

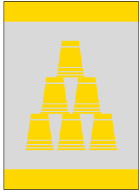
[Back to Elective Adventures](#)

Lion - Kindergarten

Build it Up, Knock it Down

Elective

Requirement 1



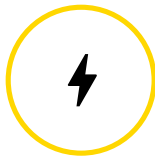
Building Block House

Snapshot of Activity

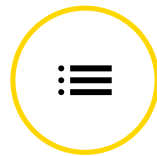
Use LEGO building blocks to build a house.



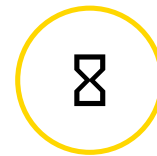
Indoor



2



4



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- LEGO building blocks, enough pieces so each Cub Scout can build a house

Directions

Before the meeting:

1. Make sure you have enough LEGO building blocks so that each member of the den can build a house.
2. Set up the meeting space so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners. Share with them that during this activity each Cub Scout will work with their adult partner to make a house.
2. Share with the den that buildings are not built by one person, it requires a lot of people who can each do something different. Some people know how to make walls, some know how to paint, and others know how to put in windows and doors. They all work together to make the building.
3. Have Cub Scouts work with adult partners to make their house.
4. When everyone is done have each Cub Scout give a tour of their house.
5. Once everyone has given their tour ask Cub Scouts and adult partners what they like about the project. Ask them to share how they worked together and if there was a time when it was good to have two people working on the building instead of just one.

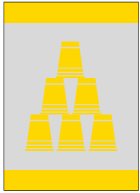
[Back to Build it Up, Knock it Down Requirements](#)

Lion - Kindergarten

Build it Up, Knock it Down

Elective

Requirement 1



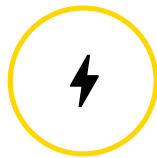
Cardboard Skyscraper

Snapshot of Activity

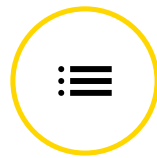
Lions work with their adult partners to build a shoe box skyscraper.



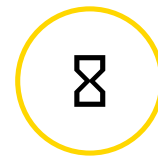
Indoor



3



4



3

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

The box sizes listed below are typical sizes used by home delivery services you can substitute for similar sizes.

- Building materials listed below for each Cub Scout
 - 1 – Large cardboard box – for example, 25" x 20" x 13.75"
 - 2 – Medium cardboard boxes – for example, 14" x 12.5" x 9.5"
 - 3 – Small cardboard boxes – for example, 10" x 7" x 3"
 - 1 – Smaller cardboard box – for example, 9" x 6" x 3.5"
 - 1 – sheet of flat cardboard – 25" x 20"
 - 1 – sheet of flat cardboard – 13.75" x 15"
 - 1 – sheet of flat cardboard – 28" x 9"
 - 1 – sheet of flat cardboard – 30" x 5"
 - 1 – sheet of flat cardboard – 6" x 6"
 - 1 – 8 oz plastic cup
- Magic markers – enough to share
- 8 oz of quick-dry craft glue

Directions

Before the meeting:

1. Learn how to make a cardboard Skyscraper by watch this YouTube video, "[Cardboard Skyscraper](#)."
2. Glue all the boxes closed and allow them to dry.
3. Set up the meeting location to allow Cub Scouts and adult partners enough space to make their skyscrapers.

During the meeting:

1. Gather the Cub Scouts and adult partners. Share with them that during this activity each Cub Scout will work with their adult partner to make a cardboard skyscraper.
2. Share with the den that buildings are not built by one person, it requires a lot of people who can each do something different. Some people know how to make walls, some know how to paint, and others know how to put in windows and doors. They all work together to make the building. As you work together explore the different things that need to be done, gluing, cutting, and drawing to see what you enjoy the most.
3. Have each Cub Scout and adult partner make a skyscraper.
 - Glue the 20" x 24" flat cardboard on top of the large box, this will give it extra strength.
 - Glue the two medium boxes horizontally on top each other than onto the large box.
 - Glue the three small boxes vertically on top of each other.
 - Glue the plastic cup on top of the smallest box.
 - Take the 6" x 6" flat cardboard and cut out a circle (this will be the clock.)
 - Glue the 13.75" x 15" flat cardboard vertically on the front of the large box.
 - Glue the 28" x 9" flat cardboard vertically on the front of the two medium boxes.
 - Attach the 6" cardboard circle you cut out to the top of the flat cardboard you glued to the medium boxes to make the clock.
 - Glue the 30" x 5" flat cardboard vertically on the front of the three small boxes.
 - Decorate the lower and top of the skyscraper before putting them together, it is easier this way so you can decorate the building with it lying flat on the workspace.
 - Once decorated glue the upper part of the building to the lower part of the building.
4. Once everyone has completed their skyscraper ask Cub Scouts and adult partners what they like about the project. Ask them to share how they worked together and if there was a time when it was good to have two people working on the building instead of just one.

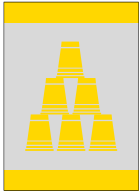
[Back to Build it Up, Knock it Down Requirements](#)

Lion - Kindergarten

Build it Up, Knock it Down

Elective

Requirement 1



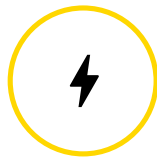
Gingerbread House

Snapshot of Activity

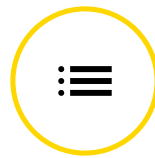
Cub Scouts work with their adult partner to make a gingerbread house.



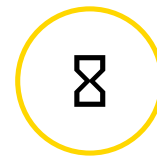
Indoor



2



4



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- A gingerbread house kit for each Cub Scout
- Handwashing station
- Hand soap
- Paper towels

Directions

Before the meeting:

1. Check with every parent, legal guardian, and adult partner to identify any food allergies and make any necessary adjustments.
2. Purchase a gingerbread house kit for each Cub Scout.
3. Set up the meeting space so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners. Share with them that each Cub Scout will work with their adult partner to make a gingerbread house during this activity.
2. Have everyone wash their hands.
3. Share with the den that buildings are not built by one person, it requires a lot of people who can each do something different. Some people know how to make walls, some know how to paint, and others know how to put in windows and doors. They all work together to make the building.
4. Have Cub Scouts work with adult partners to make their gingerbread house.
5. When everyone is done have each Cub Scout give a tour of their gingerbread house.
6. Once everyone has given their tour ask Cub Scouts and adult partners what they like about the project. Ask them to share how they worked together and if there was a time when it was good to have two people working on the building instead of just one.

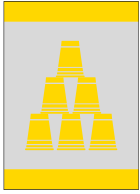
[Back to Build it Up, Knock it Down Requirements](#)

Lion - Kindergarten

Build it Up, Knock it Down

Elective

Requirement 2



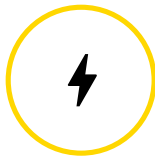
Cup Pyramid

Snapshot of Activity

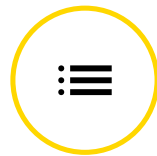
Take turns to build a cup pyramid.



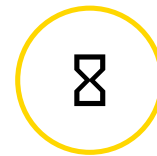
Indoor



3



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 105 16 oz. plastic cups

Directions

Before the meeting:

1. Identify a flat surface in the meeting location to build a cup pyramid. A non-carpeted floor works well.
2. Divide the 105 plastic cups by the number of Cub Scouts and adult partners in the den.
3. By using 105 cups, a pyramid of an equilateral triangle with 14 cups on the bottom row and 14 cups high can be built. Don't tell the Cub Scouts this, allow them to discover this on their own. It also means that the cups will be stacked over 5 feet tall.

During the meeting:

1. Gather the Cub Scouts and adult partners. Share with them that in this activity the den will make a pyramid.
2. Pass out the cups to each Cub Scout and adult partner.
3. Have everyone form a single file line.
4. The first person in line will take their cup and put it on the floor. The next person in line is to place their cup to start building a pyramid. Each person places their cup where they think it should go. The objective is to build the tallest pyramid possible with the cups.
5. If time permits allow them to try again to see if they can make it taller.

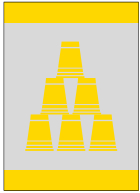
[Back to Build it Up, Knock it Down Requirements](#)

Lion - Kindergarten

Build it Up, Knock it Down

Elective

Requirement 2



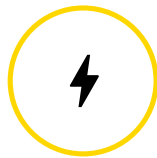
Pillow and Blanket Fort

Snapshot of Activity

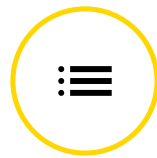
Build a pillow and blanket fort.



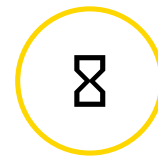
Indoor



3



3



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Various pillows
- Various couch and seat cushions
- Various blankets
- Kitchen table chairs
- Various heavy books
- Various lengths of string

Directions

Before the meeting:

1. Identify a meeting location that has couches and chairs such as a large living room.
2. Become familiar with ways to build a pillow fort by watching this YouTube Video "[How to Make a Pillow Fort](#)."

During the meeting:

1. Gather the Cub Scouts and adult partners. Share with them that they are to work together using the supplies provided to build a pillow fort that everyone in the den can fit into.
2. When done building ask the Cub Scouts what are some things they learned about making a pillow fort? Ask them if they were to do it again, what would they do differently?

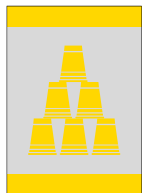
[Back to Build it Up, Knock it Down Requirements](#)

Lion - Kindergarten

Build it Up, Knock it Down

Requirement 2

Elective



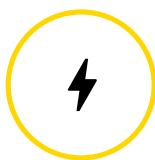
We Built This City Out of Card and Board

Snapshot of Activity

The den will work together to make a cardboard city.



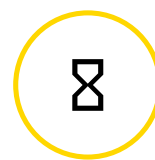
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Various shoe boxes and shipping boxes to make buildings with
- 4 oz. bottles of fast-drying craft glue, enough to share
- Magic markers, enough to share
- Scissors, enough to share
- Tape (any kind will do,) enough to share
- Construction paper, a dozen sheets of different colors
- Small strips of paper, one for each Cub Scout
- Pencil

Directions

Before the meeting:

1. Identify a place in the meeting location where a cardboard city can be made. A flat surface of about 6' x 6' should do well, adjust the size based on the size of the den.
2. Set up the meeting location so Cub Scouts and adult partners can work on the activity together and craft items can be easily shared.
3. Get ideas on how to build a cardboard city by watching this YouTube video, "[How to Make a Shoe box City](#)."
4. On the small strips of paper write down a type of building that will be part of the city. For example, apartment building, school, fire station, police station, large house, and small houses. The idea is to make sure that there are a variety of buildings in the city not just all houses or all apartments.

During the meeting:

1. Gather the Cub Scouts and adult partners. Share with them that together the den will make a cardboard city. Everyone will make a building to contribute to the city and when everyone is done the den will make a city together.
2. Pass out a strip of paper to each Cub Scout to identify the building they will make with their adult partner.
3. Have Cub Scouts work with their adult partners to build the building, make sure to decorate them.
4. When everyone is done build your cardboard city by putting the individual buildings together.

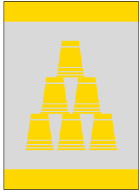
[Back to Build it Up, Knock it Down Requirements](#)

Lion - Kindergarten

Build it Up, Knock it Down

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Requirement 3



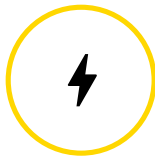
Blow My House Down

Snapshot of Activity

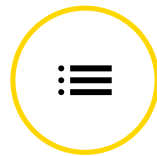
Using paper blocks build a house to see if it can hold up to the wind.



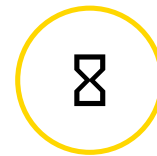
Indoor



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2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion Handbook, page 25
- Scissors, a pair for each Cub Scout
- Scotch tape, enough to share
- An electric fan

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners. Inform them that in this activity they are going to build something that is not designed to last, it's going to get knocked down, actually it may get blown down.
2. Have Cub Scouts work with their adult partners to cut out and tape the building pieces on page 25 of the Lion Handbook.
3. For their first building they may not tape pieces to each other.
4. When they are done making their building pieces, they are to build something that will hold up to the wind.
5. When someone is done making their building, take the electric fan and turn it on low. Place the fan far away from the building the Cub Scout made. Slowly move the fan closer and closer to see how close the fan can get before it blows all the pieces away.
6. After everyone has had their building blown away, have them build a second building. This time they can use tape to tape pieces together but not to the table.

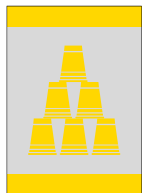
[Back to Build it Up, Knock it Down Requirements](#)

Lion - Kindergarten

Build it Up, Knock it Down

Elective

Requirement 3



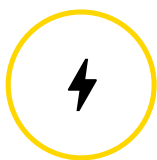
Build It Up and Knock It Down Relay

Snapshot of Activity

Play a relay race to build it up and knock it down.



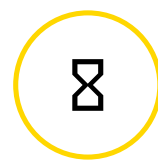
Indoor



2



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 2 – 4' x 4' folding table, or larger
- 12 – 16 oz. plastic cups

Directions

Before the meeting:

1. Identify a safe area free of obstacles to run the relay race. The distance should be no more than 20 feet.
2. Set up the two tables and place six plastic cups on each table. Stack the cups in a pyramid with 3 cups on the bottom, two, and then one.

During the meeting:

1. Gather the Cub Scouts and adult partners. Inform them that this activity is a relay race.
2. The den will be divided into two teams. The first player on each team will start on the game leader's signal. They must run up to the table, knock down the cups, and run back. The next player must stack the cups up again as they were when the relay started, and then run back. The next person runs up and knocks them down. The team that has every player either knockdown or set up wins.
3. Divide the den into two even teams including adult partners.
4. Have the teams line up and, on your signal, run the relay race.
5. When the race is over, have each team spend several minutes to discuss what they did well and what they would do differently.
6. Keeping the same teams, have them run the relay race again.
7. After the second race ask the den what they learn from the first race and put it into practice in the second race.

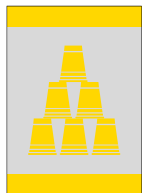
[Back to Build it Up, Knock it Down Requirements](#)

Lion - Kindergarten

Build it Up, Knock it Down

Elective

Requirement 3



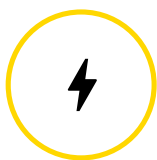
Down Goes the Dominoes

Snapshot of Activity

Build a domino maze designed to be knocked down.



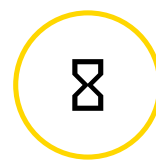
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

If you have a small den increase the number of dominos per person to make a maze. The more dominos the more fun but the longer it takes to build.

- 20 dominos per Cub Scout
- 20 dominos per adult partner

Directions

Before the meeting:

1. Identify a location that is flat and smooth to build the domino maze.
2. Watch this YouTube video and become familiar with building domino mazes designed to be knocked down, "[How to Build & Topple Dominoes!](#)"

During the meeting:

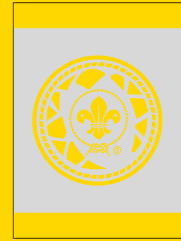
1. Gather the Cub Scouts and adult partners. Inform them that this activity they will work together to make a domino maze that is designed to be knocked down.
2. Demonstrate how to line up a row of dominoes to knock down by lining up 5 dominoes and then knocking them down.
3. Demonstrate how to make a curve in a line of dominoes.
4. Allow the den to work together to make a domino maze and then knock it down.
5. When done ask the Cub Scouts what are some things you must do when setting up dominos to be knocked down.

[Back to Build it Up, Knock it Down Requirements](#)

Lion - Kindergarten

Champions For Nature

Elective



Snapshot of Adventure

As part of the World Organization of the Scouting Movement, this program is part of a global effort to teach youth about the conservation of natural resources. This includes participating in a service project.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Use the [Service Project Planning Checklist](#) to plan your den or pack service project.
- Review the [SAFE Project Tool Use](#) is an at-a-glance reference for service projects, not crafts.
- It includes age guidelines for tools and types of allowed activities allowed for service projects.
- During the Adventure
- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Champions for Nature Lion.

Requirement 1

Discover the difference between natural resources and man-made items.

- Identify pictures of things that are [natural and things that are man-made](#).
- Identify items that are [man-made but made from natural items](#).
- Play a [sorting game](#) of items that are natural and items that are man-made.

Requirement 2

Discover the difference between organic, paper, plastic, metal and glass waste.

- Identify the difference between items that are [organic, paper, and glass](#).

Requirement 3

Discover recycling.

- Take a [trip to a recycling center](#).
- Invite a guest speaker to share how [Cub Scouts can recycle in their community](#).

Requirement 4

Participate in a conservation service project.

- [Plant native plants](#) that attract bees.
- Make “[seed bombs](#)” to plant wildflowers.

[Back to Elective Adventures](#)

Lion - Kindergarten

Champions For Nature

Elective

Requirement 1



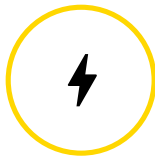
Match Natural and Man-made

Snapshot of Activity

Identify pictures of things that are natural and things that are man-made.



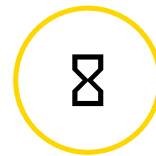
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 28
- Crayons, enough to share

Directions

Before the meeting:

1. Set up the meeting space to allow Cub Scouts to complete the activity on page 28 of the Lion handbook.

During the meeting:

1. Gather the Cub Scouts and adult partners and discuss the difference between something that is man-made vs natural.
2. Have Cub Scouts work with their adult partners to complete the activity on page 28 of the Lion handbook.
3. When everyone is done, Cub Scouts share their answers.

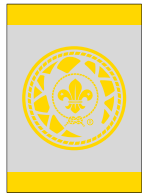
[Back to Champions for Nature Requirements](#)

Lion - Kindergarten

Champions For Nature

Elective

Requirement 1



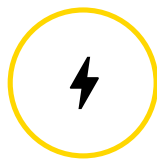
Natural to Man-made

Snapshot of Activity

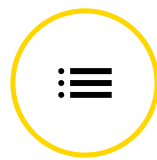
Identify items that are man-made but made from natural items.



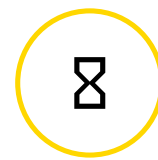
Indoor



2



3



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Pencil
- Cotton t-shirt
- Wool socks
- Water glass

Directions

Before the meeting:

1. Set up the meeting location for Cub Scouts and adult partners to complete the activity together.
2. Learn how pencils are made by watching this YouTube video "[How Pencils Are Made.](#)"
3. Learn how cotton is made by watching this YouTube video "[How Cotton is Processed in Factories.](#)"
4. Learn how wool is made by watching this YouTube video, "[How It's Made Wool.](#)"
5. Learn how glass is made by watching this YouTube video, "[How is Glass Made?](#)"

During the meeting:

1. Gather the Cub Scouts and adult partners and discuss the difference between something that is man-made vs natural.
2. Explain that several things are made from natural materials that people have learned to use to make useful things.
3. Share with the den what you learned about how each item was made, pencil, cotton, wool, and glass.

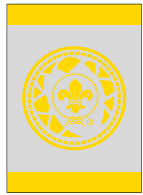
[Back to Champions for Nature Requirements](#)

Lion - Kindergarten

Champions For Nature

Elective

Requirement 1



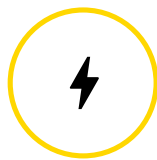
Sorting Natural Items

Snapshot of Activity

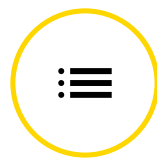
Play a sorting game of items that are natural and items that are man-made.



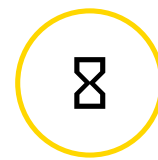
Indoor



4



4



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Natural items, a set for each Cub Scout
 - A stick
 - A rock
 - A feather
 - A flower
 - A leaf
- Man-made items, a set for each Cub Scout
 - A spoon
 - A water bottle
 - A flashlight
 - A trash bag
 - A towel
- A pillowcase, one for each Cub Scout
- 1 medium-sized box labeled “man-made” for each Cub Scout
- 1 medium-sized box labeled “natural” for each Cub Scout

Directions

Before the meeting:

1. Gather the materials and mix the set of natural and man-made items together in a pillowcase for each Cub Scout.
2. Identify a safe area free of obstacles to conduct the activity.
3. Set the pillowcases filled with items in a row about 3 feet apart from each other. Place the boxes about 15 feet away from the pillowcases.
4. Cub Scouts will take an item from the pillowcase and run to the appropriate box and place the item into the correct box based on the item being man-made or natural.

During the meeting:

1. Gather the Cub Scouts and adult partners and discuss the difference between something that is man-made vs natural.
2. Explain the rules of the game.
 - Cub Scouts will stand with their adult partners next to a pillowcase filled with natural and man-made items.
 - On the signal the adult partner will pull an item out of the pillowcase and hand it to the Cub Scout.
 - The Cub Scout takes the item and runs to the boxes, places it in the appropriate box then runs back.
 - The adult partner pulls the next item out and the Cub Scout repeats the process until all items in the pillowcase have been sorted.
 - If an item is placed in the wrong box the Cub Scout must take it out of the box, run back to the adult partner, and run back to place it in the correct box before getting the next item.
 - The Cub Scout that correctly sorts all items first wins.

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Champions For Nature

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Requirement 2



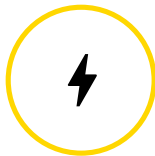
Types of Trash

Snapshot of Activity

Identify the difference between items that are organic, paper, and glass.



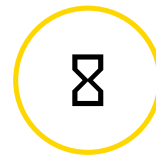
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 29
- Crayons, enough to share

Directions

Before the meeting:

1. Prepare the meeting space so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that when we are done using something it becomes trash but may not be the end of that thing being useful. Some items can be used again either in the same way or in different ways. There are things like food that we don't eat or that goes bad that is called organic and it naturally breaks down into food for plants. Some items like broken glass can be gathered, heated, and made into new glass items. Paper items are made from trees and so they can either break down in the ground or they can be gathered and mixed with water and other materials to make new paper.
2. Have the Cub Scouts work with their adult partners to complete the activity on page 29 of the Lion handbook.
3. When everyone is done have Cub Scouts take turns giving their answer for each item.

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Requirement 3



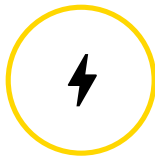
Use It Again

Snapshot of Activity

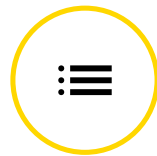
Take a trip to a recycling center.



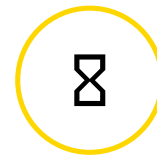
Travel



3



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- [Activity Consent Form](#)

Directions

Before the meeting:

1. Contact your local recycling facility to arrange a tour of a facility where items are processed to be recycled.
2. Inform the contact at the recycling facility that the Cub Scouts are in kindergarten and would like to learn about recycling.
3. Remind parents, legal guardians, and adult partners of the date time, and location of the meeting. Include a physical address. Make sure everyone completes the activity consent form.
4. Confirm where everyone will park and meet up.

During the meeting:

1. Take a guided tour of the recycling facility.
2. Make sure the guide covers the basics of recycling.
3. Questions that Cub Scouts may ask:
 - What can be recycled?
 - What cannot be recycled?
 - Why do we separate recycling from regular trash?
 - What do you do with recycled material?
 - How can we help with recycling at home?

After the meeting:

1. Send the facility a thank you note.

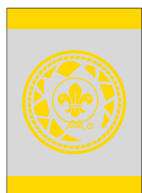
[Back to Champions for Nature Requirements](#)

Lion - Kindergarten

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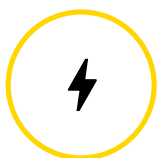
You Can Recycle

Snapshot of Activity

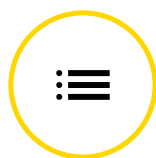
Invite a guest speaker to share how Cub Scouts can recycle in their community.



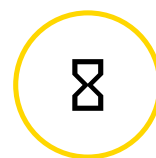
Indoor



1



1



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Before the meeting:

1. Contact your local recycling facility to arrange for a guest speaker to visit the den meeting to discuss how recycling works in your community.
2. Inform the contact at the recycling facility that the Cub Scouts are in kindergarten and would like to learn about recycling.
3. A day before, confirm with the guest speaker the date, time, and location of the meeting. Include a physical address.

During the meeting:

1. Gather the Cub Scouts and adult partners and introduce the guest speaker.
2. Make sure the guest speaker covers the basics of recycling.
3. Allow for questions and answers.
 - What can be recycled?
 - What cannot be recycled?
 - Why do we separate recycling from regular trash?
 - What do you do with recycled material?
 - How can we help with recycling at home?

After the meeting:

1. Send the guest speaker a thank you note.

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Lion - Kindergarten

Champions For Nature

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Requirement 4



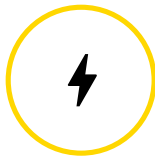
Dinner Time for Bees

Snapshot of Activity

Plant native plants that attract bees.



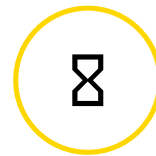
Outdoor



4



4



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Gardening pots of any size, at least one for each Cub Scout
- Potting soil, enough to fill gardening pots
- Garden spades
- Native plants, a variety that attract bees in your geographic area
 - Plants that attract bees include bee balm, echinacea, snapdragon, and hostas
 - Wildflowers that attract bees include California poppies and evening primrose
- Water
- Covering for table

Directions

Before the meeting:

1. Set up meeting space with tables and chairs. Protect the tabletop with newspapers or a plastic tablecloth.

During the meeting:

1. Share with Cub Scouts the need to establish places for bees to feed. Bees are pollinators and planting flowers that bees like in a garden supports and maintains bees by supplying food in the form of pollen and nectar that will ensure that these important animals stay in the area to keep pollinating our crops for continued fruit and vegetable production. Questions to ask:
 - Why are native plants so important to bees?
 - What do bees produce as a result of pollination?
2. Distribute gardening pots to Cub Scouts.
3. Using a garden spade, or their hands, scoop gardening soil into pot about halfway.
4. Add the chosen plant to the pot. Fill the gaps with soil.
5. Water the plant.
6. Set the plants outside in a place that gets at least 6 hours of sun a day.

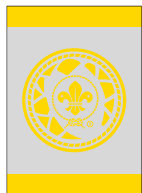
[Back to Champions for Nature Requirements](#)

Lion - Kindergarten

Champions For Nature

Elective

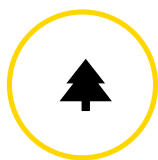
Requirement 4



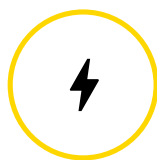
Sowing The Seeds of Love

Snapshot of Activity

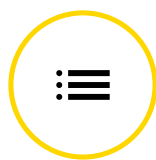
Make “seed bombs” to plant wildflowers.



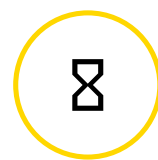
Outdoor



2



3



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 1 cup of native wildflower seeds
- 5 cups of peat-free compost
- 5 cups of water
- 2.5 cups of powdered clay, typically found in craft shops
- Large mixing bowl

Directions

This activity should be done in the spring, check the growing season in your area for the best results.

Before the meeting

1. Become familiar with how to make a “Seed Bomb.”
 - In a bowl, mix 1 cup of seeds with 5 cups of compost and 2-3 cups of clay powder. You could use clay soil instead if you have it.
 - Slowly mix in water with your hands until everything sticks together.
 - Roll the mixture into firm balls.
 - Leave the balls to dry in a sunny spot.
 - Now for the fun bit! Plant your seed bombs by throwing them at bare parts of the garden and wait to see what pops up!
2. Prepare the meeting location so Cub Scouts and adult partners can complete the activity together.
3. Identify an area to plant the seed bombs, make sure to get permission.

During the meeting:

1. Gather the Cub Scouts and adult partners and explain to them that in this activity you will be making a seed bomb and planting it to encourage native wildflowers to grow. Native flowers attract pollinators like bees and butterflies that help keep other native plants healthy.
2. Have Cub Scouts help make the mixture to make the seed bombs.
3. Allow Cub Scouts to make their own seed bombs.
4. Put the seed bombs out to dry.

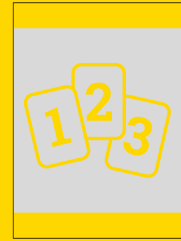
5. When the seed bombs are dry take Cub Scouts and adult partners to the location where the bombs seeds will be used. This may be the next meeting depending on how long the seed bombs take to dry.

[Back to Champions for Nature Requirements](#)

Lion - Kindergarten

Count On Me

Elective



Snapshot of Adventure

Suggest, “Discover basic geometric shapes and their use in arts and crafts.”

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Count on Me.

Requirement 1

Identify the different shapes of the ranks in Cub Scouting and how many of each shape is represented.

- Use [craft clay](#) to make a Lion using basic shapes.
- Use stencils of basic shapes to [draw a lion](#).
- Cut out shapes and tape them together to [make a lion](#).

Requirement 2

Play a game with your Lion adult partner or den that is based on counting or numbers.

- Play a game of [hopscotch](#).
- Play a game of [dominos](#).
- Cub Scouts [count change](#) in this relay game.

Requirement 3

Organize a group of items based on shape, then based on color, and one other category. Count how many different shapes are in each category. After organizing them, build anything using only one category.

- [Identify the different shapes and count them in the Lion face](#).
- Use [modular building blocks to sort and build](#).

[Back to Elective Adventures](#)

Lion - Kindergarten

Count On Me

Elective

Requirement 1



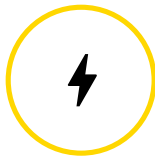
Clay Lion

Snapshot of Activity

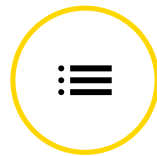
Use craft clay to make a Lion using basic shapes.



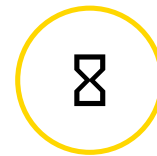
Indoor



2



3



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 31
- 3 oz. of air-dry clay for each Cub Scout and adult partner
- Plastic knife, one for each Cub Scout and adult partner
- 2" round cookie cutters, one for each Cub Scout and adult partner
- Small rolling pins, one for each Cub Scout and adult partner
- Toothpicks, enough to share

Directions

Before the meeting:

1. Set up the meeting location for Cub Scouts and adult partners to complete the activity together.
2. Cover tabletops with plastic tablecloths to protect the table and make it easier to work with the clay.
3. Using the instructions below, make a Lion out of air-dry clay to use as an example. Identify steps that may be a challenge for some Cub Scouts.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that shapes are all around us and if we look, we can see circles, squares, triangles, and other shapes in everyday objects like a car, a house, or even a tree.
2. Inform the Cub Scouts and adult partners that for this activity they will make a Lion out of clay but only use basic shapes. Show the lion you made as an example.
3. Have Cub Scouts and adult partners use page 31 of the Lion handbook as a guide to make the shapes they will use to make their lion.
 - First roll out the clay so it is flat and thin.
 - Use the 2" round cookie cutter to cut out a circle, this will be the lion's mane.
 - Use the plastic knife to cut out the other shapes of the lion, when needed roll the clay back into a ball and roll it out flat again to make more shapes. If the clay starts to harden too quickly add a small amount of water to the clay.
 - Once the pieces are all cut out assemble the lion by pinching the pieces together.
 - When assembled use the toothpick to draw the face of the Lion and add details.

[Back to Count on Me Requirements](#)

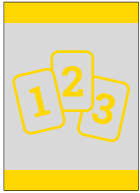
Lion - Kindergarten

Count On Me

Elective

Requirement 1

Stencil Lion

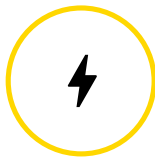


Snapshot of Activity

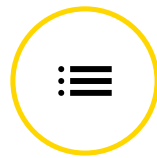
Use stencils of basic shapes to draw a lion.



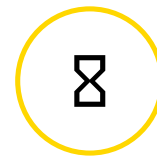
Indoor



2



3



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Stencil of basic shapes, Geometry Shapes Plastic Drawing Template, one per Cub Scout and adult partner
- Pencils, one for each Cub Scout and adult partner
- 8 ½" x 11 " blank sheets of paper, 2 for each Cub Scout and adult partner
- Crayons, enough to share

Directions

Before the meeting:

1. Set up the meeting location for Cub Scouts and adult partners to complete the activity together.
2. Using the stencils, make a Lion using basic shapes to use as an example. Use page 31 of the Lion handbook for an example; however, your example does not need to look exactly like what is in the book.

During the meeting:

1. Gather the Cub Scouts and adult partners. Share with them that shapes are all around us and if we look, we can see circles, squares, triangles, and other shapes in everyday objects like a car, a house, or even a tree.
2. Inform the Cub Scouts and adult partners that for this activity they will make a Lion using stencils of basic shapes. Show the lion you made as an example.
3. Have Cub Scouts work with their adult partners use the stencils to make a drawing of a Lion. Have them color it, using crayons.

[Back to Count on Me Requirements](#)

Lion - Kindergarten

Count On Me

Elective

Requirement 1



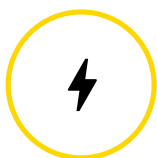
Triangles, Circles and Squares Oh My!

Snapshot of Activity

Cut out shapes and tape them together to make a lion.



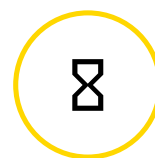
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 31
- Youth scissors, a pair for each Cub Scout
- 1 roll of Scotch tape
- Thin tip black magic marker, one for each Cub Scout

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can complete the activity together

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that shapes are all around us and if we look, we can see circles, squares, triangles, and other shapes in everyday objects like a car, a house, or even a tree.

Have adult partners work with their Cub Scouts to complete the activity on page 31 of the Lion handbook.

[Back to Count on Me Requirements](#)

Lion - Kindergarten

Count On Me

Elective

Requirement 2



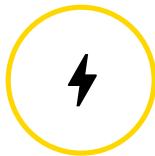
Hop to it Lion

Snapshot of Activity

Play a game of hopscotch.



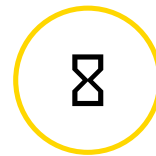
Outdoor



3



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Sidewalk chalk
- Small stone
- Safety cones, to mark off area if playing in a driveway for parking lot
- Hopscotch court found in Additional Resources

Directions

Before the meeting:

1. Become familiar with how to play hopscotch. Cub Scouts and adult partners take turns, standing in a line at the start/finish line. Each player will go through the following steps:
 - Toss a stone in square one. Hop over the stone on the way out and pick it up on the way back.
 - If the player misses the toss, pass the stone to the next player in line and return to the back of the line.
 - Hop in the first empty hopscotch square. Balance on one foot in single squares and both feet in side-by-side squares.
 - If the player loses their balance or steps on a line, they return to the line.
 - On the way back to the start/finish line, pause at the square before the stone. Bend over and pick up the stone without moving their feet.
 - Once the player's turn is complete, they pass the stone to the next player in line and goes to the end of the line.
 - After each player successfully completes a turn with the stone in square one, their next turn they toss the stone in square two, and so on until the player has completed all ten squares.
2. Identify a location on a flat surface free of obstacles such as a sidewalk. If using a parking lot or driveway place safety cones to block any potential vehicles from entering the area.
3. Set up the hopscotch court. See diagram in Additional Resources

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that math is an important part of many games. You may count the spaces you need to go, and the points you earn, or it may even be used to solve a problem to win the game.
2. Inform the Cub Scouts and adult partners that this activity will be playing a game of hopscotch. Explain the rules of hopscotch.

Have the den play hopscotch. As a player lands on a space they must call out the number on the space.

Additional Resources

[Hopscotch court diagram](#)

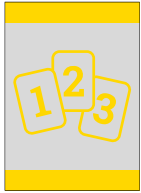
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Lion - Kindergarten

Count On Me

Elective

Requirement 2



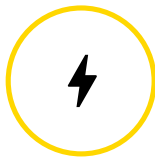
Lion Dominos

Snapshot of Activity

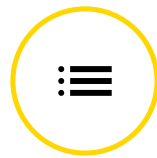
Play a game of dominos.



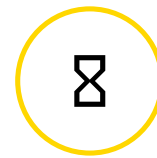
Indoor



2



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- A set of double sixes dominos, you will need one set for every 8 Cub Scouts and adult partners in the den.
- Notepad and paper to keep score

Directions

Before the meeting:

1. Become familiar with the rules of dominos by watching this YouTube video, "[How to Play Dominoes](#)."
2. Set up the room so 2 to 8 players can play a game of dominos together.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that math is an important part of many games. You may count the spaces you need to go, and the points you earn, or it may even be used to solve a problem to win the game.
2. Inform the Cub Scouts and adult partners that this activity will be playing a game of dominos. Explain the rules of dominos.
 - The dominos are placed face down on the table.
 - Each player takes one domino to see who will go first. The person who has the most dots on the domino they pick goes first. If someone picks a double, they automatically go first. The players return the dominos to the pile and mix the pile.
 - Each player takes seven dominos to form their hand.
 - Players should not show their dominos to the other players.
 - The person that goes first lays down a domino from their hand.
 - The person on their left goes next. They must match the number of dots on the end of their domino with one end of the domino that was placed by the first player. If they do not have a domino that matches, they must draw one domino from the pile of excess dominos. If the domino they picked can be played they can play it, it is then the next player's turn. If the domino they picked cannot be played it is then the next player's turn.
 - Play continues until one person has played all the dominos in their hand.

- If someone cannot play a domino from their hand and there are no more excess dominos to pick, they pass their turn to the next player.
 - When a player has played all the dominos in their hand the dots are counted on the dominos that are in the other player's hands and those points are awarded to the player who played all their dominos.
 - You can continue to play rounds until someone reaches 100 points or an established time.
3. Have Cub Scouts and adult partners split into teams to play.
 4. Have everyone play dominos keeping in mind the points of the Scout Law and good sportsmanship.

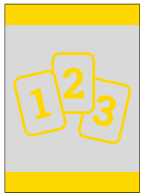
[Back to Count on Me Requirements](#)

Lion - Kindergarten

Count On Me

Elective

Requirement 2



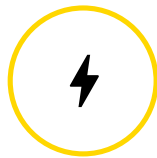
Lions, Dimes, Nickels, and Pennies

Snapshot of Activity

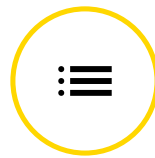
Cub Scouts count change in this relay game.



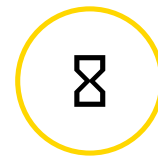
Outdoor



4



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 10 pennies
- 10 nickels
- 10 dimes
- 5 quarters
- Small bowl
- Stopwatch
- 2 sports cones

Directions

Before the meeting:

1. Identify a safe location free of obstacles to run a relay race.
2. Set up sports cones 10 yards apart.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that math is an important part of many games. You may count the spaces you need to go, and the points you earn, or it may even be used to solve a problem to win the game.
2. Share with the den that in order to do well in this activity they will need to know how to count change.
3. Show each coin and tell the Cub Scouts the value of each coin:
 - Penny = 1
 - Nickel = 5
 - Dime = 10
 - Quarter = 25
4. Take a random selection of coins and practice having Cub Scouts count the change. Give them enough time to practice before running the relay race.
5. Inform the Cub Scouts and adult partners that this activity will run a relay race.
6. Explain the rules of the relay race.

- The den will be divided into two teams. They will compete to see what team can complete the relay in the fastest time.
- The first team lines up behind a cone. The game leader stands at the other cone.
- The game leader places some coins in the small bowl.
- The first player on the team on the signal and at the start of the stopwatch runs to the game leader.
- When the player arrives, they look in the bowl and count the change, if they get it correct, they return to their team and the next player goes. If they get it incorrect, they must run back to the other cone and run back. The team leader does not change the coins. The player continues until they get it correct.
- Play continues until every player on a team has run the relay.
- When the last player on the team finishes the stopwatch stops and the time is given for the team.
- The next team tries to beat that time. If you have an odd number of den members, have someone play on both teams.

[Back to Count on Me Requirements](#)

Lion - Kindergarten

Count On Me

Elective

Requirement 3



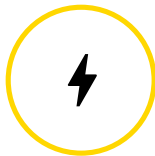
Count the Shapes in My Face

Snapshot of Activity

Identify the different shapes and count them in the Lion face.



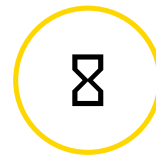
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Lions will need their Lion handbook, page 30
- Crayons, assorted colors enough to share

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather Cub Scouts and adult partners and have them complete the activity together on page 30 of the Lion handbook. When they are done have them color the lion's face.

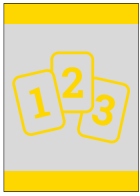
[Back to Count on Me Requirements](#)

Lion - Kindergarten

Count On Me

Elective

Requirement 3



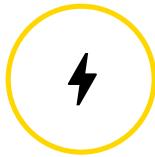
Modular Building Blocks

Snapshot of Activity

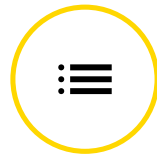
Use modular building blocks to sort and build.



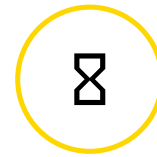
Indoor



3



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- LEGO blocks of various sizes, shapes, and colors

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can complete the activity together.

During the meeting:

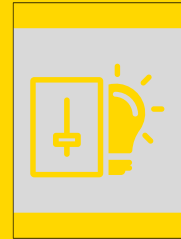
1. Gather the Cub Scouts and adult partners. Share with them that in this activity they are going to sort LEGO building blocks and then have a building challenge.
2. Give each Cub Scout a small pile of LEGO building blocks and give them instructions to sort the LEGO building blocks first by color. Have them share how many of each color they had in their pile.
3. When everyone has sorted by color have them put the LEGO building blocks back in the pile and have them sort by shape. Common shapes would be square, rectangle, triangle, and circle. Have them share how many of each shape they had in their pile.
4. When everyone has sorted by shape have them put the LEGO building blocks back in the pile and have them sort the bricks by height. One pile are the flat pieces, the second pile are the traditional brick size. Have them share how many of each they had in their pile.
5. Have everyone combine their piles of LEGO building blocks into one large pile. Assign a different color to each Cub Scout based on the color of LEGO building blocks that are in the pile. Have Cub Scouts build a house only using the color they were assigned.

[Back to Count on Me Requirements](#)

Lion - Kindergarten

Everyday Tech

Elective



Snapshot of Adventure

Explore how technology has made life easier and the ways to use technology safely.



Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Everyday Tech.

Requirement 1

Discover technology around your home, meeting place, or neighborhood.

- Play a game of “[I Spy](#)” to identify everyday technology.
- Identify objects that are [technology](#) and those that are not.

Requirement 2

Discover ways that digital technology can make life easier.

- Use a grocery store app for a [scavenger hunt in the grocery store](#).
- Identify how [technology has made life easier](#).
- [Play a game of memory](#) that matches old technology with new technology.

Requirement 3

Identify an item of digital technology you use at home. Demonstrate to your Lion adult partner how you use it safely.

- [Cub Scouts create rules](#) for the use of digital devices.

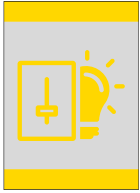
[Back to Elective Adventures](#)

Lion - Kindergarten

Everyday Tech

Elective

Requirement 1



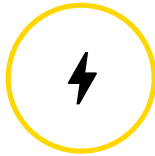
“I Spy” Technology

Snapshot of Activity

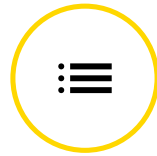
Play a game of “I Spy” to identify everyday technology.



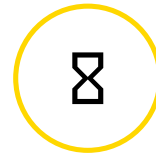
Indoor



2



1



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Before the meeting:

1. Be familiar with technology that is located at the meeting location.

During the meeting:

1. Gather the Cub Scouts and adult partners and share that technology is used every day. Some technology is used so often that we forget it is technology.
2. Share that the purpose of technology is to meet a human need or solve a human problem. This could be a machine or just a method of making something. Technology is using science to solve a problem.
3. Inform the den that they will play a game of “I Spy” to identify electronic technology that is around them.
4. Explain how to play “I Spy”
 - Pick a Cub Scout to go first. That Cub Scout picks an object that is a form of technology that everyone can see. The player gives the first letter of the object as a clue. For example, if the player chooses a TV, they say, ‘I spy with my little eye something beginning with T’. Players take turns to call out guesses until someone gets the right answer. The Cub Scout that gets the right answer gets to go next.
 - “I Spy” is designed to help kids learn how to take turns. Remind Cub Scouts to keep the Scout Oath and Law in mind when they are playing such as being friendly and courteous.
5. Play “I Spy” to spot technology at the meeting location until all technology has been spotted.

[Back to Everyday Tech Requirements](#)

Lion - Kindergarten

Everyday Tech

Elective

Requirement 1



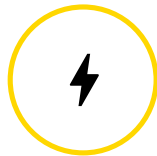
What is Technology?

Snapshot of Activity

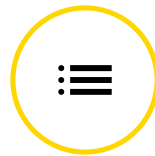
Identify objects that are technology and those that are not.



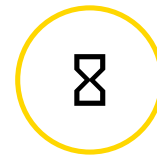
Indoor



2



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 33
- Crayons, enough to share

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and share that technology is used every day. Some technology is used so often that we forget it is technology.
2. Share that the purpose of technology is to meet a human need or solve a human problem. This could be a machine or just a method of making something. Technology is using science to solve a problem.
3. Have Cub Scouts work with their adult partners to complete the activity on page 33 of the Lion handbook, have them color the items they circle.

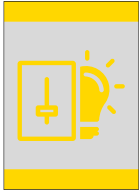
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Lion - Kindergarten

Everyday Tech

Elective

Requirement 2



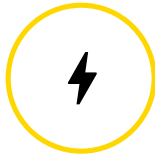
Grocery Shopping Tech

Snapshot of Activity

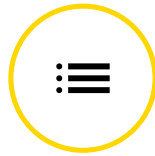
Use a grocery store app for a scavenger hunt in the grocery store.



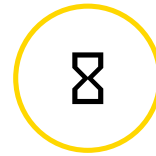
Travel



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4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Each Cub Scout and adult partner pair will need a smart device with a grocery store app downloaded
- [Activity Consent Form](#)

Directions

Before the meeting:

1. Identify a local grocery store that has a mobile app with a search feature that tells you where items are located in the store.
2. Contact the store and let them know of your plans to visit.
3. Confirm a date and time when the den will visit the store.
4. Inform adult partners what store you will visit and download the app prior to the meeting.
5. A day prior to the meeting remind Cub Scouts, parents, legal guardians, and adult partners of the time, date, and location of the meeting and where the den will meet up.
6. Have parents and legal guardians complete the Activity Consent Form.

During the meeting:

1. Meet the den at a predetermined location such as the main entrance to the grocery store.
2. Notify the manager on duty of your visit.
3. Gather the Cub Scouts and adult partners and have them use the store app to find the following items. Ask them to locate them in the store and find the least expensive choice of that item. Track the items using the app shopping list or by writing down a list. The goal is to come up the lowest cost for the items on the list. Don't forget digital coupons.

- 1 dozen eggs
- 1 can of black beans
- 1 can of tuna fish
- 1 lb. of rice
- 5 lbs. of sugar
- 1 apple
- 1 loaf of bread

4. Give everyone 30 minutes to find the items, the least expensive, and come up with a total cost for the list. Meet back up at a predetermined location.
5. Compare lists to see who had the lowest total.
6. Ask Cub Scouts and adult partners if using the app made it easy to find the items in the store.

[Back to Everyday Tech Requirements](#)

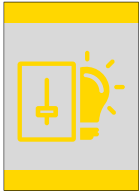
Lion - Kindergarten

Everyday Tech

Elective

Requirement 2

Making Life Easier

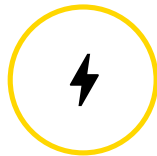


Snapshot of Activity

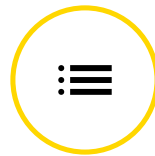
Identify how technology has made life easier.



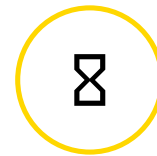
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 34
- Crayons, enough to share

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and have them work together to complete the activity on page 34 of the Lion handbook.
2. When everyone is finished ask adult partners to share what old technology they used when they were a child and what new technology they use today, that makes life easier.

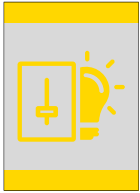
[Back to Everyday Tech Requirements](#)

Lion - Kindergarten

Everyday Tech

Elective

Requirement 2



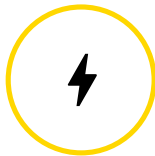
Technology Memory Game

Snapshot of Activity

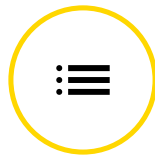
Play a game of memory that matches old technology with new technology.



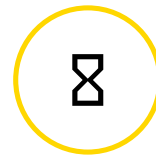
Indoor



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Technology Memory Game Cards found in Additional Resources, one set for each Cub Scout
- Printer

Directions

Before the meeting:

1. Print and cut out the Technology Memory Game Cards.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that they will play a memory game based on new and old technology. In a regular memory game, you match two cards that are the same, in this version the goal is to match the “old” technology with the “new” technology.
2. Pass out a set of cards to each adult partner. Have the adult partner lay the cards face down. Their Cub Scout will then flip over two cards. If they match as old technology and new technology it is a match and they pick up the two cards. If it is not a match they flip the cards back over. For example, an old rotary phone is matched with an iPhone. After the Cub Scout takes a turn, it is now the adult partner’s turn to try and find a match. Play continues until all matches had been made, the person with the most matches at the end wins.

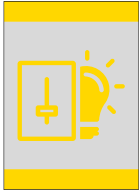
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Lion - Kindergarten

Everyday Tech

Elective

Requirement 3



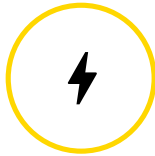
Be Safe with Technology Lion

Snapshot of Activity

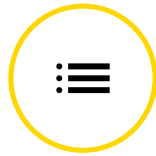
Cub Scouts create rules for the use of digital devices.



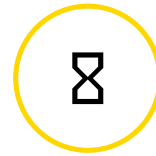
Indoor



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies required

Directions

Before the meeting:

1. Before the meeting inform adult partners that the den meeting will include a discussion about technology and digital devices that are used at home with their Cub Scout. If they already have rules about the use of technology, ask if they would be willing to share with the rest of the den.

During the meeting:

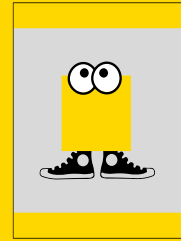
1. Gather the Cub Scouts and adult partners and share with them that technology can make our life easier or be very entertaining, but we need to make sure that we discuss what the rules are about digital devices at home.
2. Ask adult partners who are willing to share what their family rules are about technology with the group.
3. After each adult partner has shared with the den have each Cub Scout discuss their family rules about digital devices.
4. To help guide the conversations consider these questions:
 - What time during the day or evening can a digital device be used? Are there different times for different devices?
 - What controls are in place to ensure that these times are being followed?
 - What controls are in place to ensure that if a device is online and that everyone in the family is safe from strangers?
 - Where are digital devices allowed?
 - If the device is connected to the internet or cellular service, is it allowed behind closed doors?
 - Are there rewards in place for following the rules and are their defined consequences for breaking the rules?

[Back to Everyday Tech Requirements](#)

Lion - Kindergarten

Gizmos and Gadgets

Elective



Snapshot of Adventure

Lions with their adult partner will build a useful object together and explore the properties of motion and force.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

If choosing the Lion Pinewood Derby Car Display activity for requirement 3, complete the following:

- Review [Age Appropriate Guidelines for Scouting Activities](#) before starting a project.
- Cub Scouts are allowed to use common craft tools, such as paintbrushes, scissors, hammers, and screw drivers.
- Know the proper use of the tools that will be used for the project, by any youth or adult.
- During the Adventure
- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Gizmos and Gadgets.

Requirement 1

Explore properties of motion.

- Use Hot Wheels™ cars to conduct some [tests of motion](#).
- Make a [marble maze](#) out of a paper plate.
- Roll different-sized balls to explore the [movement and rotation](#).
- [Race ping pong balls](#) across a table by blowing through a straw.

Requirement 2

Explore properties of force.

- Build [balloon cars](#) to see how air can be a force to move things.
- [Making paper airplanes](#) and comparing it to paper balls explores the concept of friction as a force.
- Cub Scouts identify the difference between [pushing and pulling](#) as a force.

Requirement 3

Use household materials to create a useful object.

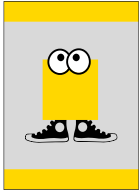
- [Make a bird feeder](#) by reusing a 2-liter plastic bottle.
- [Make a planter](#) by reusing a 2-liter plastic bottle.
- Build a Pinewood Derby [car display](#).

[Back to Elective Adventures](#)

Lion - Kindergarten

Gizmos and Gadgets

Elective



Requirement 1

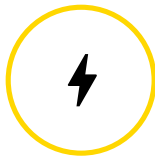
Jumping Cars

Snapshot of Activity

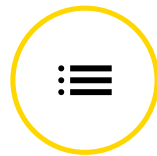
Use Hot Wheels™ cars to conduct some tests of motion.



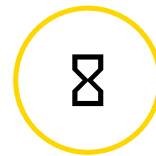
Indoor



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Hot Wheels or other die-cast cars, one per Cub Scout and adult partner
- 1 – 6” long 5” wide vinyl rain gutter
- Table, any size
- Duct tape
- Shoebox ramp, see photo in Additional Resources
- Utility knife
- 1” blue painter’s tape

Directions

Before the meeting:

1. Build the shoebox ramp.
2. Set up an area with the table and attach the rain gutter to the table using duct tape. Attach the shoebox ramp to the bottom of the rain gutter using duct tape.
3. The space should allow for cars to race down the rain gutter, jump the ramp and a clear area for cars to land.
4. Identify an area where there is a smooth surface for Cub Scouts and adult partners to run cars on. Place a one-foot-long strip of blue painter’s tape on the floor and another one-foot-long strip 10 feet apart to create a start and finish line. Set up a set of start and finish lines for each Cub Scout and adult partner pair.
5. Review the concepts of motion by watching this YouTube video, “[FORCE & MOTION How Things Move *Explained*](#).”

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them the concepts of motion.
2. Hold up a Hot Wheels car and ask the Cub Scouts how some ways are we can make this car move. Give time for answers.
 - To make this car move we have to apply force and there are two ways we are going to do that. The first is to apply the force ourselves by pushing the car.
 - The second way we can apply force is to allow gravity to do the work.

3. Share with the Cub Scouts and adult partners that first we are going to apply the force ourselves. Pass out a car to each Cub Scout and each adult partner. Have each Cub Scout and adult partner pair pick a spot with a starting line and a finish line. Have adult partners and Cub Scouts race their cars against each other as they push their cars to go from the finish to the start line.
4. Next gather the Cub Scouts and adult partners to the rain gutter jump ramp. Share with them that everyone will get a chance to jump their car.
5. Have Cub Scouts and adult partners place their car at the top of the rain gutter and let it go, allowing gravity to do all the work.
6. When everyone has had a chance to jump their car using gravity, let everyone take a second turn. This time allowing them to push their car down the rain gutter.
7. When everyone has had a second chance to jump their cars, ask Cub Scouts what they like best and what they notice about how their cars moved based on the different activities.

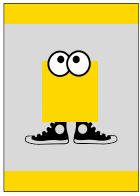
[Back to Gizmos and Gadgets Requirements](#)

Lion - Kindergarten

Gizmos and Gadgets

Elective

Requirement 1



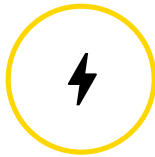
Moving Marbles

Snapshot of Activity

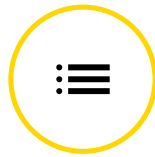
Make a marble maze out of a paper plate.



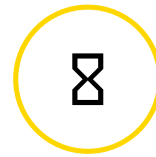
Indoor



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 100% compostable heavy-duty paper plates, one for each Cub Scout and adult partner
- Construction paper in assorted colors, one sheet for each Cub Scout and adult partner
- Tape
- Marbles, one for each Cub scout and adult partner
- Crayons, enough to share

Directions

Before the meeting:

1. Learn how to make a marble maze with a paper plate.
 - Take a paper plate, facing up, and on one edge of the plate write the word "START".
 - On another edge of the plate write the word "END".
 - Cut four strips of construction paper about 1" wide and about 4" long.
 - Take one strip of construction paper and place the number 1 with an arrow pointing up.
 - Tape one end of the construction paper onto the paper plate, form a tunnel big enough for the marble to fit through, and tape down the other end. Test to make sure that the marble can freely move under the strip of construction paper.
 - Now add a second strip with the number 2, a third strip with the number 3, and a fourth strip with the number 4.
 - The objective is to move the marble from the start, go under each strip of paper in order and in the direction of the arrow, and then move the marble to the end by holding the edges of the plate and moving the plate around to move the marble.
2. Make your own marble maze to use as an example and demonstration.
3. Set up the meeting location so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and inform them that in this activity they are going to explore the property of motion. Motion is simply when something moves. We are going to use marbles to explore how marbles move when we move them around on a paper plate by making a maze.
2. Show your marble maze and demonstrate how to play the maze.
3. Demonstrate how to make the marble maze.
4. Have Cub Scouts work with their adult partners to make a marble maze. Have each adult partner make one too.
5. Once they have made their maze have them try it out, once they are able to do their own maze have them switch with their adult partner to try their maze.
6. Ask the Cub Scouts what tricks they learned that they would share with others to help them complete a marble maze.

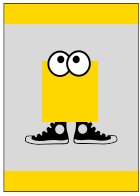
[Back to Gizmos and Gadgets Requirements](#)

Lion - Kindergarten

Gizmos and Gadgets

Elective

Requirement 1



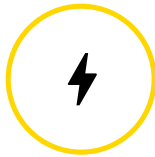
On a Roll

Snapshot of Activity

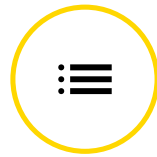
Roll different-sized balls to explore the movement and rotation.



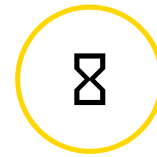
Indoor



2



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2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 1 ping pong ball
- 1 tennis ball
- 1 softball
- 1 soccer ball
- 1 chair
- 1 – 2' wide and 4' long piece of plywood
- 1 brick or concrete paver

Directions

Before the meeting:

1. Identify a flat area to set up the demonstration. Place the plywood against the seat of the chair, placing the brick at the bottom of the plywood to keep it in place, making a ramp for the balls to roll down.

During the meeting:

1. Gather the Cub Scouts and adult partners and inform them that in this activity they are going to explore the property of motion. Motion is simply when something moves. They are going to watch what happens when we roll different-sized balls down this ramp.
2. Inform the den that there are four different balls and ask them which ball they think will go down the ramp the fastest and why.
3. Roll each ball down one by one.
4. See who was right. Ask the den what is making the balls move? *Gravity*
5. Gravity is a force that pushes down on everything. One thing that can change how gravity pushes on something is its mass. Mass is the amount of substance in something. The soccer ball has a lot of air in it and air is not made up of much. However, the softball has a hard center, so the softball has more mass than the soccer ball that is why it rolls faster.
6. Tell the den that we can figure out the mass of something by the way gravity affects it or in this activity by how fast it rolls down the ramp.

7. Rolls the balls down again and see if the den can place the different balls by their mass which is the same as how fast they roll down the ramp.
8. Ask the Cub Scouts what type of ball would have a lot of mass?
 - Bowling ball
 - Golf ball
 - Cannon ball

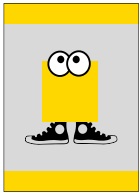
[Back to Gizmos and Gadgets Requirements](#)

Lion - Kindergarten

Gizmos and Gadgets

Elective

Requirement 1



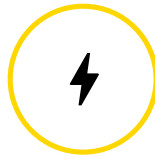
Ping Pong Ball Derby

Snapshot of Activity

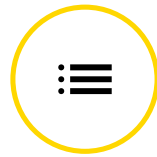
Race ping pong balls across a table by blowing through a straw.



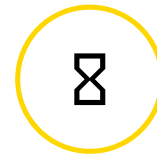
Indoor



3



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 6-foot-long table
- Straws, one for each Cub Scout and adult partner
- 2 – Ping Pong balls
- 2 – 16 oz. plastic cup
- Roll of 1" blue painter's tape

Directions

Before the meeting:

1. Set up the meeting location with a 6-foot-long table that is in a safe place free of obstacles that Cub Scouts and adult partners can freely move around the table.
2. Tape the plastic cups, laying down with the opening of the cup facing the other end of the table. The objective is to be able to blow the ping pong ball into the cup.

During the meeting:

1. Gather the Cub Scouts and adult partners and inform them that in this activity they are going to explore the property of motion. Motion is simply when something moves. They are going to have fun moving ping pong balls by blowing on them through a straw.
2. Pair up Cub Scouts to race each other by placing each ping pong ball on one end of the table. The goal is to get the ball across the table and into the cup on the other side without the ball falling off the table. The first one to do so wins.
3. Have Cub Scouts race each other and then pair up adult partners and have adult partners race each other.
4. Ask the Cub Scouts what tips they would give someone when playing this game.

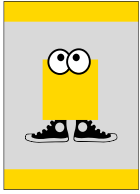
[Back to Gizmos and Gadgets Requirements](#)

Lion - Kindergarten

Gizmos and Gadgets

Elective

Requirement 2



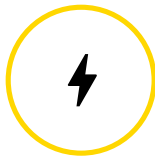
Cars That Run On Air

Snapshot of Activity

Build balloon cars to see how air can be a force to move things.



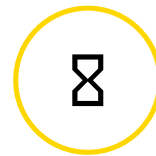
Indoor



2



2



3

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cardboard 2" x 4", one for each Cub Scout
- Plastic straws, two for each Cub Scout
- Bamboo skewers, one for each Cub Scout
- Plastic bottle caps, four for each Cub Scout
- 9" balloon (check for latex allergies), one for each Cub Scout
- Small rubber band, one for each Cub Scout
- Duct tape, enough to share
- Drill
- 7/64" drill bit
- Small manual balloon pump

Directions

Before the meeting:

1. Learn how to make a balloon car. Watch this YouTube video for an example, "[BUILD A BALLOON CAR THAT WORKS!!](#)"
2. Make your own balloon car to use as a demonstration.
3. Identify a place at the meeting location that is flat and smooth where the balloon cars can run.
4. Take the bottle caps and in the center bottle cap drill a hole using the 7/64" drill bit.

During the meeting:

1. Gather the Cub Scouts and adult partners and share that this activity is about force. Inform the den that force is an action that changes or maintains the motion of a body or object. Simply stated, a force is a push or a pull. Forces can change an object's speed, its direction, and even its shape.
2. They are going to explore how the force of air can push on a balloon car to make it go forward.
3. Show your balloon car as an example.
4. Have adult partners help their Cub Scouts make a balloon car.

- Cut the straw in half into two pieces that are just a little longer than 2", these will be part of the axle of the car.
 - Cut the bamboo skewer in half, it should be about 1" longer than the length of the straws. If there is room cut off the sharp tip.
 - Attach one bottle cap to the end of the skewer and then insert the skewer through the straw then attach another bottle cap onto the other end. Check to make sure that the wheels can spin freely.
 - Tape the axles with the wheels onto the cardboard body. Tape them about 1" inch from the ends and 2" from each other. Make sure that they are square with the body of the car and each other. Flip the car over
 - Cut the other straw about three inches long. Attach the straw to the balloon by inserting it into the balloon about an inch then wrap the rubber band several times around the balloon and straw.
 - Attach the straw with the balloon to the back of the car. The balloon should rest on the body of the car and the straw should stick out of the back about an inch or so, this way you can blow up the balloon with your mouth or a balloon pump.
5. Once everyone has made their car, allow them to run their cars. You may even conduct a race.
 6. Ask them what they notice about the force of air and how it is acting on their car. Ask them if they know why their car eventually stops. Friction is a force that is caused by the air the car is traveling through, the wheels on the ground, and even the spinning of the axle is causing friction.

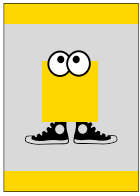
[Back to Gizmos and Gadgets Requirements](#)

Lion - Kindergarten

Gizmos and Gadgets

Elective

Requirement 2



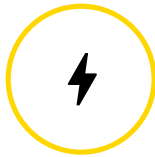
Does This Thing Fly?

Snapshot of Activity

Making paper airplanes and comparing it to paper balls explores the concept of friction as a force.



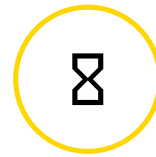
Indoor



2



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1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 4 sheets of 8.5" x 11" pieces of paper for each Cub Scout

Directions

Before the meeting:

1. Learn about making paper airplanes with Scout Life Magazine "[Make Your Paper Airplane Soar With These Tips.](#)"
2. Make a paper airplane to use as an example.
3. Identify an area in your meeting location that is safe and free of obstacles for Cub Scouts to fly paper airplanes.

During the meeting:

1. Gather the Cub Scouts and adult partners and share that this activity is about force. Inform the den that force is an action that changes or maintains the motion of a body or object. Simply stated, a force is a push or a pull. Forces can change an object's speed, its direction, and even its shape.
2. Inform the den they will explore motion by making paper airplanes.
3. To demonstrate this, have everyone take a piece of paper and crumple it up into a tight ball, as tight as they can. Explain that friction can be thought of as when there is something that is keeping something from moving. When two things are rubbing against each other it causes friction. When you throw the paper ball the air keeps the ball from moving forward forever and gravity is what causes the ball to drop to the ground.
4. Have everyone throw their paper balls in the designated area.
5. Explain that when we make a paper airplane, we can reduce the friction, the force that is pushing against the plane, because the plane is smooth so there are fewer places for the air to push against. Gravity is still going to push down on the plane but since we reduce the ability for the air to push against the plane it will take longer causing the plane to stay in the air longer.
6. Demonstrate how to make a paper airplane, if Cub Scouts or adult partners know how to make a different plane that is OK.
7. Have adult partners work with their Cub Scouts to make a paper airplane.

8. When everyone is finished have them fly their paper airplanes.

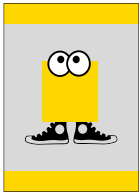
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Lion - Kindergarten

Gizmos and Gadgets

Elective

Requirement 2



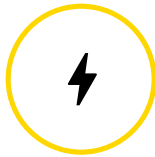
The Force Pushes and Pulls

Snapshot of Activity

Cub Scouts identify the difference between pushing and pulling as a force.



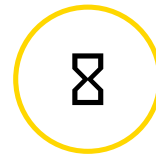
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 36
- Crayons, enough to share

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can work on the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and share that this activity is about force. Inform the den that force is an action that changes or maintains the motion of a body or object. Simply stated, a force is a push or a pull. Forces can change an object's speed, its direction, and even its shape.
2. Have Cub Scouts work with their adult partners to color the images on page 36 of their Lion handbook.
3. Then place an X on images that show pushing and an O on images that show pulling.

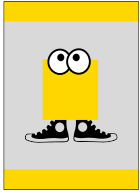
[Back to Gizmos and Gadgets Requirements](#)

Lion - Kindergarten

Gizmos and Gadgets

Elective

Requirement 3



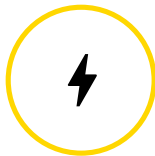
2 Liter Bird Feeder

Snapshot of Activity

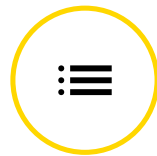
Make a bird feeder by reusing a 2-liter plastic bottle.



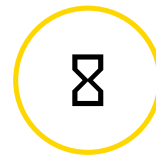
Indoor



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2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 37
- 2-liter plastic soda bottles with caps, one for each Cub Scout
- Craft scissors, a pair for each Cub Scout
- ¼" wood dowel one foot long, one for each Cub Scout
- 2 feet of paracord for each Cub Scout

Directions

Before the meeting:

- Prepare the meeting location so adult partners can work with their Cub Scouts to complete the activity.
- Review the **Directions** to make the bird feeder on page 37 of the Lion handbook.
- Make a bird feeder to use as an example.

During the meeting:

- Gather the Cub Scouts and adult partners and have them make their bird feeders following the **Directions** on page 37 of the Lion handbook.
- Remind them to hang their bird feeder at home.

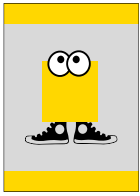
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Lion - Kindergarten

Gizmos and Gadgets

Elective

Requirement 3



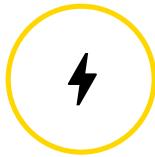
2 Liter Bunny Planter

Snapshot of Activity

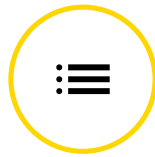
Make a planter by reusing a 2-liter plastic bottle.



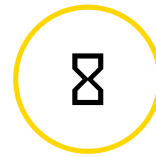
Indoor



3



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

See *Additional Resources* for examples of a pig and frog that can be made. If making those adjust the color paints you use.

- 2-liter plastic soda bottles, one for each Cub Scout
- 12 oz. white spray paint
- 1 qt. of black acrylic paint
- 1 qt. of dark pink acrylic paint
- Paint brushes , one for each Cub Scout
- Craft scissors, one for each Cub Scout
- 2 pairs of 2" googly eye stickers, a set for each Cub Scout
- 4 cups of planting soil, per Cub Scout
- Sweet basil plugs, one per Cub Scout (substitute sweet basil for any other common herb or flower)
- Water

Directions

Before the meeting:

1. Lightly spray paint each of the plastic 2-liter bottles light pink and allow to fully dry.
2. Give each bottle a second coat of paint and allow it to dry.
3. Set up the meeting location so adult partners can work with their Cub Scouts to make the planter.
4. Review how to make the bunny planter.
 - Take the painted 2-liter bottle and halfway down the bottle start cutting around. Cut out bunny ears as you cut around the bottle.
 - Use pink acrylic paint to paint the inside of the ears and make a nose.
 - Glue on the googly eyes.
 - Use black acrylic paint to paint the whiskers.
 - Fill the inside of the planter with planting soil.
 - Dig a hole to plant the sweet basil plug.

- Water the plant.

5. Make a bunny planter to use as an example.

During the meeting:

1. Gather the Cub Scouts and adult partners and demonstrate how to make the planter.
2. Have adult partners work with their Cub Scouts to cut and decorate their planter to look like a bunny.
3. Once decorated, have Cub Scouts add potting soil and plant the basil.
4. Allow the planter to dry before taking it home.
5. Remind Cub Scouts to keep the basil inside near a window and to keep the soil moist.

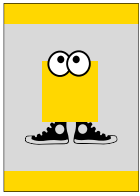
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Lion - Kindergarten

Gizmos and Gadgets

Elective

Requirement 3



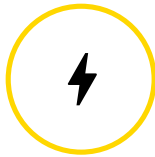
Lion Pinewood Derby Car Display

Snapshot of Activity

Build a Pinewood Derby car display.



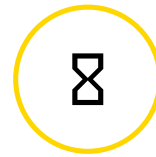
Indoor



2



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

These plans make 4 Pinewood Derby car displays. Before the meeting, you will make one as an example. Take this into consideration when purchasing materials.

- 1 – 1 in. x 4 in. x 6 ft. Premium Kiln-Dried Square Edge Whitewood Common Board, one for every 4 Cub Scouts
- Table saw
- Eye protection
- 220 grit sandpaper, 1 sheet per Cub Scout
- 8 oz. of quick-drying wood glue
- 1" paint brushes, 1 for each Cub Scout
- 1 qt. of yellow acrylic paint
- 1 qt. of blue acrylic paint
- 4 bowls of water to wash paint brushes
- 1 roll of paper towels

Directions

Before the meeting:

1. Using the table saw, wearing proper safety gear including eye protection, cut the 1" x 4" board into the following lengths: 4 – 12" long, 4 – 3" long, 2 – 6" long.
2. Take the two 6" long pieces and cut them in half longways to make (4) – 1 ¾" x 6" pieces. Check the width of the piece, it should be the same width as a pinewood derby car.
3. Review the

Directions to make the Pinewood Derby display.

- Gather one of each of the following pieces – one 12" x 4", one 3" x 4", and one 1 ¾" x 6".
- Sand all the pieces to remove sharp edges and give a better surface for the paint to stick to.

- Assemble the standby placing the 12" x 4" piece (the base) flat on the workspace. Place wood glue on the 4" edge of the 3" x 4" (stand) and place it in the center of the 12" x 4" base. Place wood glue on the other 4" edge of the 3" x 4" and place the 1 3/4" x 6" (plate) piece flat on the top.
 - Allow the glue to set.
 - Paint the base blue, the stand yellow, and the plate blue.
4. Set up the meeting location with enough workspace for Cub Scouts and adult partners to assemble and paint their Pinewood Derby display together.
 5. Protect the workspace and floors from paint spills.
 6. Identify a location for Pinewood Derby displays to dry when they are finished being painted.
 7. Set up a workspace for each Cub Scout with the materials needed to make the Pinewood Derby display.

During the meeting:

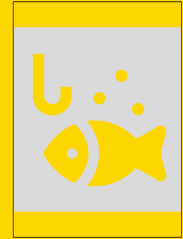
1. Gather the Cub Scouts and adult partners and demonstrate how to assemble the Pinewood Derby display.
2. Have adult partners work with their Cub Scouts to sand and assemble their display.
3. Once assembled, adult partners work with their Cub Scouts to paint their display.
4. Allow displays to dry before taking them home.

[Back to Gizmos and Gadgets Requirements](#)

Lion - Kindergarten

Go Fish

Elective



Snapshot of Adventure

Lions and adult partners will have a great time fishing together.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

Before starting the Adventure:

- Review content about [fishing](#) on [Scouting.org](#).
- Check state requirements for fishing licenses or permits for youth and adults.
- Secure additional adult supervision that can assist Cub Scouts during the activity.
- Get permission to fish where you plan to fish.
- Check the weather before you go. Do not fish in a thunderstorm or inclement weather.
- If fishing in freshwater, review Fishing Basics [PowerPoint presentation](#) and [Instructor's Guide](#) to teach freshwater fishing.
- Additional fishing resources can be found at [Scout Life Magazine](#).

During the Adventure:

- Use the buddy system.
- Give plenty of room to others who are fishing nearby.
- Never fish where people are swimming.

Once you know your local fishing rules and regulations, here are the 6 things to know to keep you and others safe:

1. Fish with proper adult supervision.
2. Get permission to fish where you plan to fish.
3. Check the weather before you go. Do not fish in a thunderstorm or inclement weather.
4. Use the buddy system. You must be able to see them.
5. Give plenty of room to others who are fishing nearby.
6. Never fish where people are swimming.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Go Fish.

Requirement 1

With your Lion adult partner, learn the rules of fishing safely.

- [Learn the rules to fishing safely.](#)
- After reviewing the safety rules, [use a quiz to see what Cub Scouts have learned.](#)

Requirement 2

Draw a picture of the type of fish you think lives in the water where you are going fishing.

- Learn to [draw a fish by using the grid method.](#)

Requirement 3

Go fishing with your Lion adult partner.

- [Go fishing with your adult partner.](#)

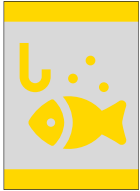
[Back to Elective Adventures](#)

Lion - Kindergarten

Go Fish

Elective

Requirement 1



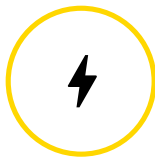
Lions Fish Safely

Snapshot of Activity

Learn the rules to fishing safely.



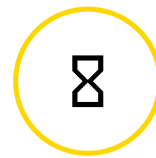
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 38
- Crayons, enough to share

Directions

Before the meeting:

1. Prepare the meeting location so Cub Scouts and adult partners can work on the activity together.
2. Become familiar with the safety rules for fishing.
 - Fish with proper adult supervision.
 - Get permission to fish where you plan to fish.
 - Check the weather before you go. Do not fish in a thunderstorm or inclement weather.
 - Use the buddy system.
 - Give plenty of room to others who are fishing nearby.
 - Never fish where people are swimming.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that for this Adventure the den will go fishing. Before they go fishing, they need to know some simple rules about fishing.
2. Have adult partners work with their Cub Scouts to complete the activity on page 38 of the Lion handbook by coloring each panel that describes a rule of fishing.
3. When everyone is done, Cub Scouts take turns saying out loud one of the fishing rules until all six have been said.

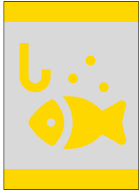
[Back to Go Fish Requirements](#)

Lion - Kindergarten

Go Fish

Elective

Requirement 1



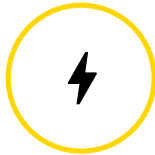
Safe or Not Safe Fishing Rules

Snapshot of Activity

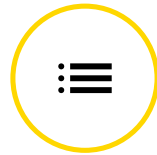
After reviewing the safety rules, use a quiz to see what Cub Scouts have learned.



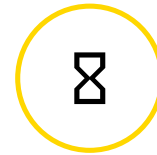
Indoor



1



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 38
- Crayons, enough to share
- Access to Safety Rules Yes or No Quiz found in Additional Resources

Directions

Before the meeting:

1. Prepare the meeting location so Cub Scouts and adult partners can work on the activity together.
2. Become familiar with the safety rules for fishing.
 - Fish with proper adult supervision.
 - Get permission to fish where you plan to fish.
 - Check the weather before you go. Do not fish in a thunderstorm or inclement weather.
 - Use the buddy system.
 - Give plenty of room to others who are fishing nearby.
 - Never fish where people are swimming.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that for this Adventure the den will go fishing. Before they go fishing, they need to know some simple rules about fishing.
2. Have adult partners work with their Cub Scouts to complete the activity on page 38 of the Lion handbook by coloring each panel describing a fishing rule.
3. When everyone is done, use the Safety Rules Yes or No quiz. Ask a question on the quiz, and have Cub Scouts raise their hand if they know the answer.

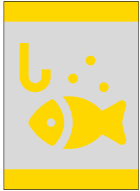
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Lion - Kindergarten

Go Fish

Elective

Requirement 2



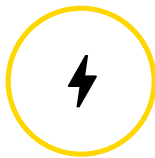
Drawing Fish With A Grid

Snapshot of Activity

Learn to draw a fish by using the grid method.



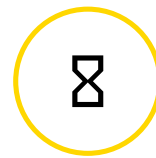
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Directions

Before the meeting:

1. Determine where the den will go fishing and become familiar with the type of fish you will be fishing for.
2. The fish on page 39 of the Lion handbook is a bass and the fish on page 41 of the Lion handbook is a crappie, two very common freshwater fish found in lakes and ponds.
3. Set up the meeting location so adult partners can work with their Cub Scout to complete the activity.

During the meeting:

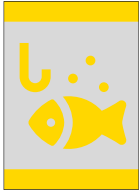
1. Gather the Cub Scouts and adult partners and share the location where the den will go fishing. Share with them the types of fish that live there.
2. Have adult partners work with their Cub Scout to color and then cut out the activity on page 39 when done have them draw the fish on page 41.
3. Share any additional information you have about the type of fish you will be fishing for.

[Back to Go Fish Requirements](#)

Lion - Kindergarten

Go Fish

Elective



Requirement 3

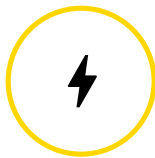
Lion Go Fishing

Snapshot of Activity

Go fishing with your adult partner.



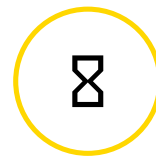
Travel



4



5



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Fishing poles, one per Cub Scout
- Fishing line
- Barbless hooks
- Fishing net
- Bait or tackle based on the fish you will be fishing for
- Tacklebox
- Fishing pliers or multitool
- Den first aid kit
- Cub Scout Six Essentials
- [Activity Consent Form](#)

Directions

Before the meeting:

1. Research local fishing spots that are family-friendly and have easy access. Get permission, if needed, to fish there.
2. Ensure you are aware of any fishing regulations and licensing requirements in your area. Purchase a fishing license if necessary. Youth may not need a fishing license but adults who are fishing are likely to need one.
3. Inform parents and guardians of the date/time/location of the fishing activity.
4. Remind parents and guardians to complete Activity Consent Form.
5. A week prior to the activity visit the site to become familiar with facilities such as access to drinking water, bathrooms, and parking. Inform parents and guardians of any details about the facilities that are important such as where to park and where the den will meet up.
6. Confirm with parents and guardians that every Cub Scout has a fishing pole and develop a plan to provide fishing poles for those who do not have one.

During the meeting:

1. Meet at the designated area of the fishing spot.
2. Collect Activity Consent Forms.
3. Review the fishing safety rules and any local rules or regulations with Cub Scouts.
4. Discuss what type of fish you will be fishing for and what type of bait or lure to use.
5. Have adult partners help Cub Scouts with attaching bait or lures.
6. Ensure that Cub Scouts are spaced a safe distance apart from each other and away from obstacles.
7. As Cub Scouts are fishing have adults give positive coaching and encouragement.
8. If a fish is caught practice catch and release.
9. Assist Cub Scouts who catch a fish to release it.

[Back to Go Fish Requirements](#)

Lion - Kindergarten

I'll Do It Myself

Elective



Snapshot of Adventure

Establishing good habits of hygiene and self-reliance is the focus of this Adventure.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete I'll Do It Myself.

Requirement 1

Make and use a "lion bag" for personal Scouting gear.

- [Decorate reusable shopping bag](#) to make a Lion bag.
- [Make a Lion bag](#) for your Cub Scout goodies.

Requirement 2

Construct a personal care checklist.

- [Complete a morning and evening personal care routine chart.](#)
- [Invite a medical professional or EMS to your den meeting](#) and learn about personal care.

Requirement 3

Put on your shoes without help. Take them off and put them away.

- [Play a game where everyone takes their shoes off and mixes them in a pile to find and put on their shoes.](#)
- Adult partners help [Cub Scouts put their shoes on.](#)

[Back to Elective Adventures](#)

Lion - Kindergarten

I'll Do It Myself

Elective

Requirement 1



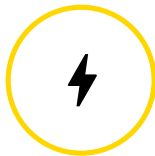
Decorating My Lion Bag

Snapshot of Activity

Decorate reusable shopping bag to make a Lion bag.



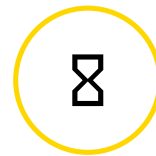
Indoor



2



3



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- [Cub Scout Rank Lion Drawstring Bag](#) from Scout Shop, one for each Cub Scout.
- Black permanent sharpie markers

Directions

Before the meeting:

1. Set up the meeting Location so Cub Scouts can write their name on their bags.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that part of being a good Cub Scout is taking care of your things. One way to take care of your things is to have a place to put them when you are not using them. You Cub Scout Handbook, your neckerchief, your neckerchief slide, your Cub Scout belt and Adventure belt loops can all be put away properly in a Lion bag.
2. Have Cub Scouts write their initials on their Lion bag so they can properly identify it.

[Back to I'll Do It Myself Requirements](#)

Lion - Kindergarten

I'll Do It Myself

Elective

Requirement 1



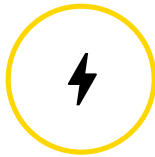
My Lion Bag

Snapshot of Activity

Make a Lion bag for your Cub Scout goodies.



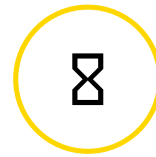
Indoor



2



3



3

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 42
- Wire clothes hanger, one for each Cub Scout
- 13" x 52" piece of yellow felt, one for each Cub Scout
- Craft Scissors, one for each Cub Scout
- 4 oz bottle of blue fabric paint
- 4 oz bottle of red fabric paint
- 4 oz bottle of white fabric paint
- 4 oz bottle of black fabric paint
- Hot glue gun, 1 for every 2 Cub Scouts
- 10 hot glue sticks

Directions

Before the meeting:

1. Become familiar with how to make a Lion bag found on page 42 of the Lion handbook.
 - Drape the felt over the hanger. Glue the felt together below the hanger to keep it from sliding off.
 - Fold the felt up on both sides. Glue the edges to form pockets.
 - On one side, add a strip of glue in the middle to form two pockets.
 - Add your handbook, neckerchief and slide, belt or other items in the pockets.
2. Make a Lion bag to use as an example.
3. Set up the meeting location so Cub Scouts and adult partners can work together to make their bag.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that part of being a good Cub Scout is taking care of your things. One way to take care of your things is to have a place to put them when you are not using them. You Cub Scout Handbook, your neckerchief, your neckerchief slide, your Cub Scout belt and Adventure belt loops can all be put away properly in a Lion bag.
2. Show your Lion bag as an example.

3. Have adult partners work with their Cub Scout to make the Lion bag found on page 42 of the Lion handbook.
Have Cub Scouts use the fabric paint to decorate and make their Lion bag their own.
4. Only adult partners are to use the hot glue gun.
5. Allow fabric paint to dry before using.

[Back to I'll Do It Myself Requirements](#)

Lion - Kindergarten

I'll Do It Myself

Elective

Requirement 2



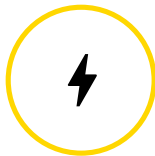
My Lion Morning and Evening

Snapshot of Activity

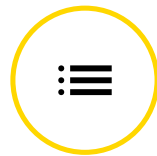
Complete a morning and evening personal care routine chart.



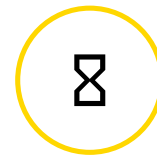
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, pages 43 and 45
- Crayons, enough to share

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can work on the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that as a Cub Scout we should take care of ourselves. Tell them that there are things you can do every morning to get ready for the day and things you can do every night to get ready for bed.
2. Have Cub Scouts work with their adult partners to color the activity pages on page 43 and 45 and discuss their morning and evening routines.

[Back to I'll Do It Myself Requirements](#)

Lion - Kindergarten

I'll Do It Myself

Elective

Requirement 2



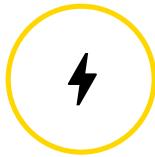
The Doctor Tells Us To

Snapshot of Activity

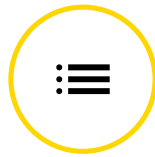
Invite a medical professional or EMS to your den meeting and learn about personal care.



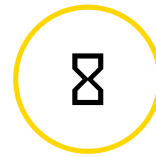
Indoor



1



1



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Before the meeting:

1. Identify a medical professional who specializes in pediatrics to come speak to the den. Let them know that the den is Cub Scouts who are in kindergarten, and they want to learn about the things they should do to take care of themselves daily.
2. Confirm the date, time, and location of the den meeting with the guest speaker.
3. A day before the den meeting confirm the guest speaker.

During the meeting:

1. Gather the Cub Scouts and adult partners and introduce the guest speaker.
2. Allow the guest speaker to present to the den.
3. Allow Cub Scouts and adult partners to ask questions. Some examples:
 - What should I be eating for breakfast?
 - How much sleep do I need at night?
 - What should I do if it is too noisy for me to think?
4. Make adult partners aware of the daily activity charts on pages 43 and 45 of the Lion Handbook. Encourage them to have their Cub Scouts color them and post them in a place they will see them each day.

After the meeting:

1. Send a thank you note to the speaker.

[Back to I'll Do It Myself Requirements](#)

Lion - Kindergarten

I'll Do It Myself

Elective

Requirement 3



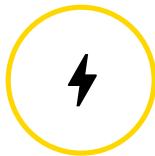
Are Those My Shoes?

Snapshot of Activity

Play a game where everyone takes their shoes off and mixes them in a pile to find and put on their shoes.



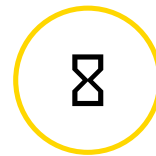
Indoor



4



1



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No “extra” supplies needed, just Cub Scouts and adult partners and their shoes

Directions

Before the meeting:

1. Become familiar with the activity. Everyone takes off their shoes and puts them in a pile. Everyone sits in a circle around the pile. On the game leader’s signal, everyone looks for their shoes to put them on. The first one to do so wins.
2. Identify a safe area free of obstacles to play the game.

During the meeting:

1. Before playing the game, share with the Cub Scouts that they are old enough to learn how to take care of their shoes and being able to put them on and off on their own.
2. Ask Cub Scouts where they put their shoes when they are not wearing them.
3. Have adult partners work with their Cub Scouts for a few minutes to have the Cub Scouts properly take off and put on their shoes before playing the game.
4. Play several rounds of the “Are Those My Shoes?” game.

[Back to I'll Do It Myself Requirements](#)

Lion - Kindergarten

I'll Do It Myself

Elective

Requirement 3



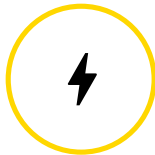
Shoes On or Shoes Off?

Snapshot of Activity

Adult partners help Cub Scouts put their shoes on.



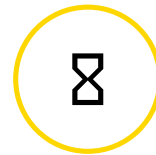
Indoor



3



1



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No “extra” supplies needed, just Cub Scouts and their shoes

Directions

Before the meeting:

1. Set up the meeting location so adult partners can work with their Cub Scouts on putting on and taking off their shoes.

During the meeting:

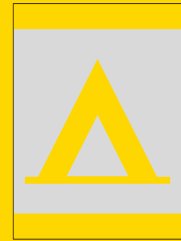
1. As everyone arrives ask that they please remove their shoes before entering the meeting location. Ask adult partners to help their Cub Scouts properly remove their shoes. If they have laces, the laces should be untied before taking them off.
2. Have everyone place their shoes in a neat row outside the door.
3. Gather the Cub Scouts and adult partners. Share with them that in many parts of Asia, Eastern Europe, and the Middle East, shoes are never worn inside homes, and it can be seen as a sign of disrespect for guests to enter a host's home without leaving them at the door. If you go to a friend's house, you should ask if it is OK to keep your shoes on. For some, this is a tradition that may be based on keeping the home a sacred place. It may also be based on keeping outside dirt from entering the house.
4. Conduct another Cub Scout Activity that can be done without shoes, such as Requirement 1 or 2 of the I'll Do It Myself Adventure.
5. After the meeting have adult partners work with their Cub Scout to properly put on their shoes.

[Back to I'll Do It Myself Requirements](#)

Lion - Kindergarten

Let's Camp

Elective



Snapshot of Adventure

Here is the opportunity for Lions and their adult partners to go on an overnight campout.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Review [Age Appropriate Guidelines for Scouting Activities](#) before camping.

When camping:

- Basic Adult Leader Outdoor Orientation (BALOO) training is mandatory for a pack
- Overnighter. At least one registered adult leader who will be present during the overnighter must complete BALOO training. BALOO training consists of an online pre-requisite component in addition to an overnight hand on practical. Scouting America's Cub Scout level camping
- Policies will be taught along with the discovery of the necessary tools to help units carry out a successful camping experience. Check with your local council when the next available BALOO Training will be conducted.
- Complete the on-line training "Hazardous Weather" training module that is part of the Position Specific Training for den leaders [my.scouting](#). If you have already completed den leader, Cubmaster, or pack committee chair training on-line, then you have completed this module.
- Watch the [Weather Related Safety Moment](#) video (1 minute 48 seconds).
- Review [Guide to Safe Scouting](#) for camping,
- If building a campfire, review [Behavior Around Campfires](#).

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Let's Camp Lion.

Requirement 1

Learn about the buddy system and how it works in the outdoors.

- Using the Lion handbook, Cub Scouts learn the [buddy system](#).
- Ask the Cub Scouts to "buddy up," with a fellow scout of their choosing. [Playtic-tac-toe](#).

Requirement 2

Before going on the overnight campout, discuss what type of weather is expected and what type of clothes you should wear.

- [Adult partners wear different clothes for different seasons](#) and Cub Scouts identify the season.
- Identify proper clothing for the weather with a [cut out activity](#).
- Cub Scouts [pick out clothes that are appropriate](#) for different types of weather.

Requirement 3

Pack up your Cub Scout Six Essentials for the campout.

- This is an At-Home activity. Adult partners will help their Cub Scouts pack their [Cub Scout Six Essentials](#).

Requirement 4

Attend a council or district Cub Scout overnight camp or attend an overnight campout with your pack.

- [Outing with Travel](#)
- [Go camping with your pack](#).

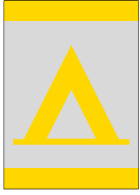
[Back to Elective Adventures](#)

Lion - Kindergarten

Let's Camp

Elective

Requirement 1



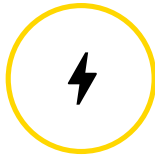
Buddy or No Buddy?

Snapshot of Activity

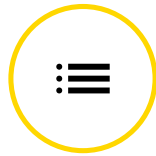
Using the Lion handbook, Cub Scouts learn the buddy system.



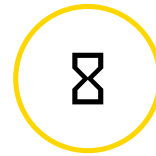
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 47
- Crayons, enough to share

Directions

Before the meeting:

1. Become familiar with the buddy system by watching "[The Buddy System](#)." (duration 1 minute, 42 seconds)

During the meeting:

1. Gather Cub Scouts and adult partners and say: "The buddy system is when two Cub Scouts work together, share, and keep each other safe. The den leader decides how buddies are paired. If there is an odd number of Cub Scouts, you can have a buddy group of no more than three. Having a buddy is especially important when you are doing an activity outdoors, particularly near or on the water. When you have a buddy, you are not to let your buddy out of your sight. As buddies you are friends, so remember the points of the Scout Law to be friendly, courteous, and kind to each other. You keep each other safe by following any rules or instructions for the activity"
2. Have Cub Scouts with their adult partners identify and color the pictures on page 47 of the Lion handbook.

[Back to Let's Camp Requirements](#)

Lion - Kindergarten

Let's Camp

Elective

Requirement 1



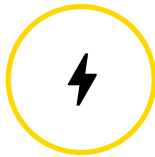
Buddy Tic Tac Toe

Snapshot of Activity

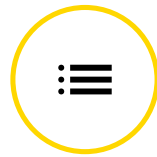
Ask the Cub Scouts to “buddy up,” with a fellow scout of their choosing. Play tic-tac-toe.



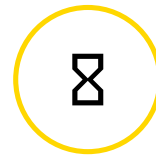
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 8 ½”x 11” blank sheets of paper, one for each Cub Scout
- Crayons, enough to share

Directions

Before the meeting:

1. Become familiar with the buddy system by watching “[The Buddy System](#).” (duration 1 minute, 42 seconds)

During the meeting:

1. Gather Cub Scouts and adult partners and say: “The buddy system is when two Cub Scouts work together, share, and keep each other safe. The den leader decides how buddies are paired. If there is an odd number of Cub Scouts, you can have a buddy group of no more than three. Having a buddy is especially important when you are doing an activity outdoors, particularly near or on the water. When you have a buddy, you are not to let your buddy out of your sight. As buddies you are friends, so remember the points of the Scout Law to be friendly, courteous, and kind to each other. You keep each other safe by following any rules or instructions for the activity”
2. Have Cub Scouts find a buddy.

Have Cub Scout buddies take a piece of paper and one crayon each and have them play tic tac toe together. Ask adult partners to provide guidance.

[Back to Let's Camp Requirements](#)

Lion - Kindergarten

Let's Camp

Elective

Requirement 2



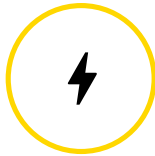
Adult Partner Dress Up

Snapshot of Activity

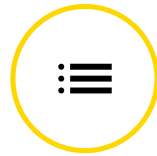
Adult partners wear different clothes for different seasons and Cub Scouts identify the season.



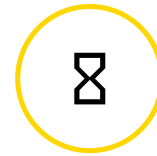
Indoor



2



1



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Ask each adult partner to come to the meeting with clothes for an assigned season; spring, summer, fall, winter or weather event: rain, snow, sunshine, wind. Inform them that they will change into those clothes at the meeting.

Directions

Before the meeting:

1. A week before the meeting confirm with adult partners that they are to bring to the meeting clothes that they would wear for their assigned season assigned season; spring, summer, fall, winter, or weather event: rain, snow, sunshine, wind. Make sure that all seasons and multiple weather conditions are represented. Duplication is OK. Cub Scouts will be guessing the season or weather condition so let them know that props are OK.
2. The day before the meeting confirm adult partners are ready for the meeting.

During the meeting:

1. Gather the Cub Scouts and have the adult partners go into appropriate dressing rooms to change into their outfits. Tell the Cub Scouts that their adult partners are going to put on a fashion show. Each adult partner will come out one at a time. When an adult partner comes out Cub Scouts will guess if they are dressed for spring, summer, fall, winter, or weather condition of rain, snow, sunshine, or wind.
2. Have adult partners come out one by one and have Cub Scouts guess their season or weather condition.
3. When an adult partner comes out have an announcer talk about the items that they are wearing and why that item is important or useful such as – “Look at that wool hat, I am sure that can keep your head warm on cold days and nights.”

[Back to Let's Camp Requirements](#)

Lion - Kindergarten

Let's Camp

Elective

Requirement 2



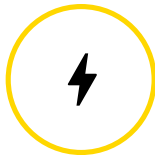
What Should Kat Wear?

Snapshot of Activity

Identify proper clothing for the weather with a cut out activity.



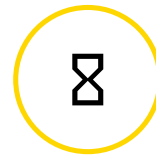
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Lions will need their Lion handbook, pages 48 and 49
- Craft Scissors, a pair for each Cub Scout
- Crayons, enough to share
- Smartphone with a weather app

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can complete the activity in their handbook together

During the meeting:

1. Gather the Cub Scouts and adult partners and have them work together to complete pages 48 and 49 of the Lion Handbook.
2. Once everyone has completed the activity in the handbook tell them about the date of the campout and that now is a good time to look at what the weather will be like for the campout.
3. Pull up the weather app and set the location for where the campout will be held. Look for the forecast.

Discuss with Cub Scouts and adult partners what will they need to bring on the campout based on the forecast.

[Back to Let's Camp Requirements](#)

Lion - Kindergarten

Let's Camp

Elective

Requirement 2



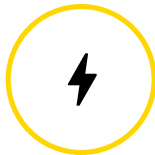
What to Wear Relay

Snapshot of Activity

Cub Scouts pick out clothes that are appropriate for different types of weather.



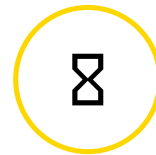
Indoor



5



4



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, pages 48 and 49
- Crayons, enough to share
- Craft scissors, a pair for each Cub Scout
- Small book bag or day bag
- Assortment of outdoor clothes that includes the 4 seasons, summer, spring, fall, winter
 - T-shirt
 - Shorts
 - Poncho or rain jacket
 - Hat
 - Long pants
 - Wool socks
 - Long sleeve shirt
 - Winter coat
 - Wool skull cap
 - Hoodie or light jacket

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can complete the activity in their handbook together.
2. Designate an area that is free of obstacles for a relay race.
3. Place the clothes into a jumbled pile on the ground.

During the meeting:

1. Gather the Cub Scouts and adult partners and have them work together to complete pages 48 and 49 of the Lion handbook.

2. Once everyone has completed the activity in the handbook share with them that next the den is going to run a relay race.
3. Explain the rules of the relay to the Cub Scouts and adult partners. Adult partners are going to play too.
4. Everyone will form a line about 10 yards away from the pile of clothes. The first person in line holds the backpack and waits for the den leader to call out a season, summer, spring, fall, winter.
5. When the den leader says the season that person then runs to the piles of clothes and gathers the clothes that match the season. When they bring the bag back, they empty the clothes, and the den decides if all the clothes are right for the season.
6. Return the clothes to the pile, jumble them up, and start again with a different season.

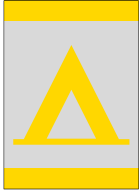
[Back to Let's Camp Requirements](#)

Lion - Kindergarten

Let's Camp

Elective

Requirement 3



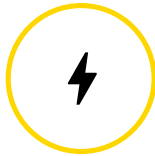
Packing for the Campout

Snapshot of Activity

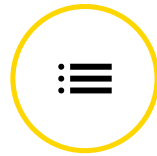
This is an At-Home activity. Adult partners will help their Cub Scouts pack their Cub Scout Six Essentials.



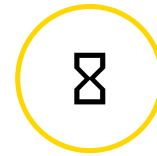
Indoor



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

This is an at-home activity.

- Cub Scout Six Essentials
 - Filled water bottle
 - First aid kit (small)
 - Whistle
 - Flashlight
 - Sun protection
 - Trail Food

Directions

At home:

1. Inform parents, legal guardians, and adult partners to help their Cub Scout pack for the campout and to review the Cub Scout Six Essentials with their Cub Scout and make sure they pack them.

[Back to Let's Camp Requirements](#)

Lion - Kindergarten

Let's Camp

Elective

Requirement 4



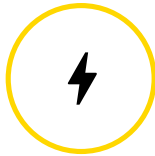
Lion Council Camping

Snapshot of Activity

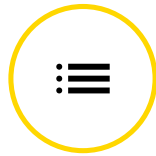
Attend a district or council Cub Scout overnight campout.



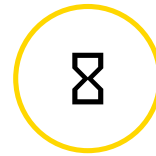
Travel



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Check with your local council, to identify a council organized Cub Scout family camp
- Register for the campout. Some events you may require you to register as a Pack or as an individual family.
- Review [Guide to Safe Scouting](#) for camping
- [Scouting America Health and Medical Record](#) for every Cub Scout

Tip: Cub Scout families may participate in Council Organized Family Camp. These events may be called something less formal such as Parent and Pal or Cub Family Camp. The program is provided by the local council and the event may last two nights. For these activities, you are not required to have a BALOO-trained leader attend, but it is recommended.

Directions

*Lions must have a **parent or legal guardian** with them to go camping.*

Before camping:

1. Find a council camp on your local council's website and sign up
2. Determine what items you will need to take.

Go camping!

[Back to Let's Camp Requirements](#)

Lion - Kindergarten

Let's Camp

Elective

Requirement 4



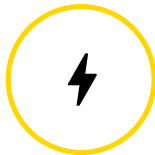
Lion Pack Camping

Snapshot of Activity

Go camping with your pack.



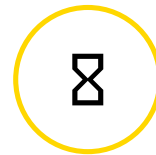
Travel



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Campground reservations
- [Individual Campout Checklist for Pack Overnighter](#)
- Cub Scout Six Essentials
- [BALOO](#) trained adult leader
- [Activity Consent Form](#)
- [Scouting America Health and Medical Record](#) for every Cub Scout

Directions

Lions must have a **parent or legal guardian** with them to go camping.

A Lion den **may not** go camping as a den. This activity is designed to be conducted as a Pack Campout.

Before camping:

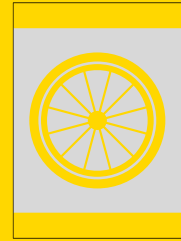
1. With your pack, locate a campground that is suitable for Cub Scouts and make a reservation.
2. Determine what items you will need to take. This includes meals, sleeping arrangements, and activities for the Cub Scouts.

[Back to Let's Camp Requirements](#)

Lion - Kindergarten

On A Roll

Elective



Snapshot of Adventure

With their family or den, Lions learn bike safety and go on a bike ride. Bikes, training wheels, tricycles, and adaptive bikes are welcome.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure:

- Review and become familiar with Bicycle Safety guidelines found on the [Scouting America Sports and Activities](#) page.

During the Adventure:

- Conduct an “ABC Quick Check” on the bicycles before riding. The Pedestrian and Bicycle Information Center has a [checklist](#) for air, brakes, and cranks, chain, and cogs.
- If conducting a bike ride away from your regular meeting location, make sure to have everyone complete an [Activity Consent form](#).

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete On a Roll.

Requirement 1

With your den or Lion adult partner, learn about the safety gear you should use while riding a bicycle.

- [Cub Scouts check their own safety gear](#).
- Reinforce introduction to bike safety gear with a [dot-to-dot activity](#).

Requirement 2

With your den or Lion adult partner, learn the safety rules to follow when riding a bicycle.

- [Review safety rules for bike riding](#).

Requirement 3

With your Lion adult partner or family, ride a bicycle wearing appropriate safety gear and follow safety rules.

- [Take a bike ride with your den](#).

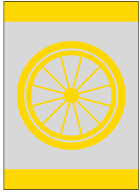
[Back to Elective Adventures](#)

Lion - Kindergarten

On A Roll

Elective

Requirement 1



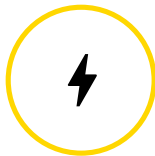
Checking My Gear Before I Ride

Snapshot of Activity

Cub Scouts check their own safety gear.



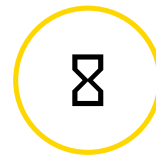
Indoor



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Each Cub Scout and adult partner brings their own bike helmet and any other safety bike gear
- For those who don't have their own bike helmet coordinate bike helmets to borrow

Directions

Before the meeting:

1. Become familiar with the proper fitting of a bike helmet by reviewing [Easy Steps to Properly Fit a Bicycle Helmet](#) on the National Highway Traffic Safety Administration website.
2. Prepare meeting location to allow plenty of space for Cub Scouts and adult partners to try on their bike helmets and lay out their safety gear.
3. If the meeting location differs from your normal den meeting, time, date, or location inform Cub Scouts, adult partners, parents, and legal guardians of the changes.
4. The day before the meeting remind everyone in the den of the date, time, and location, and to bring their helmets and to wear what they would wear on a bike ride.
5. If anyone is going to borrow a helmet, disinfect the helmet with an over-the-counter disinfectant spray.

During the meeting:

1. Gather the Cub Scouts and adult partners and inform them that when we ride bikes wearing a helmet is one of the most important safety gear we have. A bicycle crash can happen at any time. A properly fitted bicycle helmet reduces the risk of head injury. More children aged 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head.
2. Just like any safety gear, in order for it to work properly you have to wear it properly.
3. Demonstrate to know that your bike helmet is fitted properly and if it doesn't how to adjust it.
 - Your helmet should fit snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.

- The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.
 - Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.
 - Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible.
 - Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.
 - Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap. B. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again. C. Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again. D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.
4. Have each Cub Scout and adult partner try on their bike helmet and check to make sure it is fitted properly and if not, make necessary adjustments.

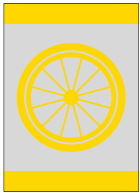
[Back to On A Roll Requirements](#)

Lion - Kindergarten

On A Roll

Elective

Requirement 1



Follow the Dots To Safety Gear

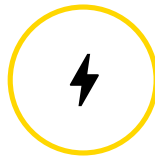
Snapshot of Activity

Reinforce introduction to bike safety gear with a dot-to-dot activity.

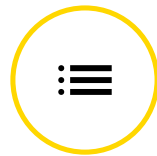
Enter Here.



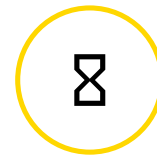
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 53
- Crayons, enough to share
- Den leader or the adult leading the activity brings their own bike helmet

Directions

Before the meeting:

1. Review the material in “During the meeting” for bike safety gear.
2. Prepare the meeting location so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and inform them that when we ride bikes wearing a helmet is one of the most important safety gear we have. A bicycle crash can happen at any time. A properly fitted bicycle helmet reduces the risk of head injury. More children aged 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head.
2. Just like any safety gear, in order for it to work properly you have to wear it properly.
3. Demonstrate to know that your bike helmet is fitted properly and if it doesn't how to adjust it.
 - Your helmet should fit snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.
 - The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.
 - Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

- Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible.
 - Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.
4. Additional safety gear includes wearing the proper shoes. Shoes should fit so they don't slip. Laces should be tied closely to avoid getting caught in the bike chain.
 5. Wearing bike gloves will help when you are learning to ride. The gloves will protect your hands when you fall.
 6. Have Cub Scouts work with their adult partners to complete the activity on page 53 of the Lion handbook.

[Back to On A Roll Requirements](#)

Lion - Kindergarten

On A Roll

Elective

Requirement 2



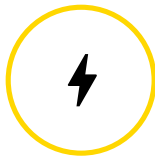
Cut and Paste Bike Rules

Snapshot of Activity

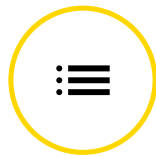
Review safety rules for bike riding.



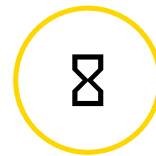
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 51
- Crayons, enough to share
- Craft scissors, one for each Cub Scout
- Glue sticks, one for each Cub Scout

Directions

Before the meeting:

1. If you have not already done so, become familiar with the Bicycle Safety guidelines found on the [Scouting America Sports and Activities](#) page.
2. Set up the meeting location so Cub Scouts and adult partners can work on the activity in the Lion handbook on page 51.

During the meeting:

1. Gather the Cub Scouts and adult partners and review the Bicycle Safety guidelines found on the [Scouting America Sports and Activities](#) page.
2. Have Cub Scouts with their adult partners complete the activity in the Lion handbook on page 51.

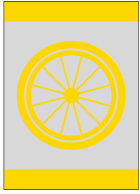
[Back to On A Roll Requirements](#)

Lion - Kindergarten

On A Roll

Elective

Requirement 3



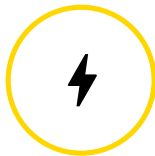
Let's Roll Lions

Snapshot of Activity

Take a bike ride with your den.



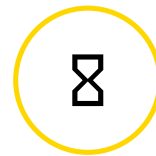
Outdoor



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

1. Cub Scouts and adult partners bring their Cub Scout Six Essentials
2. Cub Scouts and adult partners bring their own bike, bike helmet, and other safety gear
3. For those who do not have their own bike or bike helmet arrange for bikes and helmets to be borrowed
4. [Activity Consent Form](#)

Directions

Check with your Pack and other den leader to see if they are planning a bike ride so you can coordinate efforts.

Before the meeting:

- If you have not already done so, become familiar with the Bicycle Safety guidelines found on the [Scouting America Sports and Activities](#) page.
- Identify a bike bath that is away from traffic.
- A week before the meeting remind Cub Scouts, parents, legal guardians, and adult partners of the date, time, and location of the meeting and that everyone will need to bring their bike, safety gear, and Cub Scout Six Essentials.
- The day before the meeting remind Cub Scouts, parents, legal guardians, and adult partners of the date, time, and location of the meeting and that everyone will need to bring their bike, safety gear, and Cub Scout Six Essentials.

1. Make sure everyone completes an Activity Consent Form.

During the meeting:

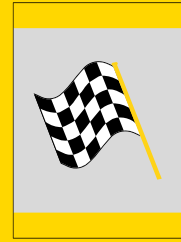
1. Gather the Cub Scouts and adult partners and review the Bicycle Safety guidelines found on the [Scouting America Sports and Activities](#) page.
2. Make sure everyone to a bike safety gear check using the ABC's and that their bike helmets are fitted properly.
3. Explain the bike route and make sure everyone stays together.
4. Go on your bike ride.

[Back to On A Roll Requirements](#)

Lion - Kindergarten

On Your Mark

Elective



Snapshot of Adventure

Play active games with your family and den, including a box derby race.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Review [Age Appropriate Guidelines for Scouting Activities](#) before starting a project.
- Cub Scouts are allowed to use common craft tools, such as paintbrushes, scissors, hammers, and screw drivers.
- Know the proper use of the tools that will be used for the project, by any youth or adult.

During the Adventure

- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete On Your Mark.

Requirement 1

Play a game with your den.

- [Play a game of Red Light Green Light.](#)
- [Play a game of Yahtzee™.](#)
- Cub Scouts will [sample different board games](#) by playing them in a round-robin speed format.

Requirement 2

Participate in an obstacle course relay.

- Create and [run an obstacle course](#).
- Use a [local playground to create an obstacle course](#).
- Make a [portal-type obstacle course with painter's tape](#).

Requirement 3

Build a box derby and participate in a race.

- [Conduct a Lion Box Derby](#).

[Back to Elective Adventures](#)

Lion - Kindergarten

On Your Mark

Elective

Requirement 1



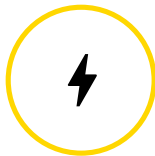
Lion Red Light Green Light

Snapshot of Activity

Play a game of Red Light Green Light.



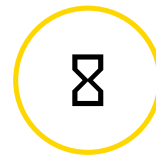
Outdoor



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, back cover with the Scout Oath and Scout Law

Directions

Before the meeting:

1. Become familiar with how to play Red Light Green Light.
 - Start with everyone along the starting line, with the game leader at the finish line about 60 ft away.
 - When the game leader says 'Green Light' everyone will move towards the finish line.
 - When the game leader says 'Red Light' everyone must immediately stop.
 - If players are still moving when you call 'Red Light', they must go back to the starting line.
 - The game leader may call "Green Light" or "Red Light" multiple times in a row.
 - Start a new round when everyone gets across the finish line or when most players make it across the finish line.
2. Identify a safe area free of obstacles to play Red Light Green Light.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that this activity is about practicing the Scout Oath and Scout Law as we play.
2. Ask Cub Scouts and adult partners to look at the back of the Lion handbook and by raising their hand share a point of the Scout Law that they feel is important to follow when playing a game.
3. Inform the den and adult partners that they will play Red Light Green Light.
4. Explain the rules of how to play Red Light Green Light.

Play several rounds as time permits. When finished gather the Cub Scouts and adult partners and have them share examples of when they were following the Scout Oath and Scout Law.

[Back to On Your Mark Requirements](#)

Lion - Kindergarten

On Your Mark

Elective

Requirement 1



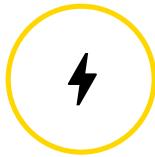
Roll the Dice

Snapshot of Activity

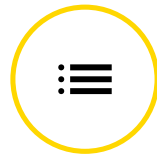
Play a game of Yahtzee™.



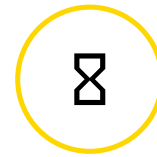
Indoor



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If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Yahtzee™ or Yahtzee Jr.™ game, one for every 8 members of the den
- Cub Scouts will need their Lion handbook, back cover with the Scout Oath and Law

Directions

Before the meeting:

1. Become familiar with how to play Yahtzee™ or Yahtzee Jr.™ by reading the **Directions** in the game box.
2. Set up the meeting location so groups of four can easily play together.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that this activity is about taking turns and practicing the Scout Oath and Scout Law as we play.
2. Ask Cub Scouts and adult partners to look at the back of the Lion handbook and by raising their hand share a point of the Scout Law that they feel is important to follow when playing a game.
3. Explain the game you are going to play is called Yahtzee™ and that it is a matching game. Cub Scouts are paired with their adult partners as a team.
4. Set up the teams that will play with each other. Ask adult partners to point out when a Cub Scout is following the Scout Oath and Law.

[Back to On Your Mark Requirements](#)

Lion - Kindergarten

On Your Mark

Elective



Requirement 1

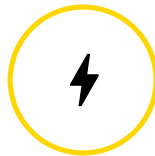
Speed Gaming

Snapshot of Activity

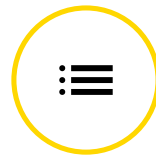
Cub Scouts will sample different board games by playing them in a round-robin speed format. Enter Here.



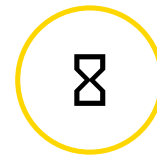
Indoor



2



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3

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

Below are just suggested board games based on age appropriateness and the ability to play the games quickly.

- Chutes and Ladders™ board game
- Candy Land™ board game
- Checkers board game
- Operation™ board game
- 4 – 4" x 4" folding card tables
- 16 – folding chairs
- Stopwatch

Directions

Before the meeting:

1. Contact parents, legal guardians, and adult partners to see who already has the following board games. Other age-appropriate board games and quick play may be substituted.
 - Chutes and Ladders™
 - Candy Land™
 - Checkers
 - Operation™
2. Confirm they will bring the games to the den meeting.
3. Set up the meeting space with the four folding tables in four different corners of the room. Set up the chairs around the table and place each board game on the table.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that this activity is about taking turns and practicing the Scout Oath and Scout Law as we play.
2. Ask Cub Scouts and adult partners to look at the back of the Lion handbook and by raising their hand share a point of the Scout Law that they feel is important to follow when playing a game.

3. Explain that they will get a chance to sample different board games with their adult partners. They may not be able to finish each game, the idea is to see if you like it but also to follow the Scout Oath and Law.
4. Set up the teams that will play with each other. Ask adult partners to point out when a Cub Scout is following the Scout Oath and Law.
5. Assign teams to a table to start. After 10 minutes the groups then rotate clockwise to the next table to play the next game.
6. At the end of the meeting ask Cub Scouts what game they liked the best.

[Back to On Your Mark Requirements](#)

Lion - Kindergarten

On Your Mark

Elective

Requirement 2



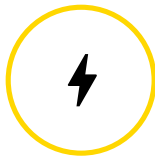
Lion Obstacle Course

Snapshot of Activity

Create and run an obstacle course.



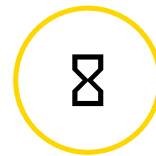
Outdoor



5



5



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

Once the items for this obstacle course are built, they can be used by other dens or the pack for years to come.

- 7 – 10ft. long 1" PVC pipes cut into the following lengths
 -
 - 9 – 3 ft. long 1" PVC pipes
 - 6 – 2 ft. long 1" PVC pipes
 - 10 – 1 ft. long 1" PVC pipes
- 10 – 1" PVC 90-degree elbow connectors
- 10 – 1" PVC Schedule 40 S x S x S Tee
- 2 – 8 ft. long pressure treated 2"x4"
- 6 – Hula Hoops™
- Smartphone or stopwatch

Directions

Before the meeting:

1. Construct 3 low hurdles for Cub Scouts to jump over.
 - Connect a 90-degree elbow connector to each end of a 3ft. long pipe.
 - Connect 2 ft. long pipes to each end of the 90-degree elbow connector of the 3ft. long pipe, forming three sides of a rectangle.
 - Connect PVC schedule 40 S x S x S Tee to the bottom of the 2ft. long pipes.
 - Insert the 1 ft. long pipes into the PVC schedule 40 S x S x S Tee to create a hurdle.
2. Construct 2 high bars for Cub Scouts to duck under.
 - Connect a 90-degree elbow connector to each end of a 3 ft. long pipe.
 - Connect 3 ft. long pipes to each end of the 90-degree elbow connector of the 3 ft. long pipe, forming three sides of a rectangle.
 - Connect PVC schedule 40 S x S x S Tee to the bottom of the 2 ft. long pipes.
 - Insert the 1 ft. long pipes into the PVC schedule 40 S x S x S Tee to create a hurdle.

3. Layout the obstacle course.

- Find a location that is level and free of tripping hazards to lay out obstacles.
- The layout of the course may be in a single line, or you may add turns to accommodate the space available.
- From the starting line place a low hurdle 10 ft. away, next place a high bar 10 ft. away, next place a low hurdle 10 ft. away, next place a high bar 10 ft. away, next place a low hurdle 10 ft. away.
- Place one of the 2"x4" on the ground 10 ft. away from the last low hurdle.
- Place the 6 Hula Hoops™ in a straight-line end to end 10 ft. away from the 2"x4".
- Place the other 2"x4" on the ground 10 ft. away from the Hula Hoops™.
- Create a finish line 10ft. away from the 2"x4".

During the meeting:

1. Have Cub Scouts gather at the obstacle course.
2. Demonstrate how to run the course. Jump over the low hurdle, duck under the high bar, jump over the low hurdle, duck under the high bar, jump over the low hurdle, walk across the 2"x4", go through the Hula Hoops™ by jumping from one to the next, walk across the 2"x4", then to the finish line.
3. Give each Cub Scout a turn to run the obstacle course and record how fast they did it.

Allow each Cub Scout to run the course at least twice to see if they can improve their time.

[Back to On Your Mark Requirements](#)

Lion - Kindergarten

On Your Mark

Elective

Requirement 2



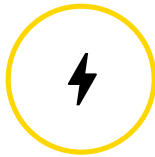
Playground Obstacle Course

Snapshot of Activity

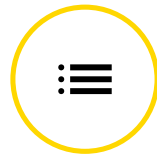
Use a local playground to create an obstacle course.



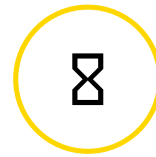
Travel



5



1



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Local playground
- Stopwatch

Directions

Before the meeting:

1. Identify a local playground that has a variety of equipment.
2. Go to the playground and develop ideas for making an obstacle course. Here are some examples:
 - Determine a starting line and a finish line
 - Slide down the slide
 - Go around the merry-go-round three times
 - Cross the monkey bars
3. Do not create obstacles that use the playground equipment in any other manner other than designed.
4. The day before the meeting confirm with the Cub Scouts, parents, legal guardians, and adult partners of the time, date, and location of the den meeting.

During the meeting:

1. Have Cub Scouts gather at the obstacle course.
2. Demonstrate how to run the course.
3. Give each Cub Scout a turn to run the obstacle course and record how fast they did it.
4. Allow each Cub Scout to run the course at least twice to see if they can improve their time.

[Back to On Your Mark Requirements](#)

Lion - Kindergarten

On Your Mark

Elective

Requirement 2



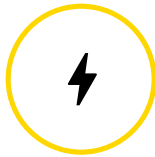
Portal Obstacle Course

Snapshot of Activity

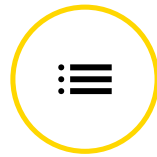
Make a portal-type obstacle course with painter's tape.



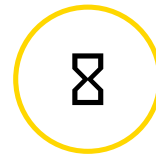
Indoor



5



2



3

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Roll of 1" wide blue painter's tape
- Roll of 1" wide green painter's tape
- Clean 3-gallon trash can without lid
- 2-gallon bowl to hold three tennis balls
- 3 tennis balls

Directions

Before the meeting:

1. Identify a safe area free of obstacles where you can safely put painter's tape on the floor.
2. Create a portal obstacle course.
3. Place a strip of blue painter's tape to mark the starting point.
4. The rule is that you can only step on the painter's tape or in a designated square on the floor to get from one side to the other. Use the green tape to designate the direction they have to go in by making arrows on the floor.
5. Create obstacles and challenges:
 - Make 1' x 1' squares on the floor that get further apart from each other, so Cub Scouts have to jump from square to square. To add to the challenge, designate that blue boxes mean you have to have both feet in the box and green boxes mean you can only have one foot in the box.
 - Lay two parallel strips of tape down to designate they have to walk on the tape like a balance beam. You can add to the challenge by creating curves.
 - Make 6" x 3" rectangles on the floor. Green rectangles mean you have to place your hands on the rectangle, blue rectangles mean you have to use your feet. Make rectangles running parallel with each other alternating green and blue so Cub Scouts have to "crawl" to complete the obstacle.
 - Make a 6' circle on the floor with the painter's tape, you cannot step in the circle you must move around the circle staying on the painter's tape.

- Make a 1' x 1' square with an X in the middle. Place a 3 gal. trash can 5 feet away. Place the tennis balls in the bowl and place the bowl in the square. The object is to throw the three balls into the trash can before moving to the next obstacle.

6. Place a strip of blue painter's tape to mark the finish line

During the meeting:

1. Have Cub Scouts gather at the obstacle course.
2. Demonstrate how to run the course. The course does not have to be completed in a specific order.
 - Blue boxes mean you have to have both feet in the box and green boxes mean you can only have one foot in the box.
 - Side by side tape means walk on the tape like a balance beam.
 - Green rectangles mean you have to place your hands on the rectangle.
 - Blue rectangles mean you have to use your feet.
 - You cannot step in the circle; you must move around the circle while staying on the tape.
 - At the "X," throw the three tennis balls into the trash can.
 - If an obstacle is missed, you are put in a portal that brings you back to the starting line and you start over.
3. Give each Cub Scout a turn to run the obstacle course and record how fast they did it.
4. Allow each Cub Scout to run the course at least twice to see if they can improve their time.

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Lion - Kindergarten

On Your Mark

Elective

Requirement 3



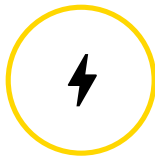
Lion Box Derby

Snapshot of Activity

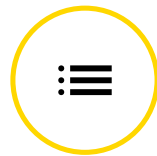
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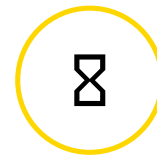
Outdoor



5



3



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 18" x 14" x 12" cardboard box, one for each Cub Scout
- Magic markers various colors, enough to share
- 2 – 36" long paracords, a set for each Cub Scout
- Scissors, enough to share
- Roll of 1" wide blue painter's tape
- Glue sticks, enough to share
- Construction paper, in assorted colors, enough to share
- Bottle of water, one for each Cub Scout
- Wash cloths, one for each Cub Scout

Directions

Before the Meeting

1. Identify a safe area free of obstacles to conduct the derby such as a running track. The total length should be no more than 100 yards.
2. The day before, remind Cub Scouts, parents, legal guardians, and adult partners of the date, time, and location of the meeting.
3. Become familiar with how to make a cardboard box car.
 - Cut the top and flaps of the box off.
 - Use scissors to cut two holes in the top front left and right corners and top back left and right corners. The holes should be two feet apart. Make the hole just large enough for the paracord to run through.
 - Tie a figure eight knot at the end of one of the paracords then run the other end of the paracord from the front left to the back left holes with the figure eight knot keeping the paracord from slipping through the hole. Tie another figure-eight knot on the other end of the paracord. Repeat for the right front and back holes. This will serve as the harness that goes over the Cub Scout shoulders like suspenders.

4. Make and decorate a cardboard box car to use as an example.
5. Set up the racetrack with the starting line, three areas for the “pit crew”, and finish line.

During the Meeting

1. Gather the Cub Scouts and adult partners and share with them that it is race day and they will make their own box car to decorate and race.
2. Demonstrate how to make the cardboard box car.
3. Have adult partners work with their Cub Scouts to make and decorate their cars.
4. Go over the rules of the box car race. The Lions will run around the track stopping three times along the way. The adult partners will be the “pit crew.” The three stops will consist of the following:
 - Tire change: At this stop, each Lion will turn one of their socks inside out and put it back on.
 - Pit stop: At this stop, the Lion will take a drink of water.
 - Windshield washing: At this stop, the Lion will get their face washed with a wet towel.
5. Run the race.

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Lion - Kindergarten

On Your Mark

Elective



Requirement 3

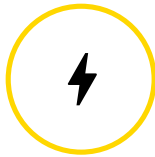
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Snapshot of Activity

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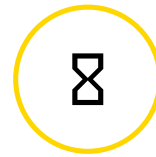
Indoor



3



4



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

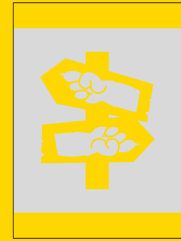
Directions

[Back to On Your Mark Requirements](#)

Lion - Kindergarten

Pick My Path

Elective



Snapshot of Adventure

Through game play, Lions are exposed to the idea that choices have consequences.



Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Pick My Path.

Requirement 1

Explain that choices have consequences.

- [Play a game of Tic-Tac-Toe](#) and discuss how choices have consequences in the game and in life.
- [Trying to put toothpaste back into the tube](#) makes the connection that choices have consequences.

Requirement 2

Perform a Good Turn for another person.

- Cub Scout does a [chore at home](#).
- Cub Scout practices [holding the door open for someone](#).
- Cub Scouts practice [complementing each other](#).

Requirement 3

Learn the basic rules of a game and play the game.

- Cub Scouts learn to [play charades](#).
- Cub Scouts [play rock, paper, scissors](#).
- Cub Scouts [play musical Hula Hoops™](#).

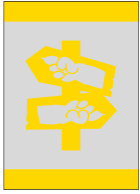
[Back to Elective Adventures](#)

Lion - Kindergarten

Pick My Path

Elective

Requirement 1



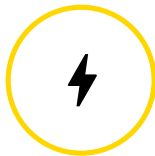
Catch a Lion by the Tic-Tac-Toe

Snapshot of Activity

Play a game of Tic-Tac-Toe and discuss how choices have consequences in the game and in life.



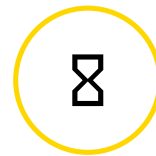
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, pages 57 and 59
- Craft scissors, one for each Cub Scout
- Crayons, enough to share

Directions

Before the meeting:

1. Prepare the meeting location so Cub Scouts can work with adult partners to complete the activity on pages 57 and 59.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that being a Cub Scout means that we try to always do our best to live by the Scout Law. Explain that in this activity they are going to play a game of tic-tac-toe.
2. Have adult partners work with their Cub Scouts to complete the activity on pages 57 and 59.
3. When completed have them play several games of tic-tac-toe.
4. When everyone is finished playing ask the Cub Scouts, "What are the rules to tic-tac-toe?"
5. Wait for an answer about not being able to take a turn back or that once you move you can't move again.
6. Make the connection that there are things that we do in our life that we cannot take back. When we are mean to other people, we can't take that back. When we lie, we can't take that back. The things we do we can't take back, so it is important to always think about our actions before we do them. It is also important to think about what we are going to say before we say it.

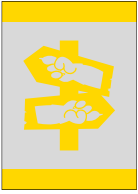
[Back to Pick My Path Requirements](#)

Lion - Kindergarten

Pick My Path

Elective

Requirement 1



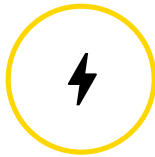
You Can't Put It Back

Snapshot of Activity

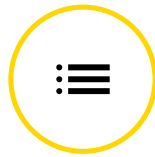
Trying to put toothpaste back into the tube makes the connection that choices have consequences.



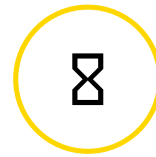
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Travel size tube of toothpaste, one for each Cub Scout
- Paper plates, one for each Cub Scout
- Plastic spoons , one for each Cub Scout

Directions

Before the meeting:

1. Set up the meeting location so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that being a Cub Scout means that we try to always do our best to live by the Scout Law. Explain that in this activity they are going to play with toothpaste.
2. Hand out the paper plates, spoons, and toothpaste to each Cub Scout.
3. Have Cub Scouts squeeze the toothpaste out of the tube onto the paper plate, trying to get all of it out.
4. Instruct the Cub Scouts to now try and put the toothpaste back in the tube using their spoon.
5. Share with the Cub Scouts that the tube of toothpaste is like our mouth and the toothpaste are the words that come out of our mouth. Once we say something, especially something that is hurtful, you can't take those words back.
6. Make the connection that there are things that we do in our life that we cannot take back. When we are mean to other people, we can't take that back. When we lie, we can't take that back. The things we do we can't take back, so it is important to always think about our actions before we do them. It is also important to think about what we are going to say before we say it.

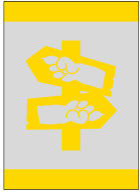
[Back to Pick My Path Requirements](#)

Lion - Kindergarten

Pick My Path

Elective

Requirement 2



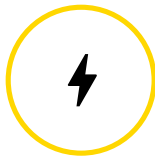
Lion Helping at Home

Snapshot of Activity

Cub Scout does a chore at home.



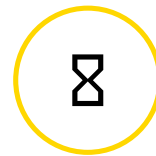
Indoor



3



1



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- This activity is done at home

Directions

At home:

1. Have Cub Scouts talk with their parent or legal guardian about a chore they could help with at home.
2. When they have done it have them share at the next den meeting what they did and how it helped.

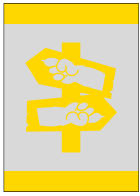
[Back to Pick My Path Requirements](#)

Lion - Kindergarten

Pick My Path

Elective

Requirement 2



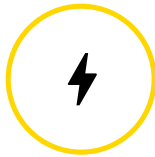
Please, After You

Snapshot of Activity

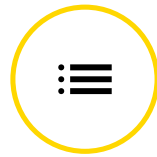
Cub Scout practices holding the door open for someone.



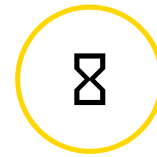
Indoor



2



1



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No extra supplies needed, just a door – assuming your meeting location has a door

Directions

Before the meeting:

1. Identify a door where Cub Scouts can practice opening the door for their adult partner.

During the meeting:

1. Gather the Cub Scouts and adult partners and ask them what do they think the word courteous in the Scout Law means? Allow Cub Scouts to give answers.
2. Share that we can think of being courteous when we put the needs of others before our own needs. For example, in this activity, we are going to practice opening the door for our adult partner. You and your adult partner need to go through the door but by opening the door and allowing someone else to go first you are being courteous.
3. Have Cub Scouts and adult partners go through the door with the Cub Scout opening the door for their adult partner. Inform the Cub Scouts that you should let the person know that you will get the door for them by saying something like “Let me open the door for you.” If they are carrying something you could say “You have your hands full let me open the door for you.”

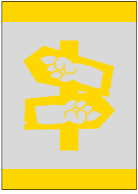
[Back to Pick My Path Requirements](#)

Lion - Kindergarten

Pick My Path

Elective

Requirement 2



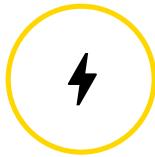
You Look Marvelous

Snapshot of Activity

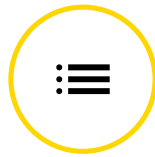
Cub Scouts practice complementing each other.



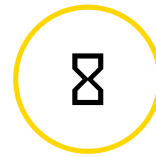
Indoor



1



1



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Before the meeting:

1. Review some compliments that Cub Scouts can practice saying to each other.
 - You are brave.
 - You're a great listener.
 - You have the best ideas.
 - You're a great example to others.
 - I like being in Cub Scouts with you.
 - I am glad you are part of our den.

During the meeting:

1. Gather the Cub Scouts and adult partners and ask them what do they think the word courteous in the Scout Law means? Allow Cub Scouts to give answers.
2. Share that we can think of being courteous when we put the needs of others before our own needs. We are going to practice being courteous by putting other people's feelings first by giving them a compliment.
3. Give examples of compliments.
4. Pair up Cub Scouts and have them give a compliment to one another then have them switch partners. Continue switching until everyone has given and received a compliment from each member of the den.

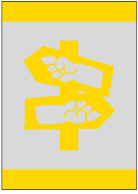
[Back to Pick My Path Requirements](#)

Lion - Kindergarten

Pick My Path

Elective

Requirement 3



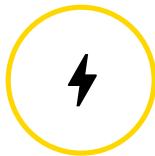
Guess What I Am

Snapshot of Activity

Cub Scouts learn to play charades.



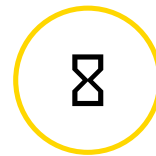
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 3" x 5" index cards
- Pen
- A large bowl

Directions

Before the meeting:

1. Be familiar with how to play charades by watching this YouTube video, "[How to Play Charades](#)."
2. Use the index cards to make the items that players will act out.
 - Playing basketball
 - Lion
 - Setting up a tent
 - Watching a movie
 - Swinging on a swing
 - Swimming
 - Fishing
 - Riding a bike
 - Eating a birthday cake
 - Going to sleep
 - Playing catch
 - Eating a bowl of cereal
3. Place the index cards in the bowl. This is where players will pick what they act out.

During the meeting:

1. Gather the Cub Scouts and adult partners and share how to play charades.
2. Have Cub Scouts take turns explaining the rules to their adult partner. Have the adult partner help the Cub Scout come up with the best way to explain the rules to someone else.
3. Divide the den in half keeping Cub Scouts and their adult partners together.

4. Play a game of charades.

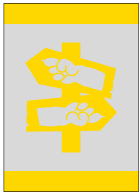
[Back to Pick My Path Requirements](#)

Lion - Kindergarten

Pick My Path

Elective

Requirement 3



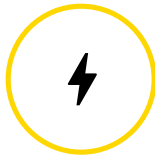
Lion Rock, Paper, Scissors

Snapshot of Activity

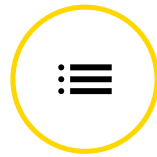
Cub Scouts play rock, paper, scissors.



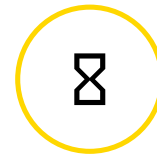
Indoor



1



1



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Before the meeting:

1. Be familiar with how to play rock, paper, scissors by watching this YouTube video, "[How to play Rock Paper Scissors.](#)"

During the meeting:

1. Gather the Cub Scouts and adult partners and share how to play rock, paper, scissors.
2. Have Cub Scouts then explain the rules to their adult partner and then play exactly as they described the game. Adult partners are to follow the rules that were described by the Cub Scout exactly, even if they are incorrect. After playing, the adult partner helps the Cub Scout come up with the best way to explain the rules to someone else.
3. Conduct a rock, paper, scissors tournament.

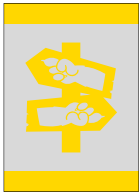
[Back to Pick My Path Requirements](#)

Lion - Kindergarten

Pick My Path

Elective

Requirement 3



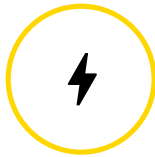
Musical Hula Hoops™

Snapshot of Activity

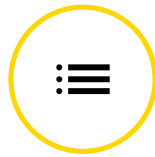
Cub Scouts play musical Hula Hoops™.



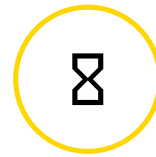
Indoor



4



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 20" diameter Hula Hoops™, one for each Cub Scout and adult partner
- Smart device connected to the internet with a speaker

Directions

Before the meeting:

1. Be familiar with how to play musical chairs, instead of using chairs players will have to step inside a Hula Hoop™ on the ground:
 - Place the Hula Hoops™ on the ground in a circle with one less Hula Hoop™ than players.
 - Start the music and have the players walk clockwise in a circle around the Hula Hoops™.
 - Stop the music suddenly, and all players need to stand in an empty Hula Hoop™.
 - One person will be left standing without a Hula Hoop™, and they will be out of the game.
 - Another Hula Hoop™ is then removed.
 - The game continues until only one person is standing in a Hula Hoop™.
 - That person is the winner of the game.
2. Find a safe location free of obstacles to set up the Hula Hoops™ for the game.
3. Check you are able to connect to the internet with your smart device and connect to the [Cub Scout Song Book](#) on SoundCloud.
4. Check the sound is clear for the playing area.

During the meeting:

1. Gather the Cub Scouts and adult partners and share how to play musical Hula Hoops™.
2. Have Cub Scouts take turns explaining the rules to their adult partner. Have the adult partner help the Cub Scout come up with the best way to explain the rules to someone else.
3. Play musical Hula Hoops™. Use the Cub Scout Song book, most songs are just the right length for a round.

[Back to Pick My Path Requirements](#)

Lion - Kindergarten

Race Time

Elective



Snapshot of Adventure

The most popular events in Cub Scouting are found in this Adventure, the Pinewood Derby and the Rain gutter Regatta. Lions and adult partners work together to build and race either a car or a boat.



Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Review [Age Appropriate Guidelines for Scouting Activities](#) before starting a project.
- Cub Scouts are allowed to use common craft tools, such as paintbrushes, scissors, hammers, and screw drivers.
- Know the proper use of the tools that will be used for the project, by any youth or adult.
- During the Adventure
- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.

Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Race Time Lion.

Requirement 1

With your Lion adult partner, assemble and decorate either a Pinewood Derby® car or a Raingutter Regatta™ boat.

- Den or pack provides a [build day for CubScouts](#) for Pinewood Derby®.
- Den or pack provides a [build day for CubScouts](#) for Raingutter Regatta™.

Requirement 2

Learn the rules of the race for the vehicle chosen in Requirement 1.

- Invite [Arrow of Light Scouts to come and explain the rules of the race.](#)

Requirement 3

Before the race, discuss with your Lion adult partner how you will demonstrate good sportsmanship during the race.

- Cub Scouts will act out through role playing [how to be a good sport during the race](#).

Requirement 4

With your Lion adult partner, participate in a Pinewood Derby or a Raingutter Regatta.

- [Conduct a Pinewood Derby car race](#).
- [Conduct a Raingutter Regatta](#).

[Back to Elective Adventures](#)

Lion - Kindergarten

Race Time

Elective

Requirement 1



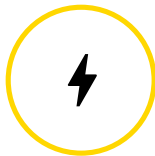
Pinewood Derby Car Build Day Lion

Snapshot of Activity

Den or pack provides a build day for Cub Scouts.



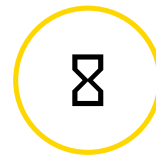
Indoor



3



5



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

Ask parents in the den or pack if anyone has a workshop with woodworking tools. Determine how many Cub Scouts and parents could fit in the space and develop a time schedule, if needed, to keep the workshop from being overcrowded.

OR

Ask parents in the pack if anyone has some of the tools below and would be willing to bring them to a location to conduct a build day. This would allow several cars to be worked on at once.

OR

Check with your local Scout Shop. Some Scout Shops will conduct Pinewood Derby build days.

Only adults may use power tools in Cub Scouting. Adults who are using power tools must wear appropriate safety gear including eye protection and ear protection.

Cutting out the basic shape of a Pinewood Derby car is easily done with a band saw or a scroll saw.

- Safety goggles, for anyone working with or near power tools
- Ear protection, for anyone working with or near power tools
- Band saw, only adults may use
- Scroll saw, only adults may use
- Dremel, only adults may use
- 120 grit sandpaper, enough to share
- 220 grit sandpaper, enough to share
- 400 grit sandpaper, enough to share
- Small hammers, enough to share
- Pinewood Derby Car Kit, one for each Cub Scout and a couple of spare kits (Scout Shop SKU: 17006)
- Pinewood Derby flat weights, one for each Cub Scout (Scout Shop SKU: 7602)
- Small Phillips head screwdrivers, enough to share
- Small flathead screwdrivers, enough to share
- Paint, high gloss acrylic, various colors
- Small paint brushes, one for each Cub Scout

- Jar of water to wash off paint brushes
- Pinewood Derby Car Adjustment Tool (Scout Shop SKU: 16990)
- Small digital scale
- Wood glue
- Cub Scouts will need their Lion handbook, page 55
- Pencils, enough to share
- Scissors. enough to share
- 6ft. folding tables
- Folding chairs
- First Aid Kit

Directions

A build day is longer than a typical meeting. Cutting out cars, painting them, allowing them to dry, and assembling them will take hours based on the number of power tools available and the number of Cub Scouts in the den or pack.

Before the meeting:

1. Visit the [Pinewood Derby website](#) and share with members of the den to get familiar with the race and ideas for designs.
2. Confirm meeting location.
3. Confirm that equipment is in good working order.
4. Three days before the meeting remind Cub Scouts, parents, and legal guardians of the meeting date, time, and location of the build day.
5. Prepare the meeting location to give everyone enough room to work on their cars.

During the meeting:

1. **Draw a design for your car.** Use page 55 of the Lion handbook to make a template for the design of your car.
2. **Cut out your car from the block of wood.** Cub Scouts may use a handsaw, or an adult may use a power tool to cut out the car.
3. **Sand the car.** Sanding will remove any sharp corners and will allow paint or any other decoration to be added to the car stick better.
4. **Paint and decorate your car.** Pinewood Derby cars are made of soft wood. When painted, it may take a couple of layers or coats of paint. Paint the car once. When the paint is dry, use sandpaper to lightly sand it. Clean off any dust from sanding and paint it again. This can be repeated until you get the desired look is achieved.
5. **Assemble your car.** Using the nails that came with the kit, attach the wheels that came in the kit to the car in the pre-cut areas on the bottom of the car.
6. **Check the weight.** Do this step last as everything else will either add or subtract weight from the car. The car should weigh exactly 5 ounces. If it weighs less, additional weight may be added.

Tip: Make sure the axles are square, at a 90-degree angle. This will keep the car straight when going down the track. If the axles are not square, the car may want to turn and rub up against the track causing it to slow down. Test the car by simply pushing it across the floor to see if it goes straight.

[Back to Race Time Requirements](#)

Lion - Kindergarten

Race Time

Elective

Requirement 1



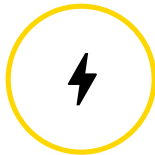
Raingutter Regatta™ Build Day Lion

Snapshot of Activity

Den or pack provides a build day for Cub Scouts.



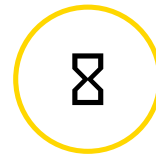
Indoor



3



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4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 400 grit sandpaper, enough to share
- Raingutter Regatta™ Racing Trimaran Kit, one for each Cub Scout and a couple of spare kits (Scout Shop SKU: 612513)
- Small Phillips head screwdrivers, enough to share
- Small flathead screwdrivers, enough to share
- High gloss acrylic paint, various colors
- Small paint brushes, one for each Cub Scout
- Jar of water to wash off paint brushes
- Various stickers to decorate the sails
- Wood glue
- 6 ft. folding tables
- Folding chairs

Directions

A build day is longer than a typical meeting. Painting the boats, allowing them to dry, and assembling them will take hours based on the dry time of the paint.

Before the meeting:

1. Confirm meeting location.
2. Three days before the meeting remind Cub Scouts, parents, and legal guardians of the meeting date, time, and location of the build day.
3. Prepare the meeting location to give everyone enough room to work on their boats.

During the meeting:

1. **Sand the wooden hulls.** It is easier to sand the wooden hulls before the boat is assembled.
2. **Attach** the plastic cabin to the two wooden hulls using the screws provided.
3. **Paint and decorate your boat.** If painting, use a primer first; this will help the paint stick to the plastic parts of the boat. The sail may be decorated also.

4. **Assemble the sail and mast.** Use a small bit of glue in the hole where the mast will go, then place the mast into the hole. Allow the glue to dry before attaching the sail.

Tip: Add wax to the bottom of the boat, the hull, to make it extra smooth. The smoother the hull, the faster the boat can go.

[Back to Race Time Requirements](#)

Lion - Kindergarten

Race Time

Requirement 2

Elective



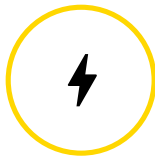
Arrow of Light Scouts Explain the Rules

Snapshot of Activity

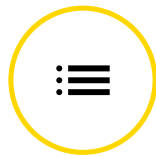
Invite Arrow of Light Scouts to come and explain the rules of the race.



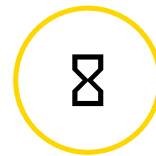
Indoor



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5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- List of official and pack rules for the Pinewood Derby or Raingutter Regatta

Directions

Before the meeting:

1. Contact the den Leader for the Arrow of Light patrol and coordinate a time for them to speak to the Lion den about the rules of the Pinewood Derby or Raingutter Regatta based on which race you will be running.
2. The day before the meeting confirm the date, time, and location of the meeting with the Arrow of Light scouts and den leader.

During the meeting:

1. Gather the Cub Scouts and adult partners and introduce the Arrow of Light Scouts. Divide up the Arrow of Light scouts with the Cub Scouts and adult partners to review the rules of the pinewood derby or Raingutter Regatta.

[Back to Race Time Requirements](#)

Lion - Kindergarten

Race Time

Elective

Requirement 3



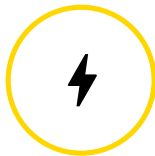
Good Sportsmanship for the Race

Snapshot of Activity

Cub Scouts will act out through roll playing how to be a good sport during the race.



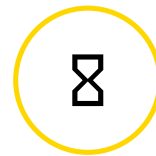
Indoor



2



1



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Before the meeting:

1. Review the following situations that Cub Scout will act out to demonstrate good sportsmanship.
 - During a race of two cars, one car broke on the way down the track.
 - One Cub Scout is the owner of the car that broke on the track and didn't cross the finish line.
 - One Cub Scout is the owner of the car that finished.
 - During the Raingutter Regatta a Cub Scout tripped and ended up losing the race.
 - One Cub Scout is the one who tripped,
 - One Cub Scout is the one who won the race.
 - Before a race a Cub Scout sees another Cub Scout add more weight to their car after it was checked in.
 - One Cub Scout is the one who was adding weight.
 - One Cub Scout is the one who saw the other adding weight.
 - In a Raingutter Regatta race one Cub Scout won and the other lost.
 - One Cub Scout is the one who won.
 - One Cub Scout is the one who lost.

During the meeting:

1. Gather the Cub Scouts and adult partners and explain to them that during the race we want to show good sportsmanship. Ask Cub Scouts what do they think that means?
2. Ask the Cub Scouts what part of the Scout Law we should follow to demonstrate good sportsmanship.
3. Have a Cub Scout and adult partner act out one of the situations. Mix up situations and Cub Scouts with adult partners so everyone has a chance to participate and demonstrate good sportsmanship.
 - During a race of two cars, one car broke on the way down the track.
 - One Cub Scout is the owner of the car that broke on the track and didn't cross the finish line.

- One Cub Scout is the owner of the car that finished.
- During the Raingutter Regatta a Cub Scout tripped and ended up losing the race.
 - One Cub Scout is the one who tripped,
 - One Cub Scout is the one who won the race.
- Before a race a Cub Scout sees another Cub Scout add more weight to their car after it was checked in.
 - One Cub Scout is the one who was adding weight.
 - One Cub Scout is the one who saw the other adding weight.
- In a Raingutter Regatta race one Cub Scout won and the other lost.
 - One Cub Scout is the one who won.
 - One Cub Scout is the one who lost.

[Back to Race Time Requirements](#)

Lion - Kindergarten

Race Time

Elective

Requirement 4



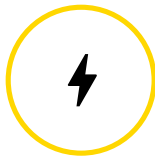
Pinewood Derby Race

Snapshot of Activity

Conduct a Pinewood Derby car race.



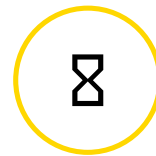
Indoor



5



5



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

This supply List is not all-inclusive. Your Cub Scout pack may include additional items such as food, drinks, special guests, special races, or a “pit stop” that has tools for Cub Scouts to make any last-minute repairs if their car breaks.

- Pinewood Derby car, one per Cub Scout
- Pinewood Derby track
- [Pinewood Derby Rules](#)
- PA system
- Display board for heat or division results: manual or digital
- System to keep track of which cars belong to which Cub Scout
- Scale to weigh cars
- [Pinewood derby car adjustment tool](#) to measure car dimensions
- System to keep track of race results
- Chairs
- Tables to place cars on when not racing
- Two pieces of rope that is five feet longer than your Pinewood Derby track

Directions

These Directions are not all-inclusive. Some packs make their Pinewood Derby race a stand-alone event with food and entertainment. Additional Directions may be constructed by your pack based on how your pack conducts the race.

Before the meeting:

1. Meet with your pack leadership to discuss the date, time, and location of your Pinewood Derby.
2. Confirm location.
3. Have Cub Scouts complete requirement 1.
4. Make or purchase awards and recognition.
5. Secure a pinewood derby track. Packs either build one, purchase one, or borrow one from another Pack.
6. Promote the date, time, and location of the race.
7. Conduct a weigh-in of pinewood derby cars.

8. Communicate rules of race to Cub Scouts and parents or legal guardian.
9. Communicate how race heats or divisions will be conducted to Cub Scouts and parents or legal guardian.
10. Determine a method to display each heat winner during the race.
11. Set up the Pinewood Derby track.
12. Place rope 2ft. from the track running parallel to the length of the track on both sides, this is to designate a space between the track and the audience so no one gets too close to the track.
13. Set up displays for tracking the heats and/or divisions.
14. Set up tables to place cars on when they are not racing.

During the meeting:

1. Cub Scouts check in to the event.
2. Review the rules with attendees.
3. Review heats and divisions.
4. Race the Pinewood Derby cars.
5. Give out awards and recognition.

[Back to Race Time Requirements](#)

Lion - Kindergarten

Race Time

Elective

Requirement 4



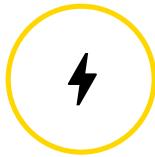
Raingutter Regatta

Snapshot of Activity

Conduct a Raingutter Regatta.



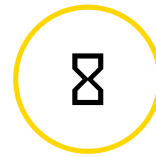
Outdoor



5



5



4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

This Supply List is not an all-inclusive list. Your Cub Scout pack may include additional items such as food, drinks, special guests, special races, or may make this part of a larger pack event.

- Raingutter Regatta boats, one per Cub Scout.
- Regatta raceway (this can be purchased or built using rain gutters)
- [Raingutter Regatta rules](#) (see number 3)
- PA system
- Display board for heat or division results: manual or digital
- System to keep track of race results
- Access to water to fill the track
- Chairs
- Tables to place boats when not racing

Directions

These directions are not all-inclusive. Some packs make their Raingutter Regatta a stand-alone event with food and entertainment. Additional directions should be constructed by your pack based on how your pack conducts the regatta.

Before the meeting:

1. Meet with your pack leadership to discuss the date, time, and location of your Raingutter Regatta
2. Confirm location
3. Have Cub Scouts complete requirement 1
4. Find a space to conduct the Raingutter Regatta
5. Make or purchase awards and recognition
6. Secure a Raingutter raceway. Packs either build one, purchase one, or borrow one from another pack.
7. Long table or support for Raingutter raceway.
8. Promote the date, time, and location of the regatta.
9. Communicate the rules of regatta to Cub Scouts and parents or legal guardian.

10. Communicate how regatta heats or divisions will be conducted to Cub Scouts and parents or legal guardian.
11. Determine method to display each heat winner during the regatta.
12. Set up the raceway and fill it with water.
13. Set up table for boats when not racing.
14. Set up chairs for the audience.
15. Set up a display for tracking the heats and/or divisions race results.

During the meeting:

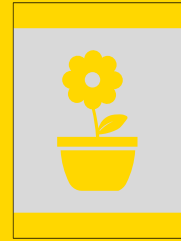
1. Cub Scouts check in to the event.
2. Review the rules with attendees.
3. Review heats and divisions.
4. Race the boats.
5. Give out awards and recognition.

[Back to Race Time Requirements](#)

Lion - Kindergarten

Ready, Set, Grow

Elective



Snapshot of Adventure

Gardening for fun and for food is how Lions will discover some of the wonders of natural science.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Ready, Set, Grow.

Requirement 1

Discover where the food we eat comes from.

- Activity that [matches the food and where it comes from the ground, a tree, a vine, or a farm](#).
- [Visit a supermarket and arrange a tour](#) of each department to learn where food for that department comes from.
- Cub Scouts [identify where different food comes](#) from in this relay race.

Requirement 2

Plant a small garden outside or in a container.

- [Plant an avocado seed](#).
- Use recycled paper egg cartons to [make a small herb garden](#).
- Decorate a small pot and [plant sunflower seeds](#).

Requirement 3

Visit with an individual who can demonstrate different ways to garden (outside, greenhouse, container, etc.) and the basic skills needed to garden.

- [Plan to visit a nursery, garden, community garden, or botanical garden](#) that will allow Cub Scouts to do some planting.

[Back to Elective Adventures](#)

Lion - Kindergarten

Ready, Set, Grow

Elective

Requirement 1



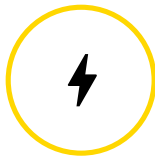
Ground, Tree, Vine, Farm

Snapshot of Activity

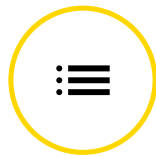
Activity that matches the food and where it comes from the ground, a tree, a vine, or a farm.



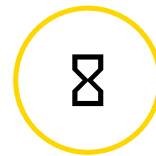
Indoor



2



2



1

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, pages 60 and 61
- Craft scissors, one for each Cub Scout
- Crayons, enough to share
- Glue sticks, one for each Cub Scout

Directions

Before the meeting:

1. Review pages 60 and 61 of the Lion Handbook and become familiar with where each of the foods comes from.
 - Ground – potato, carrot, lettuce
 - Vine – grapes, tomato, beans
 - Farm – cheese, milk, eggs
 - Tree – apple, pear, orange
2. Set up the meeting location so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that natural foods come from natural places such as plants or animals. Trees and vines produce fruits that start off as flowers and then form into an edible fruit that contains seeds. When animals eat fruit, they eat the seeds too and when they poop, they help spread the seeds. In the ground there are vegetables that are plants or roots that we can eat, vegetables don't have seeds. On a farm animals can become sources of protein.
2. Have adult partners work with their Cub Scouts to color, cut, and then paste the foods on page 61 onto the proper place they come from on page 60.
3. Have Cub Scouts share their activity when done.

[Back to Ready, Set, Grow Requirements](#)

Lion - Kindergarten

Ready, Set, Grow

Elective

Requirement 1



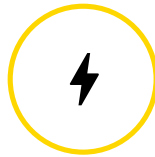
Supermarket Fun

Snapshot of Activity

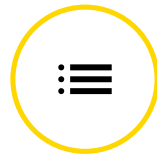
Visit a supermarket and arrange a tour of each department to learn where food for that department comes from.



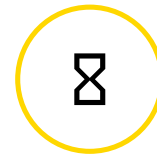
Travel



2



2



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- [Activity Consent Form](#), one for each Cub Scout

Directions

Before the meeting:

1. Identify a local supermarket/grocery store that has produce, meat, dairy, and bakery departments. Contact the store and arrange a tour. Inform the store manager of the size of the den and that they are kindergarten-aged youth with their adult partners who are learning about where food comes from. You would like to have a tour of each department, produce, meat, dairy, and bakery, and have someone describe where the food in that department comes from.
2. Confirm a date and time for the visit and who your contact for the store will be.
3. Inform Cub Scouts, parents, legal guardians, and adult partners of the date, time, and location of the visit. Designate a location where the den will gather before entering the store.
4. Prior to the visit make sure parents or legal guardians complete the [Activity Consent Form](#).

During the meeting:

1. Meet the Cub Scouts and adult partners in the designated gathering area. Remind Cub Scouts that part of the Scout Law is to be friendly, courteous, and kind and to keep that in mind during their visit.
2. Meet with the contact with the store and go on the tour.
3. Make sure that each department shares all the different locations that they get their products from and share with the den which locations are considered local.
4. Ask Cub Scouts and adult partners what they liked about the visit and to say one thing that they learned from the visit.

After the meeting:

1. Send a thank you note to the store contact.

[Back to Ready, Set, Grow Requirements](#)

Lion - Kindergarten

Ready, Set, Grow

Elective

Requirement 1



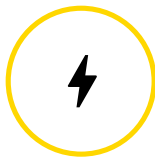
Where Does That Food Come From

Snapshot of Activity

Cub Scouts identify where different food comes from in this relay race.



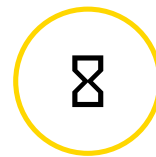
Indoor



4



4



3

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, pages 60 and 61
- Craft scissors, one for each Cub Scout
- Crayons, enough to share
- Glue sticks, one for each Cub Scout
- Toy/plastic foods
 - Apple
 - Pear
 - Grapes
 - Chicken drumstick
 - Steak
 - Eggs
 - Milk carton
 - Potato
 - Tomato
 - Lemon
 - Cheese
 - Head of lettuce
- 4 – 5 gal. baskets
- 4 – 3" x 5" index cards
- 1 – black magic marker
- 1 – grocery bag to fit all the plastic food in
- Stopwatch

Directions

Before the meeting:

1. Review pages 60 and 61 of the Lion Handbook and become familiar with where each of the foods comes from.
 - Ground – potato, carrot, lettuce
 - Vine – grapes, tomato, beans
 - Farm – cheese, milk, eggs
 - Tree – apple, pear, orange
2. Set up the meeting location so Cub Scouts and adult partners can complete the activity together.
3. Identify a safe area free of obstacles to conduct a relay race with a starting line and about 30 feet away place the 4 baskets.
4. Using the 3" x 5" index cards and marker label one basket GROUND – another VINE – another FARM – and the last one TREE.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that natural foods come from natural places such as plants or animals. Trees and vines produce fruits that start off as flowers and then form into an edible fruit that contains seeds. When animals eat fruit, they eat the seeds too and when they poop, they help spread the seeds. In the ground there are vegetables that are plants or roots that we can eat, vegetables don't have seeds. On a farm animals can become sources of protein.
2. Have adult partners work with their Cub Scouts to color, cut, and then paste the foods on page 61 onto the proper place they come from on page 60.
3. When everyone is done line the Cub Scouts up for the relay race.
4. Explain the rules of the race. The first Cub Scout in line will pick a plastic item food from the grocery bag and run to the proper basket where that food is grown and then run back. If they place the food in the right basket the next Cub Scout goes, if they do not get it correct, they must run back, pick the food out of the basket, run back to the line, and then run back and attempt to put it in the right basket. You will have time to see how long it takes the den to run the race and then they will run it again to see if they can get a better time.
5. After the race, Cub Scouts share one thing they learned from where food comes from.

[Back to Ready, Set, Grow Requirements](#)

Lion - Kindergarten

Ready, Set, Grow

Requirement 2

Elective



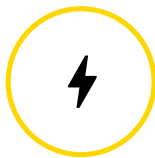
Alright, Alright, Alright, It's Avocado Time

Snapshot of Activity

Plant an avocado seed.



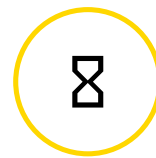
Indoor



2



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2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 16 oz. mason jars, one for each Cub Scout and adult partner
- Large avocados, one for each Cub Scout and adult partner
- 4 toothpicks, a set of four for each Cub Scout and adult partner

Directions

Before the meeting:

1. Become familiar with how to grow an avocado from the seed. Watch this YouTube video, "[How to Grow an Avocado from Seed](#)" for more information.
2. Prepare the meeting space to allow Cub Scouts and adult partners to complete the activity together.
3. Prepare the avocado seeds by cutting the avocado in half and removing the seed (pit) from the middle. Wipe off the seed.
4. Plant an avocado seed as an example.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that they are going to grow an avocado plant from a very large seed. Show them the avocado seed that you planted in the mason jar.
2. Have Cub Scouts and adult partners work together to first peel the avocado seed.
3. Next have them use the toothpicks to place them in the seeds and suspend the seed over the mason jar.
4. Next fill the mason jar with water so it covers half the seed.
5. Remind Cub Scouts and adult partners that when the water runs low to replace the water completely not just top it off and that the plant likes full sun.

After the meeting:

1. Each meeting after this one you should ask Cub Scouts how their herb garden is doing. After several weeks they should have good growth of their plants. Ask for photos of plants so they can share with the other members of the den.

[Back to Ready, Set, Grow Requirements](#)

Lion - Kindergarten

Ready, Set, Grow

Elective

Requirement 2



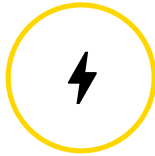
From Eggs to Planter

Snapshot of Activity

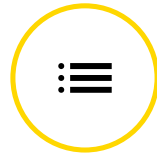
Use recycled paper egg cartons to make a small herb garden.



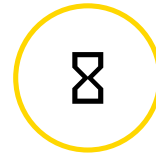
Indoor



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4

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

You may substitute any seeds for the garden. It is recommended to use seeds that germinate fast so Cub Scouts can see growth as soon as possible. Recommended herbs are dill, basil, chives, thyme, parsley, oregano, cilantro, and sage.

- Recycled paper dozen egg cartons, one for every two Cub Scouts and every two adult partners
- 1 packet of sweet basil seeds
- 1 packet of cilantro seeds
- 1 packet of dill seeds
- 50 qt bag of potting soil
- Scissors
- Magic markers, enough to share

Directions

Before the meeting:

1. Become familiar with planting herb gardens to know the best way to plant and take care of the herbs by reading the directions on each packet of seeds. Check out the YouTube video, "[Starting Seeds in Egg Cartons](#)" for more information.
2. Take each egg carton and cut it in half so there are two rows of three containers, six total containers. Cub Scouts will plant three different herbs in two rows.
3. Two days before the meeting you may need to start germinating the seeds, check the seed package. To germinate, soak the seeds in water for several hours and then place them on a wet paper towel. Place the seeds and the paper towel in a plastic zip-lock bag and keep them in a warm dark place. After a day you should start to see seeds germinate with a sprout coming out.
4. Prepare the meeting location so Cub Scouts and adult partners can complete the activity together.

During the meeting:

1. Gather the Cub Scouts and adult partner and share with them that they will be making an herb garden.
2. Demonstrate how to make the herb garden and plant the seeds.

3. Have adult partners work with their Cub Scouts to plant their herb garden. Use magic markers to mark the rows of what is planted there.
4. Water the garden.
5. Share how to take care of their herb garden based on the information on the seed packets.

After the meeting:

1. Each meeting after this one you should ask Cub Scouts how their herb garden is doing. After several weeks they should have good growth of their plants. Ask for photos of plants so they can share with the other members of the den.

[Back to Ready, Set, Grow Requirements](#)

Lion - Kindergarten

Ready, Set, Grow

Elective

Requirement 2



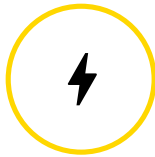
Sunflowers and Sunshine

Snapshot of Activity

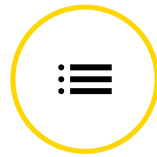
Decorate a small pot and plant sunflower seeds.



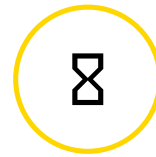
Indoor



2



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2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- 1 packet of sunflower seeds for growing
- 2.16" small mini clay terracotta pots, one for each Cub Scout and adult partner
- 25 qt. bag of potting soil
- Craft paint brushes, enough to share
- 16 oz bottle of blue acrylic paint
- 16 oz bottle of yellow acrylic paint
- 16 oz bottle of black acrylic paint
- Jars of water to wash off paintbrushes
- 1 roll of paper towels
- Plastic table and floor covering
- Water for watering the seeds.

Directions

Before the meeting:

1. Become familiar with planting sunflower seeds by reading the seed package. Watch this YouTube video, "[How to Garden With Sunflower Seeds : Planting the Seed](#)" for more information.
2. Using acrylic paint, decorate one of the pots to use as an example. Make a Cub Scout design with blue and gold.
3. Set up the meeting location so Cub Scouts can work with their adult partners to complete the activity. Make sure to cover table tops and floors to protect from paint spills.

During the meeting:

1. Gather the Cub Scouts and adult partners and share with them that in this activity they will decorate a pot and then plant sunflower seeds.
2. Have Cub Scouts work with their adult partners to paint their flowerpot.
3. When they have painted their pot have them fill the pot with potting soil then lay three seeds 2 inches apart and then cover with about ½ inch of soil. Have them water the seeds.

4. Explain to them that in a couple of days, they should see the seed germinate and start to sprout. It will take several weeks for the sunflower to grow.
5. Remind them to water their sunflower every other day and keep it in a sunny location.

After the meeting:

1. Each meeting after this one you should ask Cub Scouts how their herb garden is doing. After several weeks they should have good growth of their plants. Ask for photos of plants so they can share with the other members of the den.

[Back to Ready, Set, Grow Requirements](#)

Lion - Kindergarten

Ready, Set, Grow

Elective

Requirement 3



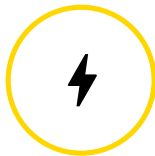
Lions Garden Like A Pro

Snapshot of Activity

Plan to visit a nursery, garden, community garden, or botanical garden that will allow Cub Scouts to do some planting.



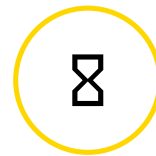
Travel



3



2



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

[Activity Consent Form](#), one for each Cub Scout

Directions

Before the meeting:

1. Identify a nursery, garden, community garden, botanical garden or any other location with plants that will give an instructional lesson on gardening to the Cub Scouts and allow them to plant something.
2. Contact the location and arrange a visit. Inform the contact of the size of the den and that they are kindergarten-age youth with their adult partners. Inform them that you would like them to share information about gardening and have them provide an opportunity for the Cub Scouts to plant something. What they plant does not have to go home with them.
3. Confirm the date and time of the visit and the contact person for the location.
4. Before the visit, parents and legal guardians complete [Activity Consent Forms](#) for each Cub Scout.
5. Inform Cub Scouts, parents, legal guardians, and adult partners of the date, time, and location of the visit. Have a designated gathering area.

During the meeting:

1. Meet the Cub Scouts and adult partners in the designated gathering area. Remind Cub Scouts that part of the Scout Law is to be friendly, courteous, and kind and to keep that in mind during their visit.
2. Meet with the contact and go on the tour or start the program.
3. Make sure that Cub Scouts get a chance to plant something. What they plant does not have to go home with them.
4. Ask Cub Scouts and adult partners what they liked about the visit and to say one thing that they learned from the visit.

After the meeting:

1. Send a thank you note to the contact.

[Back to Ready, Set, Grow Requirements](#)

Lion - Kindergarten

Time To Swim

Elective



Snapshot of Adventure

Under properly qualified supervision and following Safety Afloat rules, Lions will learn how to stay safe in the water and get comfortable with being in the water. Lions can earn this Adventure by completing the requirements OR by taking swim lessons.

Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of Scouting America Safe Swim Defense.

Before starting this Adventure complete the following:

- Complete the Scouting America Safe Swim Defense training (26 minutes) on [my.scouting](#).
- Confirm enough adults who will serve as rescuers during the activity to maintain a ratio of one rescuer to every 10 Cub Scouts.
- Have buddy tags for everyone who will be in the water, youth, and adults.

During the Adventure:

- Give overview and instruction on the points of the Safe Swim Defense prior to the activity.
- Provide continuous, qualified adult supervision and discipline during the activity.
- When swimming outdoors, ask that all the Cub Scouts apply sunscreen.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Time to Swim.

Requirement 1

Learn about the swimming safety rules that you need to follow.

- Cub Scouts will identify the [Safe Swim Defense](#).
- Have an [adult Scouting America Lifeguard or other adult who has completed Safe Swim Defense training to talk to the Cub Scouts](#).

Requirement 2

Demonstrate how to enter the swimming area properly.

- Before going swimming Cub Scouts [learn how to properly enter the swimming area](#).

Requirement 3

With your Lion adult partner as your buddy, be active in water depths matching your ability for 20 minutes.

- [Take your den and go swimming](#).

Requirement 4

Place your face in the water and blow bubbles.

- While in the pool Cub Scouts will [blow bubbles in the water](#).

Requirement 5

Demonstrate how to exit the swimming area properly.

- [Demonstrate the importance of exiting the pool safely](#) and removing buddy tag from the buddy board.

[Back to Elective Adventures](#)

Lion - Kindergarten

Time To Swim

Elective

Requirement 1



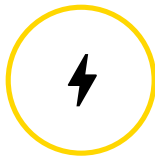
Lion Safe Swim Defense

Snapshot of Activity

Cub Scouts will identify the Safe Swim Defense.



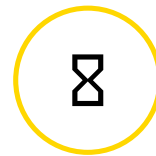
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Cub Scouts will need their Lion handbook, page 63
- Crayon, enough to share

Directions

Before the meeting:

1. Become familiar with the Safe Swim Defense that is used for swimming activities in the Scouting America on the [Aquatics Safety](#) website.

During the meeting:

1. Gather Cub Scouts and adult partners and share with them that before Cub Scouts go swimming there are eight important rules that we must follow that are called the Safe Swim Defense. Have Cub Scouts open their Lion handbook to page 63. As you describe, one of the points of the Safe Swim Defense have Cub Scouts color the section of the picture that represents that safety point.
2. Review the eight points of the Safe Swim Defense with everyone.
 - a. "The first rule is to make sure there is an adult who is properly trained oversee the swimming activity, this is called **Qualified Supervision**. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of Scouting America Safe Swim Defense."
 - b. "The second rule is to make sure that everyone who is going to swim is healthy. You should never go swimming if you feel sick. Everyone who is swimming is to have a **Personal Health Review**. A complete health history is required of all participants as evidence of fitness for swimming activities. The Scouting America Annual Health and Medical record can be used for this."
 - c. "The third rule is to make sure where we are swimming is safe. A **Safe Area** means that all swimming areas must be carefully inspected and prepared for safety prior to each activity. Water depth, quality, temperature, movement, and clarity are important considerations. Hazards must be eliminated or isolated by conspicuous markings and discussed with participants. Controlled Access: There must be

safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other nonswimming activities.”

- d. “The fourth rule is to have **Response Personnel or Lifeguards**. Every swimming activity must be closely and continuously monitored by a trained rescue team on the alert for and ready to respond during emergencies.”
- e. “The fifth rule is to have a **Lookout**. The lookout continuously monitors the conduct of the swim, identifies any departures from Safe Swim Defense guidelines, alerts rescue personnel as needed, and monitors the weather and environment.”
- f. “The sixth rule is for everyone to be placed into an **Ability Groups**. All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized Scouting America swim classification tests. The swimming area will be marked by ability groups, and you cannot go beyond your ability groups swimming area. Nonswimmers must stay in the nonswimmer area, beginners can go in the nonswimmer and beginner area, and swimmers can swim in any of the three areas.”
- g. “The seventh rule is the **Buddy System**. Every participant is paired with another. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing. During our swimming time when a lifeguard or adult calls for a buddy check you must exit the water with your buddy and hold your buddy’s hand up. A count will be done to make sure everyone is safe before anyone gets back into the water.”

“The last rule is extremely important and that is **Discipline**. Rules are effective only when followed. All participants should know, understand, and respect the rules and procedures for safe swimming provided by Safe Swim Defense guidelines.”

[Back to Time To Swim Requirements](#)

Lion - Kindergarten

Time To Swim

Elective

Requirement 1



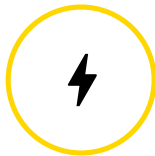
Lions Learn from the Lifeguard

Snapshot of Activity

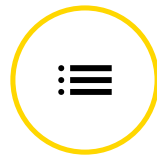
Have an adult Scouting America Lifeguard or other adult who has completed Safe Swim Defense training to talk to the Cub Scouts.



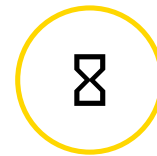
Travel



2



1



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- No supplies needed

Directions

Before the meeting:

1. Become familiar with the Safe Swim Defense that is used for swimming activities in the Scouting America on the [Aquatics Safety](#) website.
2. Review Requirement 3 Activity named Lions Go Swimming to get an overview of the swimming activity requirements.
3. Once you have confirmed the swimming activity following the Safe Swim Defense arrange for the qualified adult supervision or an adult lifeguard to talk to the den before they enter the swimming area about the Safe Swim Defense.
4. A day before the activity confirm the qualified adult supervision or adult lifeguard to speak with the den.
5. A week before the activity remind Cub Scouts, parents, legal guardians, and adult partners of the time, date, and location of the swimming activity.

During the meeting:

1. Gather Cub Scouts and adult partners outside of the swimming area and introduce the qualified adult who will review the Safe Swim Defense with the den.
2. Have the qualified adult introduce the Safe Swim Defense and physically point out each part of the Safe Swim Defense as they review.
 - “The first rule is to make sure there is an adult who is properly trained oversee the swimming activity, this is called **Qualified Supervision**. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of Scouting America Safe Swim Defense.”

- “The second rule is to make sure that everyone who is going to swim is healthy. You should never go swimming if you feel sick. Everyone who is swimming is to have a **Personal Health Review**. A complete health history is required of all participants as evidence of fitness for swimming activities. The Scouting America Annual Health and Medical record can be used for this.”
 - “The third rule is to make sure where we are swimming is safe. A **Safe Area** means that all swimming areas must be carefully inspected and prepared for safety prior to each activity. Water depth, quality, temperature, movement, and clarity are important considerations. Hazards must be eliminated or isolated by conspicuous markings and discussed with participants. Controlled Access: There must be safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other nonswimming activities.”
 - “The fourth rule is to have **Response Personnel or Lifeguards**. Every swimming activity must be closely and continuously monitored by a trained rescue team on the alert for and ready to respond during emergencies.”
 - “The fifth rule is to have a **Lookout**. The lookout continuously monitors the conduct of the swim, identifies any departures from Safe Swim Defense guidelines, alerts rescue personnel as needed, and monitors the weather and environment.”
 - “The sixth rule is for everyone to be placed into an **Ability Groups**. All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized Scouting America swim classification tests. The swimming area will be marked by ability groups, and you cannot go beyond your ability groups swimming area. Nonswimmers must stay in the nonswimmer area, beginners can go in the nonswimmer and beginner area, and swimmers can swim in any of the three areas.”
 - “The seventh rule is the **Buddy System**. Every participant is paired with another. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing. During our swimming time when a lifeguard or adult calls for a buddy check you must exit the water with your buddy and hold your buddy’s hand up. A count will be done to make sure everyone is safe before anyone gets back into the water.”
 - “The last rule is extremely important and that is **Discipline**. Rules are effective only when followed. All participants should know, understand, and respect the rules and procedures for safe swimming provided by Safe Swim Defense guidelines.”
3. When the qualified adult is finished Cub Scouts and adult partners may enter the swim area and move on to requirement 3.

[Back to Time To Swim Requirements](#)

Lion - Kindergarten

Time To Swim

Elective

Requirement 2



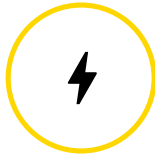
Lions Enter the Swimming Area

Snapshot of Activity

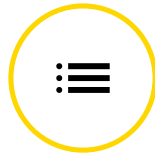
Before going swimming Cub Scouts learn how to properly enter the swimming area.



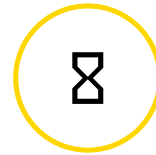
Travel



2



2



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Buddy tags
- Buddy board found in Additional Resources

Directions

This activity is designed to be done before requirement 3 as part of a swimming activity.

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of [Scouting America Safe Swim Defense](#).
4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
5. Be aware that unless swim tests are conducted everyone in this activity, including adult partners, will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Before entering the swimming area gather Cub Scouts and adult partners. Have the adult serving as the qualified supervision introduce themselves and show the den where the buddy board is. Pass out buddy tags to each Cub Scout and adult partner.

2. Have Cub Scouts and adult partners buddy up and place their buddy tags on the buddy board. Have the adult serving as the qualified supervision explain how the buddy board works and how to properly enter the swimming area.
3. Once everyone has entered the swimming area safely
4. Demonstrate how to enter the pool. Walk up to the edge of the pool, sit down on the edge, place your feet into the pool, and lower yourself down into the pool.
5. Go buddy group by buddy group, and have Cub Scouts repeat the entry method demonstrated to them.

[Back to Time To Swim Requirements](#)

Lion - Kindergarten

Time To Swim

Elective

Requirement 3



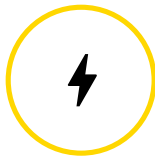
Lions Go Swimming

Snapshot of Activity

Take your den and go swimming.



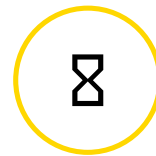
Travel



5



5



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and lookouts
- Buddy tags
- Buddy board found in Additional Resources

Directions

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of [Scouting America Safe Swim Defense](#).

During the meeting:

1. Identify swim ability group for each Cub Scout.
2. Cub Scouts buddy with their Tiger Adult Partner.
3. Complete requirements 4 and 5.

[Back to Time To Swim Requirements](#)

Lion - Kindergarten

Time To Swim

Elective

Requirement 4



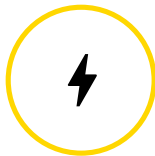
Lion Bubbles

Snapshot of Activity

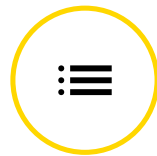
While in the pool Cub Scouts will blow bubbles in the water.



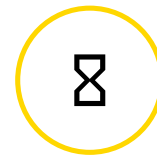
Travel



3



2



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Buddy tags
- Buddy board

Directions

This activity is designed to be done before requirement 3 as part of a swimming activity.

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of [Scouting America Safe Swim Defense](#).
4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
5. Be aware that unless swim tests are conducted everyone in this activity, including adult partners, will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Once everyone has entered the swimming area safely
2. Have Cub Scouts and adult partners together in the non-swimmer area where everyone can stand. Have adult partners work with their Cub Scouts to hold their breath, place their face into the water and blow

bubbles, then lift their head when they are done. Let adult partners know that this is to get their Cub Scout comfortable with their head in the water.

Tip: Remember that the Cub Scout motto is "Do Your Best" once a Cub Scout has demonstrated their best, they have completed the requirement.

[Back to Time To Swim Requirements](#)

Lion - Kindergarten

Time To Swim

Elective

Requirement 5



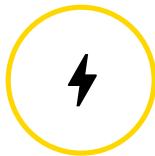
Lions Leave the Swimming Area

Snapshot of Activity

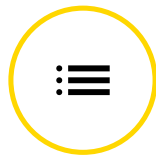
Demonstrate the importance of exiting the pool safely and removing buddy tag from the buddy board.



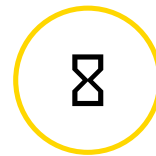
Outdoor



5



5



5

If you want to know more about The Adventure Activity Key, [click here](#).

Supply List

- Swimming area
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Buddy tags
- Buddy board

Directions

This activity is designed to be done before requirement 3 as part of a swimming activity.

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of [Scouting America Safe Swim Defense](#).
4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
5. Be aware that unless swim tests are conducted everyone in this activity, including adult partners, will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Before exiting the swimming area gather Cub Scouts and adult partners. Have the adult serving as the qualified supervision meet the den at the buddy board. Have the adult serving as the qualified supervision explain that picking up your buddy tag when you exit the swimming area allows everyone to know that there are no longer people in the pool. Have Cub Scouts pick up their buddy tags from the buddy board.

Tip: Once everyone exited the swimming area safely as Cub Scouts and adult partners what they liked best about the swim. Ask them if they can remember any part of the safe swim defense, the rules to follow when swimming.

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