LION

PARENT AND LEADER GUIDEBOOK



Pilot Materials

BOY SCOUTS OF AMERICA®

THIS BOOK BELONGS TO THE

_____

FAMILY

LION DEN MEMBERS

Lion	Adult Partner	Phone	Email

LOCAL CUB SCOUT LEADERS

Role	Name	Phone	Email
Lion Guide			
Lion Coordinator			
Cubmaster			

This is a pilot program of the Boy Scouts of America and may be used only in an approved pilot council.

Your evaluation is needed to provide feedback for program continuation or expansion. To support the feedback, it is important to deliver the program as designed.

Reproduction or distribution without written consent is not authorized.

LION

PARENT AND LEADER GUIDEBOOK



Pilot Materials

BOY SCOUTS OF AMERICA®

IMPORTANT LION DELIVERY INFORMATION

The Lion program is a pilot test being used in only a few places in the country.

Purpose of Pilot

- To prove the concept makes a positive impact on the goals of the BSA
- To gain insight and validate what works and what doesn't on a small trial scale before considering a national launch or expansion
- To ensure the program is sustainable and replicable across the nation

How to Use This Book

This guidebook includes content for parents and leaders. The table of contents is divided into sections to direct readers to the information they need.

Parents: See the Information for Parents section for your introduction to Scouting. You can also refer to specific sections as needed as you travel through the program. The den meeting plans outline what Lions will do in each adventure throughout the year. You and your Lion will help to lead your den in one adventure and can find everything you need in those meeting plans.

Leaders: The Information for Leaders section will help your den get started. Additional background information is also included as a quick reference. The complete set of den meeting plans will help you organize your calendar and prepare in advance.

To ensure that this pilot program can be used for evaluation purposes, use the program materials as designed. The program needs to use the written den meeting materials and not change delivery.

Changes made by Lion guides and others to the program will invalidate the evaluation process.

The Lion program is to be used with kindergarten-age boys and not with other ages. This Lion pilot is not to be used with mixed-age groups of Cub Scouts. Each age group in grades one through five should have their own programs as currently provided by the Boy Scouts of America.

IMPORTANT: This pilot is also not designed to be a stand-alone sibling program to meet the needs of a few siblings tagging along with their older brothers. **To determine the future of this program, we need each den to test it as it is written and in the best way possible with six to eight boys of kindergarten age. If you have fewer than six boys, it is suggested that you seek to combine other kindergarten-age boys from other areas to create the ideal experience for your youth.** Too few or too many boys will not make for the ideal experience for the Scouts.

Thank you for your cooperation.

210-821
©2015 Boy Scouts of America
2015 Printing

TABLE OF CONTENTS

INFORMATION FOR PARENTS 5
- Welcome to Lions 5
- Family Time at Its Best 5
- What Should You Expect? 5
- Getting Organized 6
- Den Meeting 6
- Outings and Pack Meetings 6
- Where Do You Go for Information? 6
- Program Material 6
- Cub Scout Ideals and More 7
- Registration 7
- Fundraising 7
- Youth Protection Training 7
- How Can Others Help? 8

THE LION PROGRAM 9

INFORMATION FOR LEADERS 11
- Scouting Support 12
- Lion Guides 12
- Useful Websites 13

FIRST STEPS IN ORGANIZING A LION DEN 14
- The Ideal Den Size 14
- Lion Recruitment 14
- Registration Procedure 14
- Fees 14
- Preparation for Lion Den Meetings 15
- The Lion Badge 16
- The Lion Uniform 16
- Lion Guides Will Prepare for the First Meeting 16
- First Meeting Follow-Up 16
- Hints for Effective Leadership 16
- Plan Your Meetings in Advance 17
- Your First Den Meeting 17
- Den Rules and Code of Conduct 17

The Adult Partner Host 18
Outings 18
Tour and Activity Plans 18
Ceremonies 19
Immediate Recognition 19
The Lion Adventure Book 19
CUB SCOUT BASICS 20
What the Cub Scout Motto Means 20
The Cub Scout Sign 20
What the Scout Oath Means 21
What the Scout Law Means 22
IMPORTANT CONSIDERATIONS FOR LION GUIDES 23
Working With Young Boys 23
Communication 23
Keep Meetings Moving 24
Scouting Versus Schooling 24
LION CALENDAR 25
DEN MEETING PLANS 26
Required Lion Adventures 26
Elective Lion Adventures 26
LION'S HONOR 27
FUN ON THE RUN! 31
ANIMAL KINGDOM 35
MOUNTAIN LION 40
KING OF THE JUNGLE 45
I'LL DO IT MYSELF 51
PICK MY PATH 55
GIZMOS AND GADGETS 60
ON YOUR MARK 63
BUILD IT UP, KNOCK IT DOWN 67
RUMBLE IN THE JUNGLE 72
READY, SET, GROW 76
RECOGNITION 79

INFORMATION FOR PARENTS

Cub Scouting is a program of the Boy Scouts of America, with the overall mission to help young people build character, learn citizenship, and develop personal fitness. Cub Scouting focuses on boys in the first through fifth grades (or from ages 7 through 10).

Welcome to Lions

Lions is a Boy Scouts of America pilot program with three local Scout councils. Materials and the program are not yet available nationally. The program's future will be based on your feedback and program success. We look forward to hearing about your and your son's participation to help us learn from this pilot program.

You serve as a support and guide to allow your new Lion to discover the activities. He will learn by doing these things himself. And as he learns and grows, your relationship with him will grow as well.

At the end of the school year, he will graduate to **Tiger.** Then with each following year, he will advance through the Cub Scout program as a **Wolf,** a **Bear,** and finally a **Webelos** Scout. As a fifth-grader he will move on in the adventure as a **Boy Scout,** where he will continue to build lifelong leadership skills.

This introductory guide gives you the tools to be the adult partner of your Lion, including information about dens, leadership, and uniforms, as well as ideas for planning your Lion program.

Family Time at Its Best

Your time is valuable. Today's families, more than ever, struggle to find time to spend together. Cub Scouting helps to support your family by providing ready-made opportunities for you and your son to do things together. One unique thing about Cub Scouting that is unlike other activities he may be a part of is that you, as his family, are involved and help him along the way. The family is the basis of Cub Scouting. Cub Scouting exists to support your family and help enrich your family time together.

What Should You Expect?

The Lion program involves participation by a child and a caring adult. Den meetings and outings are facilitated by a Lion guide. The Lion guide is an experienced Cub Scout leader. He or she will lead the first den meeting of the year. The Lion guide will help each adult partner lead one of the subsequent meetings. Parents should take the responsibility of planning and leading a specific den meeting or outing. The den meeting and outing plans are provided in this guidebook. It is suggested that each family take on one adventure and rotate responsibilities. We spread out leadership responsibilities so involvement is rewarding, not a burden. It's more fun this way, and your son loves to see you taking on the task.



Lion dens meet twice a month for eight to nine months during the school year. Your den will pick a time that works best for the members of the den. Having a consistent time reserved for you and your Lion is helpful.

A complete and detailed program is provided to help the Lion guides and adult partners deliver the Lion program.

Getting Organized
Cub Scouts is completely volunteer-run. The quality of your son's experience depends on your commitment to Scouting. There are opportunities for every level of interest, ability, and time.

Each adult will choose which den meeting they will host.

The Lion adults will set the schedule of their den meetings and outings during their first gathering.

You and your son should plan on two meetings per month. One will be a den meeting and the other will be an outing or a pack meeting.

Den Meeting
Dens meet once per month at a time that is convenient to members of the Lion den. The den meeting is with just their group of kindergarten-age boys. It is led by a Lion guide or a parent who, with support from the Lion guide, plans and leads activities. Most dens meet in a home or central location such as a church or school. It is up to the families in your Lion den to determine what is most convenient.

Outings and Pack Meetings
Outings will be a time for the entire family to join the Lion and other Lion families on a fun adventure. The outing may be a field trip to a place of interest for the boys in the den or it may be a visit to a pack meeting. A pack meeting is a monthly gathering for all of the Cub Scout dens in a pack. Lions generally attend only a few pack meetings each year.

Where Do You Go for Information?
Basic information about Cub Scouting is included in this book. If you are like many people, having a person you can go to for help is important. For your son's Lion den, the Lion guide and your pack's Lion coordinator are two great sources of information. The "Information for Leaders" section of this handbook describes their roles and responsibilities.

Program Material
The *Lion Parent and Leader Guidebook* is available for each family. This handbook contains the activities and ideas for a complete year. The program is based on feedback from parents and educational experts.

Cub Scout Ideals and More

Some of the "basics" of the Cub Scout program, such as the Scout Oath, the Scout Law, the Cub Scout handshake, and more, are detailed in the "Cub Scout Basics" section of this guidebook.

Registration

Each Lion and a parent need to register with their local Boy Scout council. The BSA registration fee will cover insurance and one year of program. Each youth and adult partner need to complete one youth application and submit it to the Lion guide. The Lion guide should complete and submit an adult application to the council.





Councils may provide an orientation that will help you understand how a Lion den functions and the importance of your role.

Lion Scouts must have an "adult partner" with them at all times. This is required by the Boy Scouts of America.

Fundraising

Scouting, as with all community nonprofit organizations, requires funding to operate. Your registration fees go to the National Council of the Boy Scouts of America, where registration fees support the operation of the Boy Scouts of America throughout the country.

Packs also take part in fundraising activities to support their local unit program needs throughout the year.

It is not required or expected that Lion Scouts or their families will take part in unit-level fundraising. The first year is for orientation and awareness. Opportunities to support the pack program through product sales begin as a Tiger Scout—next year.

Your Lion den may establish modest dues ($1 per meeting) to cover the cost of some consumable supplies.

Youth Protection Training

Each adult is required to register with the Boy Scouts of America and have current Youth Protection training. Training is provided free online at www.scouting.org/Training/youthprotection.aspx.

Scouting's Commitment to Youth Safety

Child abuse is a serious problem in our society, and unfortunately it can occur anywhere, even in Scouting. Youth safety is of paramount importance to Scouting. For that reason, the BSA continues to create barriers to abuse beyond what have previously existed in Scouting.
The Boy Scouts of America places the greatest importance on providing the most secure environment possible for our youth members. To maintain such an environment, the BSA has developed numerous procedural and leadership selection policies, and provides parents and leaders with numerous online and print resources for the Cub Scouting, Boy Scouting, and Venturing programs.

Effective June 1, 2010, the BSA implemented mandatory Youth Protection training for all registered volunteers.

New leaders are required to complete Youth Protection training within 30 days of registering. To take the training online, go to www.MyScouting.org and establish an account using the member number you received when you registered for BSA membership. If you take the training online before you obtain a member number, be sure to return to MyScouting and enter your number for training record credit. Your BSA local council also provides training on a regular basis if you cannot take it online. For more information, refer to the back of the BSA adult membership application, No. 524-501.

Youth Protection training must be taken every two years. If a volunteer does not meet the BSA's Youth Protection training requirement at the time of the unit's charter renewal, the volunteer will not be reregistered. We encourage all adults, including all parents, to take the BSA's Youth Protection training. To find out more about the Youth Protection policies of the Boy Scouts of America and how to help Scouting keep your family safe, see the *Parent's Guide* in any of the Cub Scouting or Boy Scouting handbooks, or go to www.scouting.org/Training/Youth Protection.aspx.

How Can Others Help?

There are lots of ways grandparents and other family members can get involved. There are all kinds of short or one-time projects, as well as longer-term commitments. There are den assignments, fun games and activities, leadership opportunities, planning/organizing, communications, and much more. There is something for everyone. We want you to feel like you can join in the fun and be a part of this local Scouting community. If you are interested, talk with your Lion guide or Cubmaster to discover projects that best suit your desires and interests.

THE LION PROGRAM

As a parent or caring adult, you want your Lion to grow up to be self-reliant, dependable, and caring. Scouting has these same goals in mind for him.

Goals of the Lion Scout Program	Lion Scout Family Benefits
▶ Offer greater support for children and their families ▶ Introduce children and their families to Scouting and outdoor fun ▶ Build a foundation of character	▶ Offers age-appropriate and fun activities each month ▶ Enhances quality family time ▶ Encourages positive interaction between Scouts and adults ▶ Introduces families to Scouting

Scouting has been called a game with a purpose. Our goal for Lions is to provide a safe environment for you and your kindergartner to have fun as a family and with other families of Lions. As you continue to build a closer relationship with your Lion and other Lion families, we want to offer you opportunities to share a little bit of the Scouting adventure. Lion families will begin to understand more about Scouting and prepare their youth for day camp and moving to Tigers. We look forward to sharing Scouting with you and your family.

Who Are Lion Scouts?	What Do Lions Do?
▶ Lion Scouts are kindergarten-age boys. ▶ Lions join with a parent or caring adult partner. ▶ Lions form dens of six to eight Lion Scout pairs (boy and accompanying adult). ▶ Lion dens are part of a Cub Scout pack. ▶ Lions may wear a special Lion T-shirt to their activities. ▶ Lions move to the next Cub Scout level (Tigers) at the end of kindergarten.	▶ The Lion dens and their adult partners will meet twice per month. ▶ Lion dens will meet once a month for a den meeting. ▶ The second meeting each month for the Lion dens will be a den outing or pack meeting. ▶ Lions use the *Lion Adventure Book* to explore their world, themselves, their families, and their neighborhoods. ▶ The Lion guide and adult members use the *Lion Adventure Book* and this *Lion Parent and Leader Guidebook* to plan den activities.



Prepared. For Life.®

VISION

The vision of the Boy Scouts of America is to prepare every eligible youth in America to become a responsible, participating citizen and leader who is guided by the Scout Oath and Scout Law.

MISSION

The Boy Scouts of America seeks to accomplish its vision through the following mission: **The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Scout Law.**

AIMS

The Boy Scouts of America delivers an educational program for boys that achieves these three aims:

- To build character
- To become a responsible, participating citizen
- To become a leader who is guided by the Scout Oath and Scout Law

INFORMATION FOR LEADERS

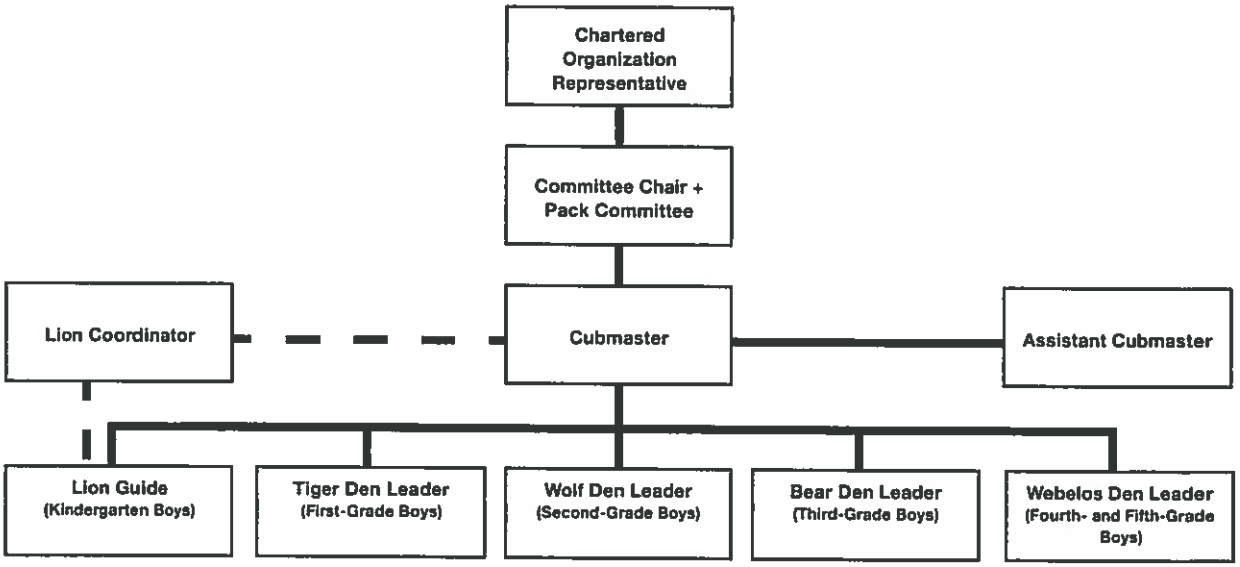


This leader section is designed to help you make the most of your time as a Scouting volunteer. Whether you are a Lion guide or you take on some other leadership role, you'll find the resources here to make your Cub Scouting experience the best it can be.



Our goal is to help you get started quickly; that means quick introductions to some important topics and deeper content where appropriate. Where more detailed information is necessary, we'll refer you to other Boy Scouts of America resources. We also encourage you to seek help from experienced leaders in your pack and from your Lion coordinator.

Scouting is not a "one-person show." There is a network of volunteer leaders who are committed to helping the boys in the den have a great Cub Scout program.



Scouting Support
It takes many volunteers to support the program.

Lion Guides
An experienced and engaged Lion guide is recruited to take the lead on facilitating den meetings with assistance and support from the parents. Since Lion is often the first experience a family has with Scouting, it must be a fun and positive experience.

Research shows that the most important person for a successful Scout experience is a good leader.

Lion Guide Position Description

- Has previous successful experience as a den leader
- Works directly with other den and pack leaders to ensure that the den is an active and successful part of the pack
- Plans and prepares for initial Lion den meeting and outings
- Mentors adult partners in the delivery of Lion den meetings
- Attends the pack leaders' meetings
- Leads the den at the monthly outings and other pack activities
- Ensures the transition of Lion Scouts to Tiger at year-end
- Prepares the Lions for day camp at the end of the Lion year if appropriate
- Coordinates shared leadership among the Lion adult partners in the den
- Ensures that each Lion and his adult partner have the opportunity to be the host team, which plans and executes the den activities, and rotates responsibilities monthly

Your *Cubmaster* is the "ring leader," the "master of ceremonies," and all-around supporter of the Lion guide and den leaders. The Cubmaster leads the monthly pack meeting where all the dens and families get together for fun and recognition.

A *chartering organization* such as a civic group, veterans group, school, or religious institution sponsors the Cub Scout pack.

Your *Lion coordinator* is an experienced den leader or former Lion guide who will work to support the Lion guide as he or she delivers the year's program.

Lion Coordinator Position Description

- Is an experienced and successful den leader
- Understands den and pack operations within the overall structure of Cub Scouting
- Demonstrates excellent communication and organization skills (and will remain in at least monthly contact with the Lion dens)
- Participates as needed in the unit's School Night with all new Lions and their parents

- Assists the Lion guide in hosting the first orientation meeting for all the individual Lion dens in their pack
- Serves as a coach and mentor for Lion guide

Your *district executive* is one of a small cadre of Scout leaders who receive a salary for their role in Scouting. He or she is responsible for extending programs to religious, civic, fraternal, educational, and other community-based organizations through volunteers.

Useful Websites

We are fortunate today to be able to find just about anything we need at a moment's notice. In addition to your typical search techniques, the following websites—containing helpful hints, resources, information, and tools—will support you with just about everything you need to make your job easier. You are not alone by any means. **Keep in mind: Because the Lion program is a pilot, there will not be any mention of it in writing beyond this guide.**

- www.scouting.org
- www.scoutstuff.org



FIRST STEPS IN ORGANIZING A LION DEN

The Ideal Den Size

The best size for a Lion den is six to eight boys and their adult partners. The youth at this age are usually very energetic with short attention spans. If there are too many Lions, it's hard to manage well; and if there are too few Lions, it's not the ideal situation for group activities.

Lion Recruitment

- Promote the program directly to kindergarten boys at your school. Consider calling them or mailing them an invitation.
- Hold a Lion roundup, or register kindergartners on the night of your roundup with first- through fifth-graders.

It is strongly recommended that you hold a Lion recruitment event separately or as a breakout session from your pack's fall recruitment meeting:

- Much of the information covered in the general meeting is more for Cub Scouts ages 7–10.
- With a separate meeting you can focus on the Lions and their adult partners.

Registration Procedure

- Lion guide: Register as a den leader on an adult application.
- Lions: Fill out a youth application form with their adult partners. Write "Lions" at the top of the application.

Fees

- A registration fee will be assessed for each Lion/adult partner pair and includes Lion program materials and adult partner registration.

Fundraising

Scouting, as all community organizations, requires funding to operate. Your registration fees go to the National Council of the Boy Scouts of America, where registration fees support the operation of the Boy Scouts of America throughout the country.

Packs also take part in fundraising activities to support their program needs throughout the year.

It is not required or expected that Lions or their families will take part in unit-level fundraising. The first year is for orientation and awareness. Opportunities to support the pack program through product sales are available as Tiger—next year.

Lion dens may establish modest dues ($1 per meeting) to cover the cost of some consumable supplies.

Preparation for Lion Den Meetings

Timeframe of a Den Meeting.

Part of Den Meeting	Minutes
Gathering	5:00
Opening	2:00
Talk Time	5:00
Activities (three or four activities, about five minutes each)	20:00
Closing	3:00
After the Meeting	10:00
Total	45:00

The den meeting and the outing will each last about 45 minutes. While you may be tempted to hold both the meeting and the outing on the same day, this is strongly discouraged. To achieve maximum value for the boys, the events should be scheduled on separate days.

Adventures. The Lion program is made up of 12 adventures. Each adventure is designed to help your son have fun and learn useful things. Earning the five required adventures leads to your son achieving the Lion badge. In addition to the five required adventures, there are seven elective adventures that the boys in the den may earn for further fun and enrichment. **It is not expected that boys will complete all 12 adventures. We recommend that dens complete the Lion's Honor adventure first. There is no required order for the remaining adventures. Dens should use local climate and other considerations to determine the best order of delivery.**

Lion Adventures	
Lion's Honor*	Pick My Path
Fun on the Run*	Gizmos and Gadgets
Animal Kingdom*	On Your Mark
Mountain Lion*	Build It Up, Knock It Down
King of the Jungle*	Rumble in the Jungle
I'll Do It Myself	Ready, Set, Grow

*Required adventures

The required adventures help boys explore important Scouting ideas: leadership, citizenship, personal fitness, character development, and outdoor skills and adventure. These outcomes form the core of all future Scouting advancement and recognition. The Lion program forms a strong foundation for a lifetime of fun and meaningful family Scouting adventures.

The Lion Badge

Earning the Lion badge signifies that a Lion Scout has made important progress in his quest for fun and adventure in Scouting.



The first five required adventures are designed to focus each Lion on demonstrating skills in the areas of adventure, leadership, personal fitness, citizenship, and character. Lions will receive a patch at the completion of the required adventures. This is the Lion badge.



The Lion Uniform

The Lion uniform is a Lion T-shirt. Your T-shirt may look like this one or a little different. Your Lion coordinator or Lion guide will have more information.

Lion Guides Will Prepare for the First Meeting

- Establish meeting day/time for Lion den.
- Use the *Lion Parent and Leader Guidebook* and den meeting plans to prepare for the meetings.
- Provide follow-up communication with adult partners.
- Present yearly calendar and have adult partners sign up to host various meetings.

First Meeting Follow-Up

- Reflect on success of meeting and any needed improvements.
- Confirm hosting responsibilities for the remainder of den meetings.
- The Lion guide will help the adult partner host prepare for the next adventure.

Hints for Effective Leadership

- Communicate clearly and often with parents in the den.
- If you need help, ask someone. When you ask someone, give them enough time to get ready to help.
- Sharing leadership in the den makes for a stronger den.
- Don't think of the den meeting as one 45-minute meeting; think of it as a series of lots of high-energy fun for boys and their adult partner.

Characteristics of Successful Lion Guides	
▶ Commitment to the ideals of Scouting ▶ High moral standards ▶ Ability to relate to kindergarten-age boys ▶ Ability to keep a cool head under pressure ▶ Good organizational skills	▶ Ability to engage and interact with adults ▶ Flexibility and the ability to compromise ▶ Good planning ability ▶ High energy level ▶ Good attention to detail



Plan Your Meetings in Advance
Plan your meetings ahead of time with emphasis on the flow of activities. Pay special attention to the "Preparation and Materials Needed" sections of the den meeting plans for preparation and materials needed for the next meeting. Alternate between quiet and more vigorous activities. Boys have a lot of energy to expend, so be sure you have an active game or other activity to help channel some of that energy.

Packs that organize early in the summer may find that a field trip as a first meeting over the summer can be a good way to break the ice for a new den.

Your First Den Meeting
The tone you set at the first meeting will determine, to a large extent, the success of your year. Consider the following keys to setting the right tone:

- Wear your adult uniform to all meetings, and remind boys to wear their uniforms.
- Be completely organized before the start of the meeting.
- The Lion's Honor adventure is recommended as the first meeting for the Lion den.
- During the "Talk Time," explain clearly to the boys the behavioral expectations. You may wish to use the "good conduct candle" approach (see below). Be consistent and friendly but firm with the boys.

Den Rules and Code of Conduct
At the beginning of the year, establish the rules that the den will follow and the consequences for breaking those rules. Boys should participate in the decision-making process. By helping decide what can and can't happen in the den, boys will feel a sense of responsibility toward how the den is run. They will feel that the den is "theirs."

A list of rules should be brief and positive. Limit the list to 4–5 rules. Tell boys what you want them to do, rather than what you don't want them to do. Some examples of effective rules for dens might include:

1. Be kind to each other.
2. Listen to the person speaking.
3. Keep your hands to yourself.
4. Ask permission before leaving the group.
5. Everybody helps out.

The Scout Oath and Law are helpful in this regard—they remind us of what to do, instead of what not to do.

When rules are understood and are consistently upheld by leaders, children develop a sense of safety and confidence in their environment. They know what they need to do and what to expect if they don't do it.

Good conduct should be reward- and achievement-based and, above all else, constructive and positive. A pizza party or skate party or such is a great goal to aspire to over time for ongoing good conduct.

Good Conduct Candle
Use the same candle each week. With help from his adult partner, the selected boy lights the candle at the beginning of the den meeting, and the candle is allowed to burn as long as all den members show good behavior. But if a boy misbehaves or breaks the code of conduct, the candle must be blown out for the rest of the meeting. As soon as the candle burns down, the den is entitled to a special outing or special treat. (From Cub Scout Leader How-To Book)

Note: Lions should never handle the candle without assistance from an adult. Lions are not allowed to handle matches or lighters; boys and adult partners should use a secondary candle to light the Good Conduct Candle together. Be sure to place the lit candle in a safe location, closely monitor it throughout the meeting, and blow it out during the meeting's closing.

(It is suggested that a small candle be used. This will more easily show progress and hopefully burn to the end, from good behavior, before the end of the year.)

The Adult Partner Host
After you have worked with your adult partner host to prepare for the den meeting and outing, ask the host team (Lion and adult partner who will lead the meeting) to arrive at least 15 minutes before the starting time of the meeting. They will benefit from your experience to help with final preparations before the rest of the boys arrive.

A snack at den meetings is optional. Set the example with healthy, nutritious snacks. Be aware of any food allergies of den members, and communicate these to adult partners who may be assisting with the snacks.

Outings
Outings are a time not only for fun but also for learning. It is important that you plan in advance for these field trips. Planning should include the following, at a minimum, for each field trip:

- Arrange for the visit with the place you will be going (if needed).
- Work with the adult partners in the den to arrange transportation or request an adult do the planning for this.
- A tour and activity plan should be filed with the council service center as required by your local council.
- Details on suggested outings are included in the meeting plan outlines.

Tour and Activity Plans
A tour and activity plan is a planning tool that enables insurance coverage and helps leaders be prepared for a safe and fun adventure. Please use the online version of the plan whenever possible. It is a unit-level tool when you sign into MyScouting.org. A printable version is available as well. Please review all of the information on the page and the hyperlinks. A video showing you how to submit a tour and activity plan is on the FAQ page.

When you use the online version, you do not have to collect signatures or council approval. Complete the plan and certify that any missing requirements will be completed before the trip begins. When you submit the plan online, an email will be sent to your council, chartered organization, committee chair, and designated emergency contact.

Find the tour and activity plan here:
www.scouting.org/Home/HealthandSafety/Alerts/TourActivityPlan.aspx

Ceremonies
Ceremonies are important for marking the beginning and end of each meeting or for recognizing major accomplishments. They are also a time for reinforcing the values of Scouting and bringing the boys together. As boys finish achievements toward their badges, simple ceremonies during the den meeting will serve to congratulate them on their accomplishments. Ceremonies to open and close den meetings are included in the meeting plans.

Immediate Recognition
Set aside time in den meetings to recognize completion of adventures as a method of encouragement. Congratulate boys enthusiastically for their efforts.

The main recognition item for completing an adventure is a sticker. The designs are included in the back of this book and may be duplicated onto label sheets. A good time to recognize completion of the adventure is at the close of the adventure when the outing concludes. At this time, give the appropriate sticker to each Lion to place in his *Lion Adventure Book.*

Additional fun patches and recognition items may be found at your council's Scout shop or at www.scoutstuff.org.

The *Lion Adventure Book*
The *Lion Adventure Book* is a keepsake for the Lion and is a way to record some of his experiences from his year as a Lion. The *Lion Adventure Book* will be made available by your Lion coordinator or Lion guide.

CUB SCOUT BASICS

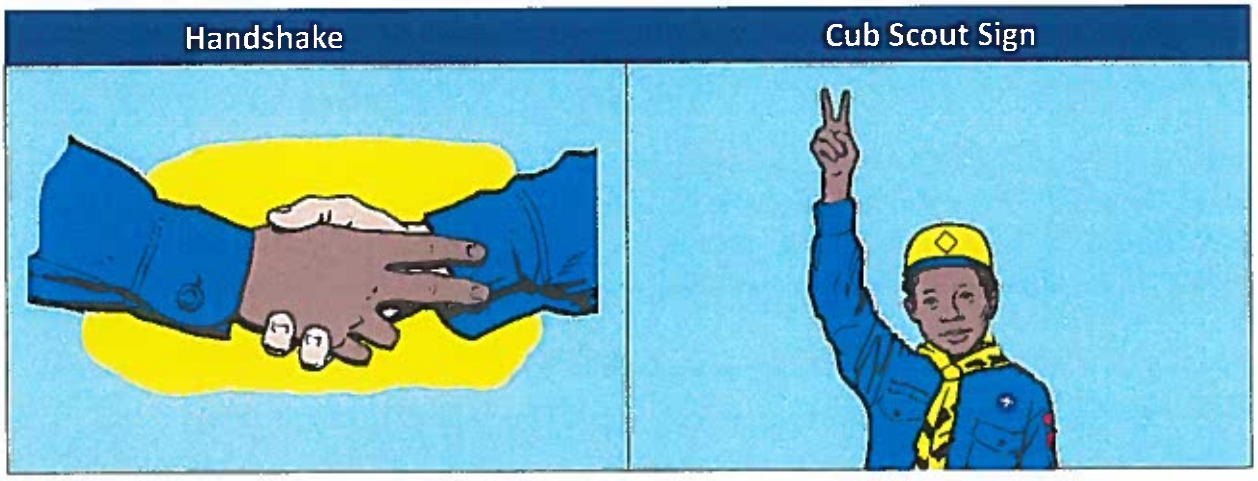
The following information will serve as a quick overview of the program.

What the Cub Scout Motto Means

Doing your best is one of the most important things Cub Scouts learn. When boys compare themselves to other people, they can become complacent (if they're high achievers) or discouraged (if they have to work harder to accomplish the same goals). Focusing on doing their personal best helps them feel good about themselves and see their potential for doing even better. Help boys see that no one can find fault with them if they always do their best.

- A motto is like a slogan. It reminds us of something important.
- Scouting is not a competition. Each boy learns at his own pace and in his own way.

Whatever you and your Lion are doing, remember to "Do Your Best!" It's a great motto for life.



The Cub Scout Sign

- Make the sign with your right hand.
- Hold your arm up straight with two raised fingers; the rest of your hand should be closed.
- The two raised fingers look like little animal ears, listening.
- The Cub Scout sign means everyone should stop what he or she is doing and pay attention to the leader.

Adults will find this is an effective way to quiet the group without raising their voices.

One of the important parts of Scouting is its ideals as expressed in the Scout Oath, Scout Law, and Cub Scout motto. These will be used during den meetings. Lions will be exposed to the oath and law over the entire year. They are not expected to memorize the oath and law. The Lion year is to introduce the boys to Scouting values and help them prepare for earning the Bobcat award during their next year as Tigers.

Do not expect Lions to memorize the Scout Oath and Scout Law. The intention in the Lion program is to orient boys to the ideas and not emphasize memorization. The adult leader should practice leading the group in saying the oath and law together. A poster can be a good reminder too, as both the Scout Oath and Scout Law are said at each meeting. Check with your Scout shop or pack to see if one is available.

Scout Oath	Scout Law	Cub Scout Motto
On my honor I will do my best To do my duty to God and my country and to obey the Scout Law; To help other people at all times; To keep myself physically strong, mentally awake, and morally straight.	A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.	Do Your Best

When saying the oath or law, it is customary for boys and adults to raise their hands in the Cub Scout sign.

What the Scout Oath Means

Before you agree to the Scout Oath, you must know what it means. Below are some ways to help your Lions understand a little more about its meaning. Adapt these explanations as appropriate for Lions. You may want to take an idea or two and discuss it at each meeting.

On my honor ... Honor is the core of who you are—your honesty, your integrity, your reputation, the ways you treat others, and how you act when you are on your own.

I will do my best ... Do all you can to live by the Scout Oath, even when you are faced with difficult challenges.

To do my duty ... Duty is what others expect of you, but more importantly it is what you expect of yourself.

to God ... Your family and religious leaders teach you about God and the ways you can serve. You can do your duty to God by following the wisdom of those teachings and by defending the rights of others to practice their own beliefs.

and my country ... Help the United States continue to be a strong and fair nation by learning about our system of government and your responsibilities as a citizen. When you do all you can for your family and community, you are serving your country. Making the most of your opportunities will help shape our nation's future.

and to obey the Scout Law; ... In your thoughts, words, and deeds, the 12 points of the Scout Law will lead you toward doing the right thing throughout your life.



To help other people at all times; ... By helping out whenever you can, you are making the world better. "At all times" is a reminder to help even when it is difficult and even without waiting to be asked.

To keep myself physically strong, ... Taking care of your body prepares you for a lifetime of great adventures. You can build your body's strength and endurance by eating nutritious foods, getting enough sleep, and being active. You should also avoid tobacco, alcohol, illegal drugs, and anything else that might harm your health.

mentally awake, ... Develop your mind both in and outside of the classroom. Be curious about everything around you, and never stop learning.

and morally straight. Your relationships with others should be honest and open. Respect and defend the rights of all people. Be clean in your speech and actions and faithful in your religious beliefs. Values you practice as a Scout will help you shape a life of virtue and self-reliance.

What the Scout Law Means

The Scout Law will show you how to live as a boy, as a valued member of your family, and as a man.

A Scout is trustworthy. A Scout tells the truth. He is honest, and he keeps his promises. People can depend on him.

A Scout is loyal. A Scout is loyal to those to whom loyalty is due.

A Scout is helpful. A Scout cares about other people. He helps others without expecting payment or reward. He fulfills his duties to his family by helping at home.

A Scout is friendly. A Scout is a friend to all. He is a brother to other Scouts. He offers his friendship to people of all races, religions, and nations, and respects them even if their beliefs and customs are different from his own.

A Scout is courteous. A Scout is polite to people of all ages and positions. He understands that using good manners makes it easier for people to get along.

A Scout is kind. A Scout treats others as he wants to be treated. He knows there is strength in being gentle. He does not harm or kill any living thing without good reason.

A Scout is obedient. A Scout follows the rules of his family, school, and troop. He obeys the laws of his community and country. If he thinks these rules and laws are unfair, he seeks to have them changed in an orderly way.

A Scout is cheerful. A Scout looks for the bright side of life. He cheerfully does tasks that come his way and tries his best to make others happy, too.

A Scout is thrifty. A Scout works to pay his way and to help others. He saves for the future. He protects and conserves natural resources. He is careful in his use of time and property.

A Scout is brave. A Scout faces danger even if he is afraid.

A Scout is clean. A Scout keeps his body and mind fit. He chooses friends who also live by high standards. He avoids profanity and pornography. He helps keep his home and community clean.

A Scout is reverent. A Scout is reverent toward God. He is faithful in his religious duties. He respects the beliefs of others.

IMPORTANT CONSIDERATIONS FOR LION GUIDES

Working With Young Boys
Some suggestions for working with young boys are presented below.

Communication
The way adults communicate with Scouts and with each other can play an important role in keeping a group engaged and maintaining a positive tone during a meeting.

Get down at their level. When possible, sit down on the floor at the level of the boys in the den. An adult talking down to them from a standing position can feel like school or a lecture to Lions, but meeting the boys at eye level can help build a sense of trust and excitement.

Engage the boys. It's easy to lose the attention of boys at this age when a discussion becomes too one-sided. Engage Lions by asking questions and validating their responses. Children feel empowered when they believe their ideas count, and the positive feelings that come from being acknowledged will go a long way.

Focus on the positive. As you participate in the meetings, make a point of emphasizing the positive things you see in the den. Other Lions will pick up on the recognition and will work to achieve the same. It can be easy to focus on correcting negative behaviors, but it can be far more effective to call out the positive ones.

Listen to the language you use, and make efforts to note the specific achievements rather than generalizations. Instead of a vague "Good job!" comment, note a specific item the Scout has done well. For example, "Ben, I notice you found a new way to build a tower when the first one fell down. You really stuck with it!" Take your comments further and have the boys tell you about their work, such as by asking "How did you think of the design?" or "What else could you build with these blocks?"

Demonstrate kind language. Lions are still at an age where they are learning how to interact with their peers and adults by watching those around them and picking up cues. Be sure that the cues they pick up from you are the positive ones you want being brought to your group. Pay attention to your interactions with both adults and the boys, and make a point of using polite language as you hope others will do. Say "please" and "thank you" often, and take care to resolve any problems in a way that avoids embarrassment.

When you encounter conflict between Lions, help them practice appropriate and clear apologies so they can move on without negative feelings. If boys see you offer an apology in a situation that calls for one, they will appreciate that you put into practice the same ideals you are teaching them.



Keep Meetings Moving

The meeting materials developed for the Lion program are designed with a number of brief, high-engagement activities. Keep the meeting moving by reading through the plans in advance, preparing the materials, and organizing them so that you may easily move from activity to activity. This planning and preparation, influenced by the earlier suggestions on working with young boys, will help make Lions a great experience for the boys and their families.

Scouting Versus Schooling

Scouting and schooling are both youth development and educational institutions. While they have things in common, they should remain complementary and distinctive from one another. Do your best (a good motto for Cub Scout leaders as well as Cub Scouts) to make Lions different from what they experience at school during the day.

- Awareness of your Scouts. Know the members of your den so you understand "where they are coming from" as well as their backgrounds. You may find boys with a variety of social skill levels in your den. Some are kindergartners, while some are in day care and others are nonschooled. Additionally, they will display ranges of social skills or may even lack exposure to social settings and find that Scouting is one of their first opportunities to build skills in group interactions.
- Adjunct to schools. Scouting is not—and should not be—a continuation of the school day.

LION CALENDAR

The Lion adult partners will set the schedule of their den meetings and outings during their first gathering. The following activity schedule can be used to summarize your meeting dates.

Month	Date	Topic	Host/Contact No.	Location	Notes
September					
October					
November					
December					
January					
February					
March					
April					
May		Move to Tigers	New den leader		Sign up and register for Tigers
June		Day camp	Local BSA council or district		
July		Summer family fun			
August					

It is important for participants to commit to follow the program as written.

Your evaluation is needed to provide feedback for program continuation or expansion. Lion den coordinators, Lion guides, and Lion adult partners will provide necessary recommendations for additions, changes, etc., for the improvement of the program.

This is a pilot of the Boy Scouts of America and may be used only in an approved pilot council.

Reproduction or distribution without written consent is not authorized.



DEN MEETING PLANS

Hints for using den meeting plans:

- Read and review them at least a week ahead of time.
- Work with your Lion guide to carry out the meetings as written.
- Be mindful of attention spans.
- Remember that most boys of this age are nonreaders.
- Keep the meeting moving. Planning and preparing materials ahead of time will help the meeting run well.

Required Lion Adventures

To earn the Lion badge, boys must take part in five required adventures: Lion's Honor, Fun on the Run, Animal Kingdom, Mountain Lion, and King of the Jungle. These adventures are listed first.

Elective Lion Adventures

The remaining adventures can be done in any order. They are optional but encouraged for further fun and exploration by boys and their families.

LION'S HONOR

RATIONALE FOR ADVENTURE



The animals in the jungle, including the Lion, have traditions that they share. The Lion is strong and protects his family. When the Lion talks, the animals of the jungle listen. The Lion Scout will learn the traditions of his den and the pack.

TAKEAWAYS

- Introducing the Scouts and adult partners
- Learning the Cub Scout sign and its meaning
- Learning the Cub Scout motto and its meaning
- Learning the Cub Scout salute and its meaning
- Singing a new song with your den

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Participatory citizenship
- Fitness
- Leadership

REQUIREMENTS

1. Show the Cub Scout sign. Tell what it means.
2. Repeat the Cub Scout motto. Tell what it means.
3. Show the Cub Scout salute. Tell what it means.
4. Show teamwork and good sportsmanship by playing a game with your den.
5. Participate in an outing.

NOTE TO LION GUIDE: Den meeting 2 will be an outing to the monthly pack meeting. Contact the Cubmaster ahead of time to let him or her know that the Lion den would like to attend the pack meeting. While in attendance, ensure that the Lion Scouts are introduced to the rest of the pack.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- Soft ball (Activity 1)
- Poster board
- Colored pencils, crayons, or markers
- Lions will need to bring their copies of the *Lion Adventure Book.*

GATHERING

- Lion Says: Play a game of "Simon Says" using the title "Lion Says."



OPENING

- Select a Lion to light the Good Conduct Candle with help from his adult partner.
- Conduct a simple opening, including a group recitation of the Pledge of Allegiance and the Scout Oath.
- Sing the song "If You're a Lion and You Know It." (See Meeting 1 Resources.)

TALK TIME

- Carry out business items for the den:
    - Dues
    - Provide a notification or reminder for the outing or pack meeting.
    - Explain the rules of behavior. Explain and begin the Good Conduct Candle if appropriate.
    - Share meeting information, and discuss the Cub Scout sign, salute, and motto.
- Allow time for sharing among Lion Scouts.

ACTIVITIES

Activity 1: Introduction Game

Have the Scouts and adult partners form a circle. The Lion guide will state his or her name and throw a soft ball to a new Scout or adult partner, calling them by name. The Scout or adult partner will catch the ball and thank the person who threw it to them. They will then say their name and to whom they will be throwing the ball. The game will be completed when each Scout and adult partner has had an opportunity to participate.

Activity 2: Salute or Sign Game

Divide the Lions into two teams. Each team will line up. The adult partners of that team will be lined up at the other end of the room. Each Scout will run to a designated spot where their adult partner will be standing. The adult partner will say either "Scout salute" or "sign's up." The Scout must correctly demonstrate the indicated sign. Once that is done, the Scout will tag the adult partner and return to his team. The next Scout will follow. This will continue until each Scout has had the opportunity to participate.

Activity 3: Den Poster

Use a large poster board to create a den poster for display at the upcoming pack meeting. Write a simple message, such as "Meet the Lions," and allow Lions to add their names and other decorations.

Activity Wrap-up

- Have Lions complete the task on the Lion's Honor page of the *Lion Adventure Book.*

CLOSING

- Recite the Scout Law and do the Grand Roar. Have the Scouts and adult partners form a circle with their left hand in the middle. Make the Cub Scout sign with the right hand. Have them say in unison, "Do Your Best!" Then have them make a loud Lion Roar!

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired. Select a Lion Scout to give thanks prior to the snack.

MEETING 1 RESOURCES

- Opening: Song, "If You're A Lion and You Know It" (Sung to the tune of "If You're Happy and You Know It")

  (Boys use hands to make claws.)

  If you're a Lion and you know it, show your claws.
  If you're a Lion and you know it, show your claws.
  If you're a Lion and you know it, then your claws will surely show it.
  If you're a Lion and you know it, show your claws.

  (Boys make a muscle.)

  If you're a Lion and you know it, show you're strong.
  If you're a Lion and you know it, show you're strong.
  If you're a Lion and you know it, then your strength will surely show it.
  If you're a Lion and you know it, show you're strong.

  (Boys give a lion's roar.)

  If you're a Lion and you know it, give a roar.
  If you're a Lion and you know it, give a roar.
  If you're a Lion and you know it, then roaring will surely show it.
  If you're a Lion and you know it, do all three.

  (Boys use hands to make claws, make a muscle, and give a lion's roar!)

MEETING 2 PLAN (PACK MEETING)

PREPARATION AND MATERIALS NEEDED

- The Lion den will be visiting the monthly pack meeting.
- Contact the Cubmaster ahead of time to confirm attendance. Confirm that Lion Scouts will be recognized during a pack recognition ceremony.
- Bring the den poster created during Meeting 1.
- Make sure Lions and adult partners are aware of the time and location of the pack meeting.

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Meet at the pack meeting.



GATHERING

- Gather outside meeting place to discuss proper behavior during the pack meeting.

OPENING, ACTIVITIES, AND CLOSING

- Participate in the monthly pack meeting.
- Recognize Lions during the pack meeting.

AFTER THE OUTING

- Conduct a short reflection on the meeting. Ask the following questions:
    - Did you have fun?
    - Could you tell who the leader was?
    - How could you tell he or she was the leader?
- Present Lions with a sticker to designate the completion of the Lion's Honor adventure.
- Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Each family is responsible for transportation home.

FUN ON THE RUN!

RATIONALE FOR ADVENTURE



If you see a picture of a lion with a big, full, and bright mane, you know that he is both strong and healthy. Eating well and getting rest and exercise will help the Lion Scout stay strong and healthy as well.

TAKEAWAYS

- Learning to exercise to keep their body healthy and strong
- Learning about getting the rest needed to stay healthy
- Learning how to make healthy eating choices

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Fitness

REQUIREMENTS

1. Learn and demonstrate three exercises you can do each day.
2. Have Lions make a nutritious snack for the den.
3. Understand the importance of rest.
4. Participate as a den in Jungle Field Day.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- Ingredients to make trail mix, ants on a log, or lion's teeth (Check for allergies or other health issues before serving.) Bring enough containers (snack-size baggies or small cups) for each Lion and adult partner to have refreshments.
- Materials for the Animal Match game

GATHERING

- Play Red Light, Green Light.

OPENING

- Select a Lion to light the Good Conduct Candle.
- Conduct a simple opening and say the Pledge of Allegiance and the Scout Oath.
- Sing "Head, Shoulders, Knees, and Toes." (See Meeting 1 Resources.)

TALK TIME

- Carry out business items for the den:
    - Dues
    - Notification/reminder for the Jungle Field Day
    - Meeting information: Orient Scouts as to what to expect at this meeting.
- Allow time for sharing among Lion Scouts.

ACTIVITIES

Activity 1: Exercises

Demonstrate several basic exercises, and have Scouts and adult partners join in after the demonstration. Some options include: jumping jacks; leap, hop, skip, jump; jump rope; marching; running. Make modifications for the activities if Lions in your den have physical limitations or special needs. Do the Jump Rope Chant. (See Meeting 1 Resources.)

Activity 2: Nutritious Snack

Have everyone wash their hands. Then all Lions help make a nutritious snack to share with the den, such as trail mix, ants on a log, or lion's teeth. If the snack contains sugar (e.g., chocolate chips in the trail mix), discuss that in moderation, sugar can be an appropriate part of the diet. This snack could be used for refreshments at the end of the meeting. Small cups or snack-size baggies make good individual containers. See Meeting 1 Resources.)

Activity 3: Match Game

Guide Scouts in the Match Game. Say, "Don't you wish the batteries on your video game would last forever? They don't, so you have to stop playing to recharge the batteries. After going to school and playing all day, you will need to stop to recharge your batteries (rest) as well, so you keep yourself healthy and are ready for the next day. Animals are the same way. However, not all animals sleep at night like we do. Some animals sleep during the day and stay awake at night to hunt for food. Others sleep at night and are active during the day. No matter when they sleep, they need the rest to stay healthy and strong. Match pictures of animals with their times of rest." (See Meeting 1 Resources.)

Activity Wrap-up

- Have Lions complete the task on the Fun on the Run page of the *Lion Adventure Book.*

CLOSING

- Recite the Scout Oath together. Form a circle with everyone putting their right hands in the middle. On the count of three, have Scouts raise their hands and yell, "Do Your Best!"

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired. Select a Lion Scout to give thanks prior to the snack.

MEETING 1 RESOURCES

- **Opening Song**

  "Head, Shoulders, Knees, and Toes"

  Head, shoulders, knees, and toes, knees and toes,
  Head, shoulders, knees, and toes, knees and toes,
  Eyes and ears and mouth and nose,
  Head, shoulders, knees, and toes, knees and toes!

  (Point to each part of the body when singing about that part. Sing faster each time.)

- **Activity 1: Jump Rope Chant (without rope)**
  (The leader will chant the rhymes as the Scouts and adult partners do the movements described in the chant.)
  Lion, Lion, turn around.
  Lion, Lion, touch the ground.
  Lion, Lion, jump up high.
  Lion, Lion, touch the sky.
  Lion, Lion, reach down low.
  Lion, Lion touch your toe.

- **Activity 2: Nutritious Snack**
  Ingredients:
  Trail Mix: Nuts, hard-shelled chocolate candies, raisins, dried fruit, cereal, granola, mini marshmallows, chocolate chips, peanut butter chips, etc. Remember to check for allergies!
  Ants on a Log: Celery sticks, peanut butter or sunflower butter, raisins
  Lion's Teeth: Apple slices, mini marshmallows (Sandwich marshmallows between apple slices; use peanut butter or sunflower butter to "glue" the sandwich together.)

- **Activity 3: Animal Match Game**
  Have cards with pictures of different animals on them and cards with pictures of the sun or moon on them. Have the Lion Scouts match the animals' rest times. Nocturnal animals could include raccoons, opossums, and owls. Their matching cards would be the sun as they sleep during the day. Diurnal animals could include birds, dogs, and cats. Their matching card would be the moon as they sleep during the nighttime.

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- The Lion den will participate in the Jungle Field Day at a nearby park.
- Set up stations for Scouts to visit. Materials will depend upon the stations selected.
- Bandannas or ribbons for the three-legged race
- Bean bags and soup cans
- Make sure Lions and adult partners have the date, time, and location of Jungle Field Day.

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Meet at the selected location.

GATHERING

- Play Red Light, Green Light–Flag Version. This game is played just like Red Light, Green Light; however, the leader will hold up a green flag for "Go" or a red flag for "Stop."



OPENING

- Conduct a group recitation of the Pledge of Allegiance and the Scout Oath.

ACTIVITIES

Activity 1: Jungle Field Day

There will be four stations set up. See the following list for some suggestions. Have the Scouts buddy up with another Lion Scout. Both Scouts and their adult partners will rotate to each station.

- Station 1: Jumping Jacks
  Do five jumping jacks.

- Station 2: Crab Walk
  Have start and finish lines. Crab walk from one line to the other.

- Station 3: Balancing
  Each group will walk on a rope on the ground with a beanbag on their head. Have them walk forward to the designated line. On the way back, have them walk backward.

- Station 4: Weights
  Using full soup cans, have the groups "lift weights." Hold a can in each hand with arms at sides and hands facing forward. Bend elbows upward until the cans touch the upper arm. Repeat 10 times. Next, hold the cans in each hand and stretch elbows out to sides with upper arms parallel to the ground. Straighten elbow, keeping arm parallel to the floor. Repeat 10 times.

To wrap up the Jungle Field Day, have the Scouts and adult partners do a three-legged race. Have a ribbon or streamer that participants can run through at the finish line.

CLOSING

- **Closing Ceremony for the Jungle Field Day.** Play the national anthem, and present a sticker to each Lion to designate the completion of the Fun on the Run adventure. The leader can emphasize the "to keep myself physically strong" part of the Scout Oath and how the Jungle Field Day relates.

AFTER THE OUTING

- Have healthy snacks, such as fruit. Select a Lion Scout to give thanks prior to the snack.
- Present Lions with a sticker to designate the completion of the Fun on the Run adventure. Have Lions put the sticker in their adventure book.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Each family is responsible for transportation home from the event.

ANIMAL KINGDOM

RATIONALE FOR ADVENTURE



The animal kingdom encompasses all animals, including the lion. In many stories, the lion, as a member of the animal kingdom, provides leadership. And as the leader, he must take into consideration the needs of the other animals. By cooperating with them, he makes the kingdom a better place to live. The Lion Scout should learn ways he can contribute to his pride (family).

TAKEAWAYS

- Learning about patriotism by using flag ceremonies and the Pledge of Allegiance
- Understanding and practicing stewardship of our resources
- Developing a sense of community awareness and responsibility
- Participating in an activity that demonstrates service to others

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Participatory citizenship
- Leadership

REQUIREMENTS

1. Learn the role of someone who provides a service to your community.
2. Demonstrate you know what to do in an emergency.
3. Choose two energy saving projects to practice in your home for two weeks.
4. Participate in a Lion den family service project for others. (satisfied by the outing)

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- Make arrangements prior to the meeting for a community professional to visit your den meeting location. This person can be a police officer, a firefighter, a veteran, or a medical professional (paramedic or EMT). This should take approximately 10 minutes of the meeting time; however, more time can be allowed if required and the Lions are engaged. The professional can demonstrate any equipment, devices, etc., that are useful in his or her daily job.
- Prepare a thank you note to give to your guest at the conclusion of the meeting.
- Gather items needed for the Emergency Responder Game. Include: cards, basket, emergency items. See the Meeting 1 Resources at the end of this meeting plan.

GATHERING

- Lion Tag: Play a simple game of tag with the Lions.

OPENING

- Select a Lion to light the Good Conduct Candle.
- Conduct a flag ceremony and, as a group, recite the Scout Oath.
- Give a big Lion Roar!

TALK TIME

- Explain the two energy saving items to the Scouts from requirement 3. Tell the Scouts that, just as lions watch over the pride, they will be watching over their homes to help save energy. Two suggested steps they can take are to turn off the water while they brush their teeth and to turn off the lights when they leave a room.
- Carry out business items for the den.
    - Dues
    - Notification/reminder for the upcoming outing
    - Meeting information: Orient Scouts as to what to expect at this meeting.
- Allow time for sharing among Lion Scouts.

ACTIVITIES

Activity 1: Community Visitor

- Visit with someone who provides a service in your community (police officer, firefighter, veteran, paramedic, or EMT).

Activity 2: Emergency Preparedness Game

- Play the Emergency Preparedness game.

Activity Wrap-up

- Have Lions complete the task on the Animal Kingdom page of the *Lion Adventure Book*.

CLOSING

- As a group, recite the Scout Law.
- Lead a reflection on the point of the Scout Law, "A Scout is helpful." Tie "helpful" back to your community visitor.
- Prepare the Lions and adult partners for the service project outing.

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired. Give thanks prior to the snack.
- Present the thank you note to the visitor.

MEETING 1 RESOURCES

Activity 1: Community Visitor

- Prior to the meeting, arrange for an individual to come and visit with the den. This talk should take approximately 10 minutes (remember the attention span of your audience).

The individual may bring items to show or demonstrate. You may wish to have the Scouts develop some questions for the guest. If you choose to do this, it may be a good idea to review the questions prior to letting the boys ask them.

- **Activity 2: Emergency Preparedness Game**
  1. Review the list of emergency scenarios and responses that follow.
  2. Have an adult partner pick an emergency from a box, basket, or sack, and stand in a spot in the room.
  3. Continue until all adults are positioned.
  4. Have each Lion Scout go to his adult partner and listen to the emergency. The Lion Scout then goes to another box and selects the correct first-aid item to help his adult partner.
  5. At the end of the game, go around the room and have each adult partner share his or her emergency. Have the Lion Scout share what he did to help his adult partner.

- **Emergency Scenarios:** Reproduce the Emergency Cards on the following page and give one to each adult partner. Have on hand the item that will help with the emergency for the Lion Scout to select.

- **Items to Help With the Emergencies:**
  - Adhesive bandages (scraped knee, cut)
  - Cloth or bandanna (nosebleed)
  - Small plastic bag with the word "ice" on a slip of paper inside (bug sting, sprained ankle)
  - Cell phone (bug sting, bump on the head, broken arm)
  - Soap (scraped knee, cut)
  - Moleskin (blister on foot)

Front of Card	Back of Card
Nosebleed	(Nosebleed) Cold wet cloth, pinch nostrils
Scraped knee	(Scraped knee) Wash and apply adhesive bandage
Bug sting	(Bug sting) Ice; if an allergy, call for help
Blister on foot	(Blister on foot) Apply moleskin
I've had an accident and bumped my head	(I've had an accident and bumped my head) Call for help
Sprained ankle	(Sprained ankle) Ice
Cut	(Cut) Wash and apply adhesive bandage
Broken arm	(Broken arm) Call for help

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Gather items appropriate to the type of project you have selected (gloves, trash bags, small hand tools, etc.).
- Be sure to remind boys and adult partners to bring drinking water and wear appropriate clothing and footwear.

TRANSPORTATION PLANNING

- Submit a tour and activity plan if required by the local council.
- Confirm details for travel to destination and communicate information to families.

OPENING

Gather the group together. Explain the project, and make any necessary assignments for work teams, etc.

ACTIVITIES

Perform a service project for someone in the community that is appropriate for kindergarten-age boys. One option might be to select a project for the chartered organization. Take pictures before and after along with group pictures of your Lion families.

Sample projects are:

- Do an outside cleanup or beautification project.
- Establish a recycling area.
- Plant flowers or weed an existing flower bed.

Guidelines for a Lion service project:

- The activity should be in a safe environment (not along roadways).
- The project should not last longer than 20 minutes.
- The work should be meaningful.
- Participants should be dressed appropriately for the activity.
- The activity should be hands-on and interactive.

AFTER THE OUTING

- Present thank you notes to those who helped.
- Present Lions with a sticker to designate the completion of the Animal Kingdom adventure. Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Transportation is to be provided by parents or guardians.

MOUNTAIN LION

RATIONALE FOR ADVENTURE



Lions live in the outdoors. It is important for the Lion Scout to understand how to take care of himself when in the outdoors and how to be respectful of animals and nature. He should learn the idea that he should take only pictures and leave only footprints.

TAKEAWAYS

- Understanding the use of the buddy system on outings
- Learning what to do if he becomes separated from the group
- Identifying the six items to take with him when he is going outdoors for an activity
- Demonstrating how to be respectful of the natural environment

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Participatory citizenship
- Personal fitness
- Outdoor skills and awareness
- Leadership

REQUIREMENTS

1. Gather the outdoor items you need to have with you when you go on an outdoor adventure, and understand how they are used. Also understand and commit to practicing the buddy system.
2. Learn what SAW (Stay, Answer, Whistle) means. Demonstrate what you can do to stay safe if you become separated from the group when you are outdoors.
3. Demonstrate an understanding of respect for animals and nature when participating in a learning hike.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- This meeting can be presented in an outdoor setting, if desired (public park, etc.).
- Gather items for the Pick and Choose game (Cub Scout Six Essentials: first-aid kit, flashlight, filled water bottle, trail food, sun protection, whistle; plus several other miscellaneous items that do not belong in the kit, such as a flying disc, small hand tools, toy, bandanna, etc.
- Whistle (for practicing the SAW principle) for each Lion

GATHERING

- Play a game of Lion, May I? (This game is the same as Mother, May I?, with the words changed.)

OPENING

- Select a Lion to light the Good Conduct Candle.
- Conduct a simple flag ceremony, and recite the Scout Oath together as a group.
- Sing "Happy Lions." (See Meeting 1 Resources.)

TALK TIME

- Carry out business items for the den.
    - Dues
    - Notification/reminder for the upcoming outing
    - Meeting information: Orient Scouts as to what to expect at this meeting.
- Present the buddy system by explaining that Scouts of any age should never go anywhere without their buddies. We always use the buddy system when we are on any kind of outing. This is to help keep us safe. You watch out and help your buddy and he does the same for you. You should always be close by your buddy. Also point out that more than two buddies can be in a group if the numbers are uneven.
- Allow time for sharing among Lion Scouts.

ACTIVITIES

Activity 1: Pick and Choose Game

Play the Pick and Choose game. See the Meeting 1 Resources for materials and instructions.

Activity 2: SAW

In the event a Lion Scout is separated from the group during an outing, he needs to know how to keep himself safe. Help Lions learn "SAW," and have them practice so they commit it to memory.

S = **STAY** put! If you move around, you make it harder for people to find you.
A = If you hear your name being called, **ANSWER!**
W = Blow your **WHISTLE.** If you try to use your voice to call for help, you will become hoarse and no one will be able to hear you. But they can hear your whistle. Blow every so often.

Once you have explained SAW, ask an adult partner to demonstrate the three SAW principles while the Lion Scouts watch. Then have all of the Lion Scouts practice SAW. If you are in an outdoor environment, you can have them hide behind trees, etc. Be aware that an emergency whistle is very loud and should never be blown near another person or at full volume when practicing.

Activity Wrap-up

- Have Lions complete the task on the Mountain Lion page of the *Lion Adventure Book.*

CLOSING

- As a group, recite the Scout Law. Read aloud the Boy Scout Outdoor Code. Explain that all Scouts know the Outdoor Code and agree to follow it. This will make sure we take good care of nature.

As an American, I will do my best to
Be clean in my outdoor manners,
Be careful with fire,
Be considerate in the outdoors, and
Be conservation minded.

AFTER THE MEETING

- Ensure cleanup takes place.
- Have Lions wash hands and serve refreshments, if desired. Have a Lion offer thanks before having the snack.
- Remind the Lion Scouts to bring their Six Essentials to the outing.

MEETING 1 RESOURCES

- **Gathering Activity Song**
  "Happy Lions" (Sung to the tune of "Frère Jacques" or "Are You Sleeping?")
  Happy Lions, Happy Lions
  Yes we are, yes we are
  Hiking out in nature
  Leaving only paw prints
  We'll go far, we'll go far.

  Actions for the song:
  "Happy Lions": Give a big grin.
  "Yes we are": Two thumbs up.
  "Hiking out in nature": March in place.
  "Leaving only paw prints": Hold both hands up in front, palms out.
  "We'll go far": Hold a hand over eyebrows, searching.

- **Activity 1: Pick and Choose Game**
  The object of the game is for the boys as a group to discuss and consider which six items are important for them to have when they go on an outdoor adventure.

The recommended Cub Scout Six Essentials are:

- First-aid kit (This can be a small personal kit.)
- Flashlight (Always check batteries before leaving.)
- Filled water bottle
- Trail food (Always check for allergies.)
- Sun protection
- Whistle

Place the Six Essentials as well as several other items on a table. Have the Lion Scouts come to the table as a group and together pick out the six items they think they should take with them on an outdoor activity. If they make an incorrect choice, help guide them toward making the correct choice.

Once they have chosen the six correct items, tell them they will need to assemble their own Six Essentials kit to bring to the outing the next time they meet.

Miscellaneous items that may be added to the table with the Cub Scout Six Essentials could include a flying disc, small hand tools, toys, a bandanna, etc. These items will encourage the Lions to think through their choices.

- **Activity 2. SAW**
  Each Lion Scout will need a whistle to practice the SAW principle.

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Each Lion Scout will need to make and bring their own Six Essentials kit for the short hike.
- If the group is visiting a nature center or other locality that offers a nature or game biologist, you can make arrangements for that person to do a 5- to 10-minute presentation. He or she could focus on how we can be respectful of animals and their homes when we visit the outdoors. Remind Scouts that they don't like people messing up their rooms at home, and animals deserve the same care.

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Establish details for travel to the destination, and make certain the information is communicated to all adult partners.

ACTIVITIES

Activity 1: Learning Hike

Take a short learning hike. The distance should be consistent with the age and physical ability of the group; the adult partners can work together to make this determination. The hike can be in a rural location, a local city or state park, a nature center, a zoo, etc.

Before leaving on the hike, share the "S" rules with the group:

- Sticks stay on the ground.
- Stones stay with the sticks.
- Stay on the path.
- Stay with your buddy.

A learning hike is a themed hike that encourages the boys to look for certain things.
Examples are:

- How many animals or animal homes can you find?
- How many items can you locate that would fit on a penny?
- How many colors did you see?

If desired, you may stop for a rest break during the hike, and play Pick Your Spot. Each child and adult pair picks a spot to stand in. Face away from others and discover something in nature that demonstrates our five senses—something we hear, something we smell, something we can touch, something we see, something we could taste. Be sure to emphasize that Lions will need to imagine the taste as if they were animals; they should never actually taste things they find on a hike because those things could be dangerous. Can the Lions find something for all five items? You can share as you discover or share just before you restart the hike.

At the end of the hike, guide the group in a discussion about respect for our animal friends and their homes. Help them discover what it means to have a low impact on the areas we visit—we don't litter, we don't cut or pick flowers, we don't pick up rocks and move them, we leave things as we see them without disturbing them, etc. Depending on where you decide to hike, this discussion could be led by someone who represents the area or place you are visiting.

AFTER THE OUTING

- Present a thank you note to someone at the area you visited, if appropriate.
- Present Lions with a sticker to designate the completion of the Mountain Lion adventure.
- Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Each family is responsible for transportation home. Follow the details established during the planning phase.

KING OF THE JUNGLE

RATIONALE FOR ADVENTURE



All the animals in the jungle must live side by side as citizens of the jungle. Do you know what it means to be a good citizen? How can you be a good citizen of your community? Communities, families, and teams also have leaders. Do you know what it takes to be a leader? We can tell the lion is different from the other animals because of his bushy mane. Cub Scout leaders have special symbols that tell you they are the leader. Can you tell which ones are the leaders?

TAKEAWAYS

- Learning what it means to be a good citizen
- Learning what it means to be a leader
- Learning the parts of a flag ceremony

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Participatory citizenship
- Leadership

REQUIREMENTS

1. Participate in a flag ceremony with your den.
2. Explain what it means to be a good citizen.
3. Explain what it means to be a leader.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- Position patch for I Spy game
- Flag on a flagpole for ceremony
- Red, white, and blue construction paper (white sheets should be larger), white paint, cotton swabs
- Bowls or bags and word/picture strips for Citizen Lion game

GATHERING

- I Spy—Leadership Version. An adult partner hides a leadership symbol in the meeting room. If possible, use a den leader patch or other symbol of a leadership position, such as a senior patrol leader patch from Boy Scouting. The players try to spot the hidden item. It must be at least partially visible. As each Scout spies the symbol, he sits down until all Scouts are sitting. The first Scout sitting is the next one to hide the symbol. Repeat the game several times.

OPENING

- Select a Lion to light the Good Conduct Candle.
- Place the flag in the center of the staging area. Appoint a Lion Scout to lead the opening by calling the Scouts to form a circle around the flag and as a group recite the Pledge of Allegiance. With assistance from the adult partners, as a group recite the Scout Oath.

TALK TIME

- Carry out business items for the den.
    - Dues
    - Notification/reminder for the upcoming pack meeting.
    - Meeting information: Orient Scouts as to what to expect at this meeting.
- Allow time for sharing among Lion Scouts.
    - How do leaders help people?
    - What are the parts of the United States flag?

ACTIVITIES

Activity 1: Follow the Leader

- Play Follow the Leader with the den. Change leaders every 1½ to 2 minutes. The game should continue no longer than 10 minutes.
- Have the leader lead the group throughout the meeting area (outside and inside, if possible), doing such actions as taking big steps, switching to small steps, flapping arms, walking backward, skipping, hopping on one foot, etc.

Activity 2: Citizen Lion

- Play the Citizen Lion game. See the instructions in the Meeting 1 Resources section. This game should last no longer than 10 minutes. Debrief at the conclusion, asking the Lions what they learned about being a good citizen.

Activity 3: Flag Mosaics

- Create flag mosaics using torn scraps of construction paper. (See Meeting 1 Resources.)
- Ask Lions if they know how many stars are on the flag. Do they know what they stand for?
- Ask Lions if they know how many stripes are on the flag. Do they know what they stand for?
- Explain that the stars stand for the 50 states and the 13 stripes stand for the original 13 colonies.

Activity Wrap-up

- Have Lions complete the task on the King of the Jungle page of the *Lion Adventure Book.*

CLOSING

- Form a circle. Pass a folded flag around the circle and have each Scout identify one reason he loves living in America. With assistance from adult partners, as a group recite the Scout Law.

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired.

MEETING 1 RESOURCES

Activity 2: Citizen Lion Game

- Prior to the meeting, copy and cut out the word/picture strips on the following page.
- Place two bags or bowls in the center of the room—one marked "Yes" and one marked "No."
- Turn the pictures facedown next to the bowls.
- Divide the Scouts into two teams.
- One at a time, each Scout turns over a picture. With help from his adult partner to read the text, he places the picture in the "Yes" bag if it is the action of a good citizen or in the "No" bag if it is not the action of a good citizen.

Throwing trash out of a car window



Leaving all of the lights on when I leave my room



Turning in money I find to the school principal



Leaving a mess on the ground after a picnic



Flying my flag on holidays

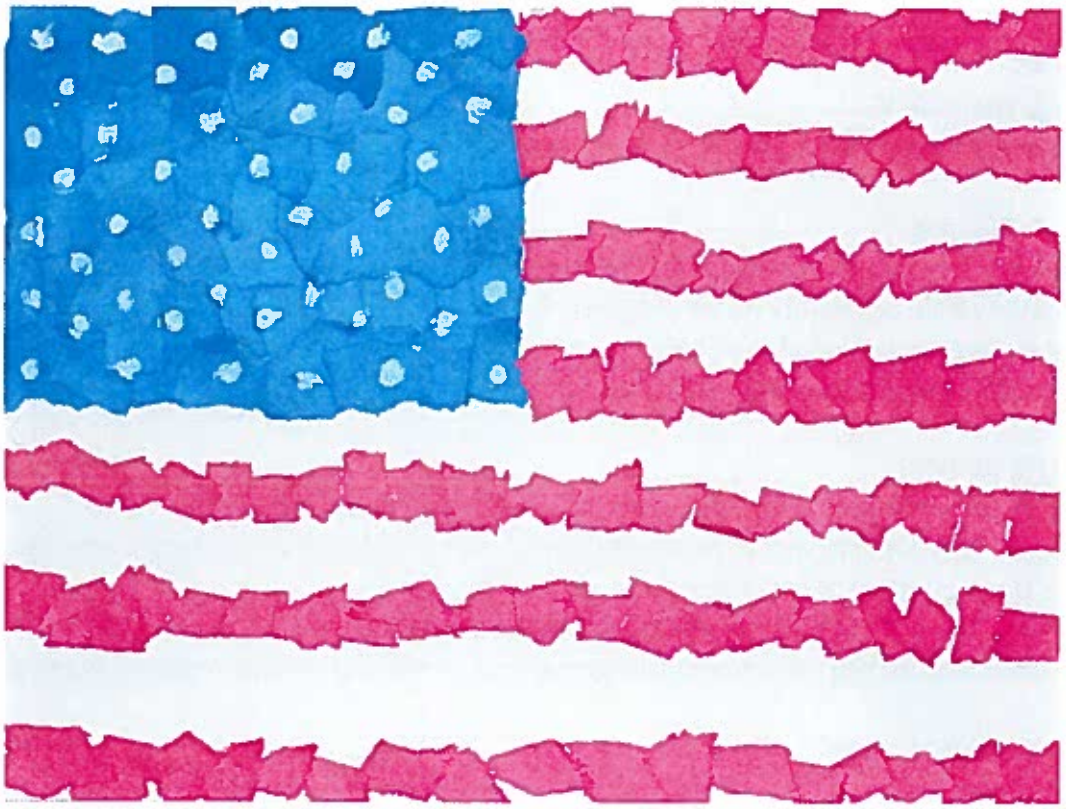


Following the school rules



Activity 3: Flag Mosaic

- Have each Lion and his adult partner begin with a white sheet of construction paper.
- Place blue scraps to mark off the star field of the flag. You might choose instead to provide a single larger blue square for this section of the flag.
- Then have adult partners help Lions place the first few red scraps to mark the location of the stripes. Lions can then continue to place and glue individual scraps of red to create the seven red stripes.
- When all of the paper scraps have been glued on, Lions can work with their adult partners to count out 50 stars. Using cotton swabs and white paint to mark the stars might be easier for the boys than tearing very small pieces of white paper. Once the stars have been added, the flag is complete!



MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- Send reminder notices to parents regarding the time and location of the Webelos den meeting.
- Coordinate with the Webelos den leader regarding the purpose of the visit.

GATHERING

- Gather at the Webelos den meeting place, and discuss acceptable behavior while attending the meeting.

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Transportation is to be provided by parents or guardians.

ACTIVITIES

Activity 1: Meeting Visit

Attend troop meeting or Webelos den meeting to observe a flag ceremony.

Activity 2: Debrief

Ask the Lions what they saw, heard, and felt during the ceremony.

- Were they able to identify a specific leader?
- How did they know which one he was, and what did he say?
- Do they remember the different parts of the ceremony?

AFTER THE OUTING

- Send thank you notes to the troop or den visited. Have everyone sign it.
- Present Lions with stickers to designate completion of the King of the Jungle adventure.
- Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Transportation is to be provided by parents or guardians.

I'LL DO IT MYSELF

RATIONALE FOR ADVENTURE



The animal kingdom is made up of many different kinds of animal families. The job of parents is to protect the young until they learn how to take care of themselves. Young animals watch older animals and learn what to do. Taking part in these experiences helps to develop autonomy and independence and to test and try new things in a safe environment.

TAKEAWAYS

- Learning skills by watching older siblings or adult partners
- Learning to take care of themselves and their personal belongings
- Increased autonomy among Lion Scouts

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Participatory citizenship
- Personal fitness

REQUIREMENTS

1. Make and use a "Lion Scout" bag and hanger for personal Scouting gear.
2. Make a personal care checklist.
3. Practice tying shoelaces.

MEETING 1 PLAN

LION GUIDE NOTE: While this is an elective adventure, you are encouraged to complete this early in the Lion Scout program. The personal care skills and creation of the Lion Scout bag will help boys be organized for their participation in Lion Scouts.

PREPARATION AND MATERIALS NEEDED

- For Gathering: simple household materials (blocks, cups, cardboard boxes,
- dominoes, cards)
- For Activity 1: reusable grocery-type bag (one per Scout); decorations such as fabric, markers, and scissors
- For Activity 2: *Lion Adventure Book,* colored pencils
- For Activity 3: one shoe with laces per Scout
- Coordination with upcoming pack meeting

GATHERING

- Stackathon: Using simple household materials (blocks, cups, cardboard boxes, dominoes, cards), challenge each Lion as he arrives to create the tallest stack by himself.



OPENING

- Select a Lion to light the Good Conduct Candle.
- As a group, recite the Scout Oath with help from adult partners.
- Sing "I Like Bananas, Coconuts, and Grapes." (See Meeting 1 Resources.)

TALK TIME

- Carry out business items for the den:
    - Dues
    - Notification/reminder for the outing or pack meeting
    - Meeting information: Orient Scouts as to what to expect at this meeting.
- Allow time for sharing among Lion Scouts.
- Talk to the Lion Scouts about things they can do for themselves without being told, such as brushing teeth, putting toys away, feeding a pet, putting clothes away, and taking out trash.

ACTIVITIES

Activity 1: Lion Scout Bags

- Provide each Lion Scout with a reusable grocery-type bag to decorate with assistance from his adult partner. Decorations can be made of fun foam and glued on, drawn with markers, cut out of fabric and attached, etc. Cookie cutters provide easy patterns for drawing shapes on bags.
- Instruct Lion Scouts that this will be the receptacle for all their Scouting articles while not in use. Each Scout should hang his shirt on a hanger and put his *Lion Adventure Book* and belt inside the bag, hanging it on the same hanger.

Activity 2: Personal Care Checklist

As a group, create a list of tasks a Lion Scout does for himself. Have each Lion Scout and adult partner use the list to create a personal care checklist for the Lion. Each Lion Scout will document what he does in the *Lion Adventure Book* at the close of the activity session.

Activity 3: Tying Shoelaces

Give each Lion and adult partner one shoe with laces for practice in tying the laces. Celebrate success, and offer encouragement to those who are still learning.

Activity Wrap-up

- Have Lions complete the task on the I'll Do It Myself page of the *Lion Adventure Book.*

CLOSING

- Form a circle and recite the Scout Law as a group.
- Have Lions yell "Do Your Best!" and do the Grand Roar.

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired.

MEETING 1 RESOURCES

- Opening Song: "Bananas, Coconuts, and Grapes"
  I like bananas, coconuts, and grapes,
  I like bananas, coconuts, and grapes,
  I like bananas, coconuts, and grapes,
  That's why they call me "Tarzan of the Apes."
  (The first three lines get progressively softer, and the last line gets progressively louder each time it is sung.)

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Select from the options below, and coordinate the activity and any items needed.

GATHERING

- Gather and discuss appropriate behavior for the location you are visiting.

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Communicate details for travel to destination. Parents and guardians are responsible for transportation.

ACTIVITIES

Select from one of the following outing options to explore ways for the Lion to demonstrate his independence.

Option 1: Home-to-Home Visit

Visit one or more different homes (of den members, friends, or extended family).

- Have the Lion Scout greet his guests and show one of the chores he does at home to support his family.
- The host family might choose to set up the visit as a "Family Job Scavenger Hunt."
  - For this activity, Lions will be given a brief list of age-appropriate tasks that need to be discovered and completed around the house.
  - Tasks could include setting the table (with tableware set out for the boys to find), making a bed, putting away toys, watering plants, and other simple duties.
  - The Lions should take turns with tasks so each boy helps and they all work together to finish the hunt for family jobs.
  - A fun and nutritious snack could be waiting for them at the end of the hunt. This could be made by the Lions.

Option 2: Mini Golf or Bowling
Visit a miniature golf course and play a round of golf or visit a bowling alley and go bowling. Encourage Lions to be responsible for their own equipment throughout the activity.

Option 3: Children's Museum
Visit a children's museum, and explore the "discovery area" that models community responsibilities (shopping, conducting business, etc.).

Option 4: Grocery Store
As a den, visit a grocery store and purchase items for a nutritious snack. Then, make and enjoy the snack together.

AFTER THE OUTING

- Present thank you notes to those who helped.
- Present Lions with a sticker to designate the completion of the I'll Do It Myself adventure.
- Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Follow details established during planning phase. Parents and guardians are responsible for transportation.

PICK MY PATH

RATIONALE FOR ADVENTURE



A lion cub begins its life in a pride with other lions. They are its family, whether or not they are related. They all work together and help each other for the greater good of the pride. The decisions the lion cub makes while growing up in the pride will be important in its life as an adult lion. Likewise, the Lion Scout will be growing and making decisions that will affect his relationships with his family and his friends. Helping the Lion Scout understand about making good choices is a big job for all adults, but the end result—a happy, healthy Lion Scout—is worth it!

TAKEAWAYS

- Learning how to be a friend
- Making choices and understanding how the outcomes affect us
- Learning acceptable responses to emotions
- Learning leadership by teaching a game to someone

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Participatory citizenship
- Leadership

REQUIREMENTS

1. Explain that choices have consequences.
2. Perform a Good Turn for another person.
3. Teach a game to another person. This requirement may be accomplished at home or at the outing.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- For Emotion Charades: Write or draw on index cards the name of an emotion and the body language needed to convey that emotion.
- For Pick My Path: Prior to the meeting, remind the Lion Scouts to bring their *Lion Adventure Books,* as the grid they will need is in the book. Provide scissors and crayons in several colors.

GATHERING

- Hot/Cold: An object is hidden prior to the meeting, and the boys must look for it. The hider informs the seeker how near he is to the object, telling him he is cold when he is far from the object (or freezing or if he is extremely far off), and hot when he is extremely close to the object. If the seeker is moving farther from the object, he is told he is getting colder, and if the seeker is moving closer to the object, he is told he is getting warmer.



OPENING

- Select a Lion to light the Good Conduct Candle.
- Perform a simple flag ceremony and as a group say the Pledge of Allegiance. As a group recite the Scout Oath. Point out to the Lions that when they say the Scout Oath they are promising several things:
    - To do their best
    - To help other people
    - To take care of themselves

TALK TIME

- Carry out business items for the den:
    - Dues
    - Notification/reminder for the upcoming outing
    - Meeting information: Orient Scouts as to what to expect at this meeting.
- Ask these (or similar) open-ended questions:
    - What is a friend?
    - Are your friends the same age as you, or are some different ages?
    - What does a friend do?
    - Have you ever been mad at your friend? Is it OK to feel mad at your friend? How did you make the situation better?
    - Has your friend ever been mad at you? How did this make you feel? How did you fix this situation?
- Tell Scouts that requirement 2 is to do one kind thing for a member of their family or a friend. They can do this act between this den meeting and the outing and share at the outing.

ACTIVITIES

Activity 1: Emotion Charades (See Meeting 1 Resources.)

Activity 2: Pick My Path (See Meeting 1 Resources.)

Activity Wrap-up

- Have Lions complete the task on the Pick My Path page of the *Lion Adventure Book*.

CLOSING

- Recite the Scout Law as a group. The leader should reflect on one of these points of the Scout Law: loyal, friendly, courteous, or kind. Ask the boys to give a brief description of what they think the chosen point means. Or ask Lions to give examples of when someone was friendly, courteous or kind to them or they were kind to others.

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired.
- Remind the Lion Scouts to accomplish requirement 2 before they meet for the outing.

MEETING 1 RESOURCES

- **Activity 1: Emotion Charades**

Lion adult partners will demonstrate an emotion through nonverbal cues. The Lion Scouts are to choose the emotion they think they are seeing. The emotion and the action can be written or drawn on a card for the adult to refer to.

Begin by explaining to the Lion Scouts that sometimes we know how someone is feeling without them saying a word. We can look at what their body is doing and figure it out.

Ideas:

- Unhappy—frown, long sigh, hunched shoulders, hands in pockets
- Angry—clenched fists, stomping, flailing arms
- Happy—big smile, skipping, waving
- Scared—looking over shoulder, walking fast, breathing rapidly
- Sad—hands wiping eyes, sniffing, holding hands over face
- Embarrassed—ducking head, avoiding eye contact with others, hiding behind something, scuffing toe while standing still
- Surprise—open mouth and eyes, maybe with hands placed on cheeks
- Impatient—tapping a foot, looking at watch, pacing

At the end of the game, do a quick debrief by asking questions such as: Have you ever felt any of these emotions? Did your body tell the story to someone? How long did you feel that way—1 minute? 5 minutes? Longer?

Make a point to tell Lions that our emotions are like flying animals—they fly to us, stay for just a short time, then fly away. The most important thing to remember is that feelings are always OK, but we must be aware of how we react. Some reactions are not OK (if we are angry, we must not hit anyone, etc.). Only we can choose how to respond to our feelings. It is our path to pick.

- **Activity 2: Pick My Path**

This activity is designed to give the Lion Scout freedom in making his own choices. At the end of the activity, ask each Lion to share how he felt when he discovered the outcome of his choice.

The Lion Scouts will need a grid and the lion paws as game pieces. These are located in the *Lion Adventure Book*.

Have Lion Scouts choose two crayons to color their game pieces. The Lions should color four pieces in one color and four in the other. Then have Lions cut out the pieces with help from their adult partners, if needed. One set will be used during the meeting, and the other set can be used at home if the Lion would like to play again.

Pair up the Lion Scouts. Have them try to get three in a row (tic-tac-toe).

Allow them to play a couple of times, switching partners if desired.

When finished, ask the Scouts if their choice of where to place their lion paws helped them win or lose the game. Have them share how our decisions can affect what happens to us. For example: If we don't brush our teeth, we can get a cavity, which will cause us pain. Or if we leave our bicycle in the driveway, Mom or Dad might back over it. Our bike will be broken and we won't be able to ride it anymore.

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Confirm the location of the den outing.

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Communicate outing location information to the den members. Families are responsible for their own transportation.

ACTIVITIES

Hold a Lion Palooza. The outing for this adventure can be held at a local park or in a Lion's large backyard.

Have the Lion Scouts play several games that involve making choices. This is also an opportunity for the Lion Scouts to complete requirement 3 (teach a game to another person).

Examples are:

- Hide and Seek: The choice of where to hide will dictate how the game turns out for the Lion Scout. (If this game is being played in a public place, establish firm boundaries and have adults be watchful.)
- Tag: Choices made in where to run and how fast will dictate the end results for the Lion Scout.
- Bandage Tag: When a player is tagged, he becomes the new "It" and must hold onto the body part where he was tagged to "bandage" it.
- Rock, Paper, Scissors

- Red Rover: Two teams stand on parallel lines facing each other. The team going first huddles and selects a member of the other team to call over. Team members hold hands, and the first team calls out, "Red Rover, Red Rover, send (selected person) over." That person must run across and try to break through the linked arms of two people on the opposite team. If he is successful, his team gets to select one person to "steal" for their team. If he does not break through, he must join the other team.
- Crows and Cranes: An adult designates one team as Crows and the other as Cranes. The teams line up in the same fashion as above. The adult chooses the chaser team by yelling either "Crows!" or "Cranes!" The identical sounds at the beginning of the words add to the suspense as the teams wait to find out who will chase and who will flee.

AFTER THE OUTING

- Present thank you notes to those who helped.
- Present Lions with a sticker to designate the completion of the Pick My Path adventure.
- Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Follow details established during planning phase. Families are responsible for their own transportation.

GIZMOS AND GADGETS

RATIONALE FOR ADVENTURE



Gadgets are designed to make tasks easier. Think about the difference between a can opener you turn and one that plugs into the wall. Computers are designed to move information around quickly. Some gizmos and gadgets are designed just for fun, like games or apps. They all start with moving parts. Can you make a gadget?

TAKEAWAYS

- Learning about gadgets and time-saving devices
- Learning about gizmos designed just for fun

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Personal fitness

REQUIREMENTS

1. Explore properties of motion.
2. Explore properties of force.
3. Use household materials to create a useful object.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- One 1-gallon milk jug per Scout with the bottom cut out
- Beanbags or other items to toss
- Magazines, scissors, glue, construction paper
- Pre-make and bring "Genius Kits" (Limit the kit to six to eight items and place in paper bags. Suggestions include: ice cream sticks, marbles, cork, glue, aluminum foil, chenille stems, golf tee, wire hanger, nuts and bolts, washers, screws, etc.)
- Drinking straws, ping-pong balls, dominoes

GATHERING

- **Milk Jug Toss:** Collect enough 1-gallon milk jugs for each Scout to have one. Cut out the bottom of the jug, and leave the handle intact. Use the milk jugs to play catch with beanbags, ping-pong balls, tennis balls, etc. As the Scouts develop some skills in catching the objects, increase the challenge by switching to a different item to catch.

OPENING

- Select a Lion to light the Good Conduct Candle.
- As a group, recite the Pledge of Allegiance and the Scout Oath.

TALK TIME

- Carry out business items for the den:
  - Dues
  - Notification/reminder for the upcoming outing
  - Meeting information: Orient Scouts as to what to expect at this meeting.
- Allow time for sharing among Lion Scouts.

ACTIVITIES

Den Leader Note: There are more activities presented here than can be completed during a single den meeting. Select in advance and prepare to present any three of these activities.

Activity 1: Rolling Investigation

- Collect many different-sized balls, cylinders, pipes, and other similar items to use to investigate movement. Have Lions observe as you roll them down an incline.
- Ask Lions questions such as these: Which ones roll faster—solid objects or hollow objects? Cylinders or spheres? Objects with large diameters or small diameters? When they roll down the incline, which one rolls the farthest? When they are pushed across the floor, do they roll at the same rate?

Activity 2: Ping-Pong Ball Races

- Have Lions blow through a straw to move a ping-pong ball across a table.
- Next, have them try to blow the ping-pong ball into a domino standing on its side. Can they knock the domino over? Can they knock over more than one domino by blowing the ping-pong ball?

Activity 3: Neckerchief Slide

- Explain that wearing a neckerchief is an important part of Scouting that begins at the Tiger rank. To prepare them for becoming Tigers, the Lions are going to make neckerchief slides.
- Make a neckerchief slide from PVC, computer parts, washers, bolts, and screws.
- Use craft glue to attach items to a 2- to 3-inch piece of schedule 20 PVC to create a neckerchief slide.
- If you use a hot glue gun, have the adult partner help the boy to attach the objects.

Activity 4: Genius Kits

- Provide each Lion and his adult partner one of the "genius kits" already made. The bag will contain items such as loose gears, twine, nuts and bolts, washers, marbles, etc. Each "genius kit" should contain six to eight identical items.
- Have each pair put together a "gadget" with the items provided in the "genius kit." Have the Lions show their gadget to the rest of the den. Can the gadgets all be added together to make one BIG gadget?
- This activity should take no longer than 10 minutes, or can be one that each Scout and adult partner pair takes home to work on and brings back to the next den meeting.



Activity 5: Gadget Collage

- Have Lions look through magazines, and cut out pictures of gadgets that make tasks easier. As a den, make a poster to share at the next pack meeting the Lions will attend.

Activity Wrap-up

- Have Scouts complete the task on the Gizmos and Gadgets page of the *Lion Adventure Book*.

CLOSING

- As a group, recite the Scout Law.

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired.

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Depending on the distance to the location of the outing, permission slips and transportation may need to be arranged.

GATHERING

- Gather all the Lion Scouts and adult partners and discuss appropriate behavior for the outing. For example, Lions will be instructed not to touch items unless directed to do so.

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Establish details for travel to destination.

ACTIVITIES

- Option 1: Visit a museum that shows the progression of gadgets and gizmos over time.
- Option 2: Visit a hardware store to see what makes up gadgets and gizmos.
- Option 3: Visit a community member who has an interest in historical artifacts and can show the Lion Scouts antique gadgets and gizmos.

AFTER THE OUTING

- Give thank you notes to those who helped.
- Present Lions with a sticker to designate the completion of the Gadgets and Gizmos adventure.
- Have Lions put the sticker in their adventure book.

TRANSPORTATION HOME

- Follow details established during planning phase.

ON YOUR MARK

RATIONALE FOR ADVENTURE



On your mark, get set, go! Lion cubs love to play. In fact, they spend most of their first year of life doing just that. Playing games with your den is also lots of fun! Learning new games, following rules, and being the leader are great ways to make sure that you are having fun and being a good sport.

TAKEAWAYS

- Having fun playing games
- Sharing time with your adult partner
- Learning to be a good sport

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Fitness

REQUIREMENTS

1. Participate in a game with your den.
2. Participate in an obstacle course relay.
3. Participate in a box derby race.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- Pie pan or plastic bowl, washers
- Supplies for the obstacle course—piece of wood or rope for balance beam, cones, cargo net, tires, brown shopping bags, cans of food of different sizes to build a pyramid, and oven mitts
- Derby box and decorations, paint, color

GATHERING

- Washer Toss: Place a pie pan at one end of the playing area, and mark a throwing line. Give each Lion Scout and adult partner a specified number of washers. Have them take turns throwing. The one with the most washers in wins!

OPENING

- Select a Lion to light the Good Conduct Candle.
- Hold a simple opening, and recite the Pledge of Allegiance and the Scout Oath.

TALK TIME

- Carry out business items for the den:
    - Dues



  - Notification/reminder for the box car derby outing, including date, time, and location
  - Meeting information: Orient Scouts as to what to expect at this meeting.
  - Explain the rules of the derby race.
  - Discuss other meeting information for the box car derby.
- Allow time for sharing among Lion Scouts.

ACTIVITIES

Activity 1: Lion Tag

- Play a game of Lion Tag with the den and adult partners.

Activity 2: Obstacle Relay Race

- Divide the den into two teams, including adult partners. Do an obstacle course relay race with both the Lion Scouts and adults.
- The obstacle course could include stations such as the following: balance beam, crawl under a cargo net, run through tires on the ground, build a pyramid with different-sized cans of food (large on bottom with smaller on top) while wearing oven mitts, or putting each foot in a brown paper sack and running through cones.

Activity Wrap-up

- Have Lions complete the task on the On Your Mark page of the *Lion Adventure Book*.

CLOSING

- Do the Relay Cheer: Line up in a row. The first person in the row claps the next person's hand, and so on down the row.
- As a group, recite the Scout Law.

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired. Select a Lion Scout to give thanks prior to the snack.

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Contact a local school that has a running track where you can hold your Lion box car derby. If the race is set up on a track, have the Lion Scouts race on only one side of the track. You could also hold the event at a local park or inside, designating the track with cones or something similar.
- Each Lion and adult partner will need a box large enough for the Lion to fit inside. They can bring their own boxes, or the Lion guide can provide them.
- Make sure Lions and adult partners have the date, time, and location of the outing.
- Markers, pictures, glue, rope (to hang the box car over the Lions' shoulders), finish line, and any other decorations you choose
- Pennies for the Odd or Even game

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Meet at the designated location (park or local school track).

TALK TIME

- Explain to the Lions and their adult partners what will be taking place today at the box car derby.
- Have a decorated box car on display and let the Lions and their adult partners know that they will be decorating a box car today.

GATHERING

- **Odd or Even Game:** Players begin with five pennies. They put any number from 0–5 in one hand. They go to other players and have them guess whether they have an odd or even number of pennies in their hands. If a player guesses right, he earns a penny. If he guesses wrong, he gives a penny. Play continues until time is called. The winner is the Lion who has the most pennies.

OPENING

- Conduct a flag ceremony. As a group, say the Pledge of Allegiance and the Scout Oath.

ACTIVITIES

Activity 1: Decorate Your Box Car

- Using markers, glue, pictures, etc., have the Lion Scouts and their adult partners decorate their Lion box cars in preparation for the race. Fold the top flaps and bottom flaps inside the box or cut them off so the Lion's head and feet are visible.
- Have the adult partner help the Lion Scouts attach rope to the box (like suspenders), so the box car will hang over the Lion Scout's shoulders.

Activity 2: Box Car Derby Race

- Go over the rules of the box car race. The Lion Scouts 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 Scout will turn one of his socks inside out and put it back on.
    - Pit stop: At this stop, the Lion Scout will take a drink of water.
    - Windshield washing: At this stop, the Lion will get sprayed with a bottle of water on his head.
- Have the Lions line up at the start line.
- Have the Lion guide say, "Lions, start your engines."
- The Lions run around the track, stopping three times along the way at the various stations.
- Set up a cheering section at the finish line with a checkered flag to celebrate crossing the finish line.

- After the box car derby race is completed, have a second race with both the Lions and adult partners.
- Ribbons could be presented to each participant.

CLOSING

- Close the meeting with a Race Car Cheer: Say "Varoooom" five times, starting quietly and increasing in loudness each time while shifting gears with the right hand.
- Recite the Scout Law as a group. Congratulate the Lions on ways they demonstrated the principles of the Scout Law during the event, such as remaining cheerful even if they didn't win or being kind if a fellow Lion needed help, etc.

AFTER THE OUTING

- Present Lions with a sticker to designate the completion of the On Your Mark adventure.
- Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Each family is responsible for transportation.

BUILD IT UP, KNOCK IT DOWN

RATIONALE FOR ADVENTURE



As the king of the jungle, it would be easy for a lion to be a bully or to take advantage of other animals that might be weaker—but that would not be right. Lion Scouts are learning to be leaders who lead by example. A Lion Scout makes every effort to help those around him succeed and to do the right thing, even when it might not be the easiest path to take. The Lion can feel proud when he knows that he has truly done his best, that he has treated others fairly, that he has made good decisions, and that he has helped others.

TAKEAWAYS

- Learning that life is a series of choices
- Understanding that mistakes can happen or things may not go as planned, but it is important to keep going and keep trying
- It's easier to knock something or somebody down than it is to build it (him or her) up.
- There are times when it's OK to knock something down.
- If you knock someone or something down accidentally, make sure you help build it back up.

CONNECTIONS WITH DESIRED OUTCOMES

- Character development

REQUIREMENTS

1. Discuss with other Lions things that can be built and things that can be knocked down.
2. Discuss with other Lions how they and their fellow Lions can be built up and knocked down, not just physically but also emotionally.
3. Build structures using available materials.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- Comments to support preparation
- Coordination with the upcoming pack meeting
- Building materials that can be found in the home: empty cans, cups, paper/plastic plates, toothpicks, straws, chenille stems, dominoes, blocks, building boxes, etc.
- Tape
- A small ball (foam or other soft material) that can be used by Lions to knock things down
- 12 large cups or cans that can be stacked as a pyramid; 24 or 36 if you have a large group and wish to have more than one throwing station
- Mailing labels, sticky notes, or tape that can be used to prepare a nametag; several pens or magic markers to write on the tags
- Bubble juice and bubble wands
- Two filled water bottles and two empty water bottles
- Enough bathroom-size cups for everyone in the group

Comments to Support Preparation

Building Imagination. The Lions will use their imaginations and the materials provided to them to "build up" and create new constructions. Using cans, boxes, cups, plates, toothpicks, straws, chenille stems, dominoes, blocks, or other materials, the Lion should build anything he wishes, as tall as he can make it—the creation is to be free-standing. The greatest purpose of this game is the use of the Lion's imagination coupled with the use of reason to determine how high he can build his creation without it falling down. It will show how "building up" can be difficult but worthwhile—especially if he teams with others to construct something even better. These are temporary creations; there is no intent that they be created for permanent display. Using the same building materials, there may be fun competition between the Lions to see who can build the taller creation.

Having all Lions work together to play a store-bought stacking block game, such as Jenga®, is another method of showing cooperation, building, and learning about the potential risk of falling down.

Bucket Brigade. The Lions will work together as teams to move water from one bottle to another, working as a bucket brigade using small bathroom-size cups. Success requires cooperation among the Lions.

Cup Stack Relay. This is a team competition that requires the individual Lion to make a choice: Knock down the opposing team's stack of cups or concentrate on completing his task of stacking cups. Notice that there is an unseen ethical component to the choice that is made—do I knock down my opponent to benefit myself, or do I allow both of us to compete evenly so that the fastest stacking team wins?

Good Job, Lion. This is an opportunity for a Lion to recognize a good trait of a fellow Lion. At the close of the meeting, a Lion with his adult partner will choose a fellow Lion and identify one good thing about him. The adult partner will help write the good thing on an adhesive label, which will then be placed on the fellow Lion's back.

GATHERING

- **Shadow Tag:** As each Lion arrives, he joins the game. The game is to be played outside on a sunny day, in order for the Lions to cast shadows. The Lion who is "It" attempts to "tag" another Lion by stepping on his shadow; once the shadow is stepped upon, that Lion becomes "It."

OPENING

- Select a Lion to light the Good Conduct Candle.
- Share with Lions a brief statement about how the United States built itself from 13 colonies to 50 states. A Lion and his adult partner will lead a recitation of the Pledge of Allegiance as part of the flag ceremony, followed by the Scout Oath.

TALK TIME

- Carry out business items for the den.
    - Dues
    - Notification/reminder for the upcoming outing
    - Meeting information: Orient Scouts as to what to expect at this meeting.
- Discuss how difficult it can be to build something and how easy it can be to knock it down—this applies to buildings, collections, relationships, and people.
- Discuss ways that working together makes building things easier; individuals may accomplish the same thing, but it will be more difficult and take longer. Also, it takes only one person to bring down something of beauty.

ACTIVITIES

Activity 1: Building Imagination

Lions, working individually or in pairs, will use their imaginations and the materials provided to build anything they wish, so long as they build up.

Activity 2: Cub Stack Relay

Two teams of Lions line up facing each other, about 5–10 feet apart (adjust distance as appropriate). Between the teams of Lions are two stacks of six cups that need to be taken down and then stacked again by each Lion. However, each team has a ball that they can use to knock down the other team's stack of cups before restacking their own.

To start the relay, the first person from each team will run to his team's stack of cups, unstack them, and then restack them; he then returns to tag the next person who will do the same thing. Once the relay begins, the next Lion from the other team has the option to use his team's ball to try to knock down the other team's stacked pile to slow them down. If the ball is thrown, the thrower cannot go to unstack and restack his cups until the ball is retrieved by another member of his team. If a team's cups are knocked down, the person who stacked them has to return and do it again. So, the question (strategy) is—do you knock down someone else's stack or focus only on your team's progress and play it safe? The first team to have each Lion stack his cups is the winner.

> **Break for Song "Build, Build, Build"** (Sung to the tune of "Row, Row, Row Your Boat")
> Build, build, build a tower,
> Build it up so high;
> Reaching, climbing, growing tall,
> Almost to the sky.
>
> Knock, knock, knock it down,
> Lay the wall out flat;
> Now you see it, now you don't,
> It tumbled and went splat!

Activity 3: Bucket Brigade *(It is suggested that this be done outside.)*
Two teams line up next to each other. Each team will be given two water bottles—one full and the other empty—and each Lion will receive one small cup. The teams line up front to back, sitting on the floor. The person in front holds the full water bottle and the last person on the team will have the empty water bottle. At the start, the first person will pour water into his cup and then, without turning, pour his cup of water into the cup of the player behind him. Each player will pour his cup of water into the cup of the next player until the last player pours his cup of water into the empty water bottle. This will continue until all of the water is out of the first bottle. The team with the most water in the bottle at the back of the line is the winner.

Activity Wrap-up

- Have Lions complete the task on the Build It Up, Knock It Down page of the *Lion Adventure Book*.

CLOSING

- Lead a brief review of how we can build things up and how easily we can tear them down. Have each Lion, with help from his adult partner, recognize a fellow Lion. Use a method such as drawing names to ensure that each Lion is recognized. Use the adhesive labels and markers if you choose to do the Good Job, Lion activity described previously.
- As a group recite the Scout Law with an emphasis on "Kind."

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired.

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Determine a park or other outdoor space where Lions can run free.
- Create homemade bubble juice and provide bubble wands or materials to make them. Bubble juice can be made in advance. (See Den Outing Resources for instructions.)

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Establish details for travel to the destination. Provide instructions for each adult partner as to the time and location of the activity.

ACTIVITIES

Activity 1: Basic Bubbles
Using wands and other bubble-making devices, each Lion will create multiple ordinary bubbles. It is expected the bubbles will be burst often and quickly by the Lions. If desired, split into teams and keep track of the number of bubbles that are burst.

Activity 2: Super Bubbles
Using wands and other bubble-making devices, each Lion will create multiple "super" bubbles. It is expected the Lions will attempt to break the bubbles, but it will be much more difficult.

AFTER THE OUTING
- Present Lions with stickers to designate completion of the Build It Up, Knock It Down adventure. Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME
- Each adult partner is responsible for transportation home.

DEN OUTING RESOURCES
- **Activity 1: Ordinary Bubble Juice Recipe**
  - ½ cup cornstarch
  - 6 cups water (distilled is best but tap water is fine)
  - ½ cup of blue Dawn® dish detergent
  - 1 tablespoon baking powder (not baking soda)
  - 1 tablespoon glycerin

Dissolve the cornstarch in the water, stirring really well. Then, gently stir in the remaining ingredients. Avoid creating a lot of froth. Allow your mixture to sit for at least an hour, stirring occasionally if you see the cornstarch settling to the bottom.

- **Activity 2: Super-Strength Bubble Solution Recipe**
  - 6 cups of water
  - 1 cup of light corn syrup
  - 2 cups (16 ounces) clear dishwashing liquid

Stir the water and corn syrup together. Add dishwashing liquid, and stir very gently until well-mixed, trying not to make any bubbles.

Bubble Wands
There are numerous ways to make bubble wands. The Internet is full of suggestions, but here is one option:

Use two drinking straws and a length of yarn that is six to eight times longer than the length of one straw. Thread the yarn through the straws, tie a knot, and dip it. You're ready to make bubbles!

RUMBLE IN THE JUNGLE

RATIONALE FOR ADVENTURE



Young lions must practice being a lion before they can become the king of the jungle. The lion must practice his roar until it is loud enough to be heard by all of the animals in the jungle; he must also practice being silent when necessary. He becomes stronger, faster, and smarter by playing games with his fellow lions. The most important thing for a Lion Scout is to use those skills to become a good leader, knowing the difference between right and wrong and treating others fairly.

TAKEAWAYS

- Physical activity helps you stay healthy and develop physical skills.
- Games have rules, and fairness requires all to follow the rules.
- There are times when being loud is appropriate; there are also times when being quiet or silent is appropriate as well.
- Effort and good sportsmanship can be more important than the score.
- A leader sets the example.

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Personal fitness

REQUIREMENTS

1. Play a game with rules; indicate an understanding of the rules and why it is important to follow the rules while playing the game.
2. Choose a jungle animal that you would like to be; describe the animal and why you chose it. Participate in a parade with the other animals in your den. Communicate with other animals using your animal's sounds, both as loudly as you can and as softly as you can.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- Comments to support preparation
- Equipment, if needed, for the selected game
- Animal masks (or materials to make them) or face paint
    - If the den chooses, Scouts can select their animals during Talk Time at the previous meeting and bring their masks or materials to this meeting. Scouts might be encouraged to select animals with distinctive sounds to make the Animal Noises activity fun for all.
    - If you choose to make the masks during this meeting, it might be best to make the masks first to allow time for any glue to dry.
- Music for the parade

Comments to support preparation

Game. The primary purposes of the game are to illustrate the need to follow established rules, encourage teamwork, and, as appropriate, serve as a leader (captain of the team). The specific game is not as important as finding one that is age-appropriate, can be played and completed in a relatively short period of time, and has a few very specific rules. A discussion of the game's rules before playing will confirm the Lions' understanding of the rules as well as the initial concept of sportsmanship. If there is sufficient time to play the game multiple times and if the game involves teams, a different captain should be chosen for each game so as to begin the development of leadership.

Sounds of the Jungle. This is an opportunity for the Lions to use their imaginations as well as become comfortable performing in front of others. Each Lion should select a favorite animal. The den might choose to do face painting, make animal masks, or create other simple costume parts representing the animals. The Scouts will communicate with each other using their animal's sounds and then participate in an animal parade.

GATHERING

- Red Light, Green Light game (Define the rules for the den.)

OPENING

- Select a Lion to light the Good Conduct Candle.
- Conduct a simple flag ceremony, including reciting together the Pledge of Allegiance and the Scout Oath.

TALK TIME

- Carry out business items for the den:
    - Dues
    - Notification/reminder for the upcoming outing
    - Meeting information: Orient Scouts as to what to expect at this meeting.
- Lead a short discussion about the importance of rules in sports and how they carry over into life (our families and society require certain rules of behavior). Extend the discussion to include sportsmanship and the need to lead by example (everyone looks to the Lion as a leader). Possible questions: How do games help us work together? What happens when people don't follow the rules in a game?
- Remind Lions about the importance of being physically active; a fun way to do that is to play games!
- Have Lions think of an animal they would like to be in the parade later in the meeting. Ask the Lions to think about the sounds that animal makes. Do different animals make different sounds? Do you think they understand each other? What if we all spoke different languages, like these animals? Being able to communicate with each other (whether through words or actions) and be understood is important.

ACTIVITIES

Activity 1: Individual or Team Game

Decide in advance what game(s) will be played. Gather the equipment necessary for the game and be prepared to explain the rules. The game should require physical activity, be age-appropriate, and be able to be played quickly and more than once. It would be best if the game can be played outdoors. The importance of rules should be discussed, but it should not be the entire focus of the game.

Suggested games include:

- Kickball
- Foursquare
- Sock baseball (Use rolled-up socks as the ball; each boy uses his arm as a bat.)
- Soccer obstacle course (Dribble around cones and kick the ball into a container or through a hula hoop hanging from a tree.)
- Ring toss with hula hoops

Activity 2: Animal Noises and Animal Parade

It would be best if the Lions could choose their animal in advance (discussed during the "business items for the den" portion of Talk Time during the previous meeting) and possibly prepare their mask or collect materials.

Lions will act out their chosen animal with movement and sound and will participate in an animal parade with their fellow Scouts.

Masks can be made out of paper bags, paper plates, or cardboard and fastened to a paint stirrer or a tongue depressor. The masks can be decorated by the Lion before the meeting or made during the meeting. Face painting is another option.

Begin the music for the parade. Have the Lions march around as their animal.

Be sure to take group pictures of the Lions and their animal masks.

At the conclusion of the parade, have the audience try to determine which animals have been represented. This might be presented as a game of charades.

Activity Wrap-Up

- Have Lions complete the task on the Rumble in the Jungle page of the *Lion Adventure Book*.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

CLOSING

- Close with the song "Elephants Have Wrinkles" by April Kassirer.
- Have Lions stand in a circle with adult partners standing behind them in a larger circle. Tell Lions to turn to the left and place their left hands on the shoulder of the person in front of them. Adult partners should do the same. As a group, recite the Scout Law. Emphasize "kind" and "courteous" and how those may relate to the activities of the adventure.

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired.

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Determine a facility or event to visit. Options include: zoo, animal/nature preserve, natural history museum, or other location where animals can be seen and observed.
- Determine costs and any other admission requirements for the activity.
- If possible, ask if the facility has a guide who can lead the group and assist with the tour.

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Establish details for travel to destination. Provide instructions for all drivers as to the time and location of the activity.

ACTIVITIES

Activity 1: Animal Facility Visit

Visit a zoo, animal/nature preserve, or other location where animals can be seen and observed. A museum of natural history is a fallback location (since the animals are in mounted displays and are no longer alive).

If at the zoo, take a picture of each Lion Scout with his selected animal visible or with the Lion standing with a sign identifying the animal (if the animal is present at the zoo).

After the visit, reflect on the outing and the animals the Scouts observed. Have each boy identify his favorite animal and the reason he likes it.

AFTER THE OUTING

- Present thank you notes to those who helped with the outing.
- Serve refreshments, if desired.
- Present Lions with a sticker to designate the completion of the Rumble in the Jungle adventure. Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Follow details established during planning phase.

READY, SET, GROW

RATIONALE FOR ADVENTURE



The lion is always on the hunt for food; he has to spend much of his time looking for something to eat. We need food as well so we can grow big and strong. Real lions can't grow a garden, but Lion Scouts can! When the Lion Scout learns basic gardening skills, he is learning a valuable way to grow his own food. He is also developing a connection and seeing the importance of the natural world.

TAKEAWAYS

- Demonstrating basic gardening skills and understanding different types of gardens
- Exploring where some food comes from
- Planting a small container garden

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Participatory citizenship
- Personal fitness

REQUIREMENTS

1. Visit with an individual who can demonstrate different ways to garden (outside, greenhouse, container, etc.) and the basic skills needed to garden.
2. Learn where the food we eat comes from.
3. Plant a small container garden.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- Invite an individual with gardening skills to visit your den meeting to demonstrate different ways to garden. Examples might be: outside gardening, greenhouse gardening, or container gardening. Also discuss some basic skills that are needed to garden. Examples might be: watering; fertilizing; weeding; managing bugs, both helpful (lady bugs) and harmful (cut worms); and knowing when to harvest.
    - Give the individual the time frame, as well as the things that would be helpful for the Scouts to know.
    - This individual can be a local master gardener, a local county extension agent, a hobby gardener, or a member of a local community gardening club.
- Prior to the meeting, notify the Lion adult partners of the part they will play in the Talk Time portion of the meeting regarding where their family's food comes from.
- Recycled materials for the group to build a large model plant. Ideas are paper towel rolls, wrapping paper rolls, plastic food netting, newspaper, empty cans, masking tape, etc.
- For the model plant, have safety scissors and glue for each boy. The model will be built on a page in the *Lion Adventure Book*.

GATHERING

- Play Lion, Lion, Tiger. (Follow the same rules as Duck, Duck, Goose.)

OPENING

- Select a Lion to light the Good Conduct Candle.
- Perform a flag ceremony. As a group, say the Pledge of Allegiance and the Scout Oath.

TALK TIME

- Carry out business items for the den.
    - Dues
    - Notification/reminder for the upcoming outing
    - Meeting information: Orient Scouts as to what to expect at this meeting.
- Begin a group discussion about where our food comes from by having the Lion adult partner pick a food his or her Lion Scout eats at home, then have the Lion Scout tell where he thinks that food comes from. For this adventure we are thinking specifically about things we grow (vegetables, fruits, etc.). Once everyone has participated, the Lion adult partners can help clear up any misconceptions the Lion Scout may have had regarding the food they eat. The Lions may also share their favorite foods.
- Time for sharing among Lion Scouts.

ACTIVITIES

Activity 1: Meet a Gardening Expert

Visit with an individual who will share different types of gardening and basic gardening skills. As a group, choose some talking points you would like to have the individual cover. These can be based on your location, the growing zone you live in, the type of weather you have, etc. This activity should last 10–15 minutes based on the attention span of the Lions. Maybe the expert could bring pictures or some examples of plants and veggies.

Activity 2: Build a Model Plant

Build a large model plant on a table or the floor using recycled materials (shredded newspaper for roots; paper towel rolls, wrapping paper rolls, etc., for the stem or stalk and branches; newspaper for the leaves; etc.). Explain what each part of the plant does as the Lions build (the roots feed the plant and keep it anchored in the ground, the stem is the structure or skeleton of the plant, the branches hold the leaves, the leaves give off oxygen for us to breathe). If time allows, Lions can make their own plant using the template in the resource section and gluing it in their *Lion Adventure Book*. If there is not time during the meeting, ask them to build their plant at home.

Activity Wrap-up

- Have Lions complete the task on the Ready, Set, Grow page of the *Lion Adventure Book*.

CLOSING

As a group, recite the Scout Law. The Lion guide can lead a discussion of the Scout Law point "Thrifty," noting that growing our own food can help our budgets and is fun, and freshly grown foods usually taste lots better too.

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired. Offer thanks before eating snack.

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED



- This outing can be held at a gardening center, a local park, a Lion Scout's home, etc. The den will be planting small container gardens.
- Materials:
    - Container (The container can be any recycled item that will hold soil and will have drainage at the bottom. It can also be as simple as a cup or bowl.)
    - Potting soil
    - Seeds
    - Small rocks or pebbles for drainage
    - Mulch on the top is optional

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Establish details for travel to destination.

ACTIVITIES

Activity 1: Make a Container Garden

The Scouts will plant their container garden using the information they learned at the previous den meeting.

AFTER THE OUTING

- Present thank you notes to those who helped.
- Present Lions with a sticker to designate the completion of the Ready, Set, Grow adventure. Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Follow details established during planning phase.

RECOGNITION

The stickers illustrated below are used to recognize completion of adventures. Print the stickers from the electronic file available through your council onto Avery™ 1-inch round labels. Bring the appropriate stickers with you to the outing and present them at the close of the outing to celebrate completing the adventure.



























PROGRAM RESOURCES

Additional resources for program enrichment are available at www.scoutstuff.org.

"I Did My Best" Rubber Stamp
Item: 616509

Cub Scouts Novelty Pen
Item: 618954

Photo Credits

Shutterstock.com, courtesy—pages 48 *(car,* ©Justek16/Shutterstock; *bedroom,* ©Breadmaker/Shutterstock; *money,* ©Jenn Huls/Shutterstock; *plastic cup,* ©schankz/Shutterstock; *flag,* ©Leena Robinson/Shutterstock; *class,* ©Monkey Business Images/Shutterstock) and 78 (©Natalia Aggiato/Shutterstock)



Lion's Honor



Animal Kingdom



Fun on the Run



Mountain Lion



I'll Do It Myself



King of the Jungle



Pick My Path



On Your Mark



Gizmos and Gadgets



Build It Up, Knock It Down



Ready, Set, Grow



Rumble in the Jungle

SKU 622060

21C824 2015 Printe

Stickers



Prepared. For Life.®

BOY SCOUTS OF AMERICA
1325 West Walnut Hill Lane
P.O. Box 152079
Irving, TX 75015-2079
http://www.scouting.org

SKU 622059

7 30176 34490 4

210821 2015 Printing