

LION

DEN LEADER GUIDE



BOY SCOUTS OF AMERICA®



BOY SCOUTS OF AMERICA SCOUTER CODE OF CONDUCT

On my honor, I promise to do my best to comply with this Boy Scouts of America Scouter Code of Conduct while serving in my capacity as an adult leader:

1. I have completed or will complete my registration with the Boy Scouts of America, answering all questions truthfully and honestly.
2. I will do my best to live up to the Scout Oath and Scout Law, obey all laws, and hold others in Scouting accountable to those standards. I will exercise sound judgment and demonstrate good leadership and use the Scouting program for its intended purpose consistent with the mission of the Boy Scouts of America.
3. I will make the protection of youth a personal priority. I will complete and remain current with Youth Protection training requirements. I will be familiar with and follow:
 - a. BSA Youth Protection policies and guidelines, including mandatory reporting: www.scouting.org/training/youth-protection/
 - b. *The Guide to Safe Scouting*: www.scouting.org/health-and-safety/gss
 - c. The Sweet Sixteen of BSA Safety: www.scouting.org/health-and-safety/resources/sweet16
4. When transporting Scouts, I will obey all laws, comply with Youth Protection guidelines, and follow safe driving practices.
5. I will respect and abide by the Rules and Regulations of the Boy Scouts of America, BSA policies, and BSA-provided training, including but not limited to those relating to:
 - a. Unauthorized fundraising activities
 - b. Advocacy on social and political issues, including prohibited use of the BSA uniform and brand
 - c. Bullying, hazing, harassment, and unlawful discrimination of any kind
6. I will not discuss or engage in any form of sexual conduct while engaged in Scouting activities. I will refer Scouts with questions regarding these topics to talk to their parents or spiritual advisor.
7. I confirm that I have fully disclosed and will disclose in the future any of the following:
 - a. Any criminal suspicion, charges, or convictions of a crime or offense involving abuse, violence, sexual misconduct, or any misconduct involving minors or juveniles
 - b. Any investigation or court order involving domestic violence, child abuse, or similar matter
 - c. Any criminal charges or convictions for offenses involving controlled substances, driving while intoxicated, firearms, or dangerous weapons
8. I will not possess, distribute, transport, consume, or use any of the following items prohibited by law or in violation of any Scouting rules, regulations, and policies:
 - a. Alcoholic beverages or controlled substances, including marijuana
 - b. Concealed or unconcealed firearms, fireworks, or explosives
 - c. Pornography or materials containing words or images inconsistent with Scouting values
9. If I am taking prescription medications with the potential of impairing my functioning or judgment, I will not engage in activities that would put Scouts at risk, including driving or operating equipment.
10. I will take steps to prevent or report any violation of this code of conduct by others in connection with Scouting activities.

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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 youth that achieves these three aims:

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



HOW TO USE THIS GUIDE

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

- ▶ Section 1—Overview for Lion Parents
- ▶ Section 2—Basics of Cub Scouting
- ▶ Section 3—Lion Den Leader Information
- ▶ Section 4—The Lion Program
- ▶ Section 5—Strategies for Effective Den Leadership
- ▶ Section 6—Lion Den Meeting Plans

Parents: Review the Overview for Lion Parents section for your introduction to the Lion program. We encourage the review of the Basics of Cub Scouting section as well for an introduction to the Cub Scouting program.

Leaders: While it is beneficial to be familiar with this entire guide, as a den leader you are especially responsible for these sections: Lion Den Leader Information, The Lion Program, Strategies for Effective Den Leadership, and Lion Den Meeting Plans.



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OVERVIEW FOR LION PARENTS

Welcome to Cub Scouting's Lion Program!

Lions is a Boy Scouts of America program for kindergarten-age children.

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 children in kindergarten through fifth grade. The program is carried out entirely by volunteers. The caring adult(s) in each child's family will contribute greatly to the experience that children have in Scouting.

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 child to do things together. Cub Scouting stands out among the many activities offered today in that you, as a family, are involved and helping your child 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.

Lion Program Family Benefits

- ▶ Offers age-appropriate and fun activities each month
- ▶ Enhances quality family time
- ▶ Encourages positive interaction between Scouts and adults
- ▶ Introduces families to Scouting

Who Are Lions?

- ▶ Lions are kindergarten-age children.
- ▶ Lions join with a parent or other caring adult partner.
- ▶ Lions form dens of six to eight Lion pairs (child and accompanying adult).
- ▶ Lion dens are part of a Cub Scout pack.
- ▶ Lions wear the Lion T-shirt and optional cap to their activities.
- ▶ Lions move to the next Cub Scout level (Tigers) at the end of kindergarten.

What Do Lions Do?

- ▶ The Lion dens and their adult partners will meet twice per month.
- ▶ The first meeting each month will be a den meeting.
- ▶ The second meeting each month for the Lion dens will be a den outing or pack meeting.
- ▶ Lions use the *Lion Handbook* to explore their world, themselves, their families, and their local neighborhoods.
- ▶ The Lion den leaders and adult partners use the *Lion Handbook* and this *Lion Den Leader Guide* to plan den activities.



Goals of 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 each child.

The Lion program will:

- ▶ Offer greater support for children and their families.
- ▶ Introduce children and their families to Scouting and outdoor fun.
- ▶ Build a foundation of character.

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 will prepare their youth for moving to Tigers as they become first-graders and for participating in day camp. We look forward to sharing Scouting with you and your family.

What Should You Expect?

As the adult partner to your Lion, you serve as a support and guide as your new Lion discovers the fun activities of the program. Your child will learn by doing! And as your child learns and grows, your relationship will grow, too.

The Den

Lion dens meet each month during the school year for a total of eight to nine months. You and your child should plan on two gatherings per month. As mentioned above, one meeting will be a den meeting and the other will be an outing or a Cub Scout pack meeting.

Den Meetings

The monthly den meeting should be conducted at a time that is convenient to members of the Lion den. The den meeting includes the group of kindergartners (Lions), their Lion adult partners, and the Lion den leader. 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.

Den meetings and outings are facilitated by a Lion den leader. The Lion den leader is an experienced Cub Scout leader. He or she will lead the first Lion den meeting of the year. The Lion program supports co-leadership for den meetings and outings with the Lion adult partners.

Each Lion adult partner helps the Lion den leader by taking on the responsibility of planning and leading at least one den meeting. It is suggested that each family take on one adventure and rotate responsibilities. We share the leadership responsibilities in the Lion program so involvement is rewarding, not a burden. It's more fun this way, and your child will love to see you taking on the task.



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 children in the den or it may be a visit to a Cub Scout pack meeting. A Cub Scout pack meeting is a monthly gathering for all of the Cub Scout dens in a pack. Lions can attend a few or many pack meetings each year.

Lion Program Materials

The *Lion Den Leader Guide* is for each den leader and family to use. This guide contains the Lion den meeting plans, activities, and ideas for a complete year. The Lion program materials were developed by Scouting parents and educational experts. The *Lion Handbook* is a keepsake for each Lion Scout and is a way to record experiences from their year as a Lion.

The Lion Badge

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 the Lion badge at the completion of the required adventures. Earning the Lion badge signifies that a Lion has made important progress in the quest for fun and adventure in Scouting.



The Lion Uniform

The Lion uniform is a Lion T-shirt and optional cap, available at your local Scout shop. Your Lion may choose to wear the Cub Scout blue pants (or may choose other pants you already have at home). A Cub Scout belt is an important place to display each adventure loop your Lion earns.



Lion Registration

Each Lion and the Lion's parent or other caring adult need to register with their local Boy Scouts of America council. They will then need to complete one youth application and submit it to the Lion den leader.

Additional resources are available to help you understand how a Lion den functions and the importance of your role.

**Lions must have an “adult partner” with them at all times.
This is required by the Boy Scouts of America for all Lions and Tigers.**

Adult Registration—Youth Protection Training

The BSA highly recommends that all Lion adult partners take the free online Youth Protection training. All Lion den leaders are required to take this training. Training is provided at www.scouting.org/training/youth-protection





Registration Fees

A registration fee will be assessed for each Lion/adult partner pair. For details, check with your unit or council.

Cub Scout Pack 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, which supports the operation of the Boy Scouts of America throughout the country. Cub Scout packs also take part in fundraising activities to support their local unit program needs throughout the year.

It is not required or expected that Lions or their families will take part in unit-level fundraising. Participation in fundraising during the Lion year is a choice made by each family. Spring fundraising may be desirable to Lion families since it often helps fund summer day camp.

Your Lion den may establish modest dues (\$1 per meeting, for example) to cover the cost of some consumable supplies. Your den leader will work with your pack's treasurer to make sure that dues are recorded and funds are used by the den leader on behalf of the den.

Can Other Family Members Help Too?

Families are encouraged to join in the fun of Cub Scouting and to be a part of the local Scouting community. There are many ways grandparents and other family members can get involved. There are short or one-time projects, as well as longer-term commitments. There are den meeting assignments, fun games and activities, leadership opportunities, planning/organizing projects, communications, and much more. There is something for everyone, including opportunities for every level of interest, skill, and time. Talk with your Lion den leader or your Cub Scout pack Cubmaster to discover projects and opportunities that best suit your family's desires and interests. Cub Scouting is for families, so please join in the fun!

Where Can I Go to Get More Information?

Basic information about the Cub Scouting program is included in the following pages of this guide. If you are like many people, it is important to have a person you can go to directly for help. The Lion den leader is a great source of information. The Lion Den Leader Information section of this guidebook describes the den leader's role and responsibilities. More information is available online at www.scouting.org. Feel free to use anything you find there, from videos to resources and helpful hints.



BASICS OF CUB SCOUTING

Purposes of Cub Scouting

The Cub Scouting program has 10 purposes related to the overall mission of the Boy Scouts of America—building character, learning citizenship, and developing personal fitness.



The purposes are:

1. Character Development
2. Spiritual Growth
3. Good Citizenship
4. Sportsmanship and Fitness
5. Family Understanding
6. Respectful Relationships
7. Personal Achievement
8. Friendly Service
9. Fun and Adventure
10. Preparation to Join a Scout Troop

Every Cub Scouting activity should help fulfill one or more of these purposes.

Living the Ideals of Cub Scouting

Cub Scouting's values are embedded in the Scout Oath, the Scout Law, the Cub Scout motto, and the Cub Scout sign, handshake, and salute. These practices help establish and reinforce the program's values in youth and the leaders who guide them.

Do Your Best: What the Cub Scout Motto Means

Doing your best is one of the most important things Cub Scouts learn. When children 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. Cub Scouting helps children realize they will feel successful if they always do their best.

- ▶ A motto is like a slogan. It reminds us of something important.
- ▶ Scouting is not a competition. All children learn at their own pace and in their 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 the attentive ears of a wolf, listening carefully.

The Cub Scout sign means everyone should stop what he or she is doing and pay attention to the leader. Adults find this is an effective way to quiet the group without raising their voices.

The Cub Scout Salute

- ▶ Salute with your right hand.
- ▶ Hold your first two fingers close together.
- ▶ Touch your fingertips to your cap.
- ▶ If you aren't wearing a cap, touch your right eyebrow.

We salute the flag to show respect to our country. Always use the Cub Scout salute when you are in your Lion uniform, both indoors and outdoors. If you are not in uniform, salute the flag by placing your right hand over your heart.

The Scout Oath and Scout Law

The Scout Oath, Scout Law, and Cub Scout motto are important expressions of the ideals of Scouting. These will be used during den meetings.

The Lion year introduces children to the values of Scouting and helps them prepare for earning the Bobcat rank as Tigers the next year. Lions should **not** be expected to memorize the Scout Oath and Scout Law. The Lion den leader and Lion adult partners 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 Scout Oath or Scout Law, it is customary for Cub Scouts and adults to raise their hands in the Cub Scout sign.

The Meaning of the Scout Oath

You'll want your child to understand the Scout Oath before committing to it. Below are ideas you might use as you discuss the Oath with your Lion.

ON MY HONOR I WILL DO MY BEST

Saying "On my honor" is like promising. We've talked about doing your best, which is the Cub Scout motto. There are three promises in the Oath.

TO DO MY DUTY TO GOD AND MY COUNTRY AND TO OBEY THE SCOUT LAW

A duty is something you are expected to do. At home, you might be expected to behave a certain way or to do certain jobs.

*You do your duty to God by following the teachings of your family and religious leaders. You do your duty to your country by being a good citizen and obeying the law. You also promise to live by the Scout Law (see the next page).

TO HELP OTHER PEOPLE AT ALL TIMES

Everyone sometimes needs help. A friendly smile and a helping hand make life easier for others. By helping other people, you are doing a Good Turn and making our world a better place. "At all times" means to always help, even when it's not easy or you'd rather to be doing something else.

TO KEEP MYSELF PHYSICALLY STRONG, MENTALLY AWAKE, AND MORALLY STRAIGHT

The last part of the Scout Oath is about taking care of yourself. You stay physically strong when you eat the right foods and get plenty of exercise. You stay mentally awake when you learn all you can, watch what's happening around you, listen to others, and ask questions. You stay morally straight when you do the right thing and live your life with honesty.

*The Boy Scouts of America believes that faith is an important part of a child's growth. Inspiration and support for your child's spiritual development will come primarily from your family and/or faith leaders. While reverence and duty to God have always been part of Boy Scout values, the Boy Scouts of America does not promote any specific religion and is completely nonsectarian. There is no requirement that Scouts identify with a particular religion or faith or that a Scout's family be part of an organized faith group.



The Meaning of the Scout Law

The Scout Law has 12 points. Each is a goal for every Scout. A Scout tries to live up to the Law every day. It is not always easy to do, but a Scout always tries.

- | | |
|--------------------------------|---|
| A Scout is TRUSTWORTHY. | Tell the truth and keep your promises. People can depend on you. |
| A Scout is LOYAL. | Show that you care about your family, friends, Scout leaders, school, and country. |
| A Scout is HELPFUL. | Volunteer to help others without expecting a reward. |
| A Scout is FRIENDLY. | Be a friend to everyone, even people who are very different from you. |
| A Scout is COURTEOUS. | Be polite to everyone and always use good manners. |
| A Scout is KIND. | Treat others as you want to be treated. Never harm or kill any living thing without good reason. |
| A Scout is OBEDIENT. | Follow the rules of your family, school, and pack. Obey the laws of your community and country. |
| A Scout is CHEERFUL. | Look for the bright side of life. Cheerfully do tasks that come your way. Try to help others be happy. |
| A Scout is THRIFTY. | Try not to be wasteful. Use time, food, supplies, and natural resources wisely. |
| A Scout is BRAVE. | Face difficult situations even when you feel afraid. Do what is right despite what others might be doing or saying. |
| A Scout is CLEAN. | Keep your body and mind fit. Help keep your home and community clean. |
| A Scout is REVERENT. | Be reverent toward God. Be faithful in your religious duties. Respect the beliefs of others. |

Methods of Cub Scouting

To accomplish its purposes and achieve the overall goals of building character, learning citizenship, and developing personal fitness, Cub Scouting uses seven methods:

- ▶ Living the Ideals
- ▶ Belonging to a Den
- ▶ Using Advancement
- ▶ Involving Family and Home
- ▶ Participating in Activities
- ▶ Serving Home and Neighborhood
- ▶ Wearing the Uniform

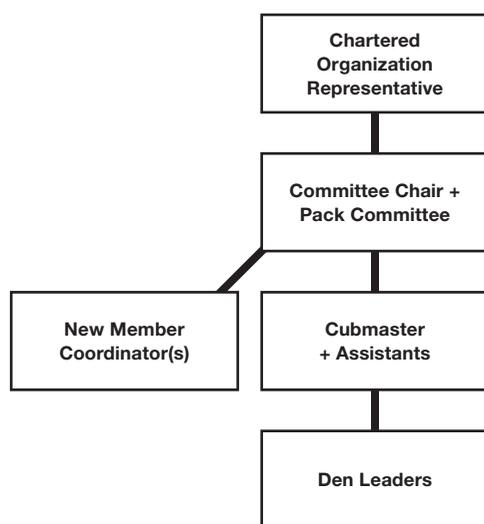
The methods bring Cub Scouting to life for families.



Cub Scout Pack Leadership

Your Lion is also a member of a Cub Scout pack. Most packs are made up of several dens that gather monthly at a pack meeting. The meeting usually follows a suggested theme, and it's a time for youth to be recognized for their accomplishments during the month, to perform skits and songs they have learned in den meetings, and to have fun with the entire family.

Scouting is not a “one-person show.” There is a network of volunteer leaders who are committed to helping the youth in the den and pack have a great Cub Scouting program.



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

The *pack committee chair* and committee members oversee the operation of the pack and make sure that everything is running smoothly.

The *Cubmaster* is the “ring leader,” the “master of ceremonies,” of the pack and all-around supporter of the den leaders. The Cubmaster leads the monthly pack meeting.

The *chartered organization representative*, pack committee chair, and Cubmaster are sometimes referred to as the “Key 3” since they take the lead in pack decision-making and operation.

Den leaders oversee or present the program of den meetings and outings and interact closely with the youth and adults participating. The Lion den leader is an experienced den leader there to help Lions and Lion adult partners.

New member coordinators help to welcome and engage new youth and their families and make sure they have the information they need.

For more information on how a pack is organized, speak with the Cubmaster or committee chair of your pack.



LION DEN LEADER INFORMATION

This leader section is designed to help you make the most of your time as a Scouting volunteer. The goal is to help you get started quickly; that means quick introductions to some important topics and deeper content where appropriate. You'll find the resources here to make your Cub Scouting experience the best it can be. 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.

Registration

The Lion den leader must submit an adult application to register with the pack as a den leader.

Uniform

A Lion den leader can wear the same official adult uniform as other Cub Scout leaders in the pack. The Lion polo or Lion T-shirt would also be appropriate. For more information or questions you may have on proper uniforming for your position, check with your Cubmaster or council.



Lion Den Leader Position Description

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

Lion Den Leader Position Description

- ▶ Has previous successful experience as a den leader
- ▶ Plans and prepares for initial Lion den meeting and outings
- ▶ Coordinates shared leadership among the Lion adult partners in the den
- ▶ Mentors adult partners in the delivery of Lion den meetings
- ▶ 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
- ▶ Leads the den at the monthly outings and other pack activities
- ▶ Attends the pack leaders' meetings
- ▶ Works directly with other den and pack leaders to ensure that the den is an active and successful part of the pack
- ▶ Prepares the Lions for day camp as they become Tigers
- ▶ Ensures the transition of Lions to Tigers at year-end

Characteristics of Successful Lion Den Leaders

- | | |
|--|--|
| ▶ Commitment to the ideals of Scouting | ▶ Ability to engage and interact with adults |
| ▶ High moral standards | ▶ Flexibility and the ability to compromise |
| ▶ Ability to relate to kindergarteners | ▶ Good planning ability |
| ▶ Ability to keep a cool head under pressure | ▶ High energy level |
| ▶ Good organizational skills | ▶ Good attention to detail |



THE LION PROGRAM

Monthly meetings and monthly outings are the highlights of the Lion program. Together, they form a strong foundation for a lifetime of fun and meaningful family Scouting adventures.

Lion Adventures

The 12 adventures in the Lion program help the Lions explore important Scouting ideas.

Lion Adventure Topics		
* Lion’s Honor	*∞Mountain Lion	∞On Your Mark
*∞Animal Kingdom	∞Build It Up, Knock It Down	∞Pick My Path
*∞Fun on the Run!	Gizmos and Gadgets	Ready, Set, Grow
* King of the Jungle	I’ll Do It Myself	Rumble in the Jungle
*Required adventures		
∞Seasonal considerations		

Five adventures are required for the Lion to earn the Lion badge. The remaining seven adventures are elective or optional adventures. Each adventure is designed to help each Lion have fun and learn useful things, but they are not expected to complete all 12 adventures.

There is no required order for the adventures. However, it is recommended that dens complete the Lion’s Honor adventure first. Dens should consider the local climate and other factors in determining the best order for delivery of the adventures. In the list above, the symbol ∞ indicates an adventure that takes place outside and might have seasonal considerations.

Each adventure outline includes ideas for two gatherings—a den meeting and a den outing.

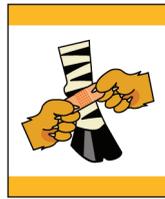
Lion Recognition

Immediate Recognition at Den Meetings. It is important to encourage and applaud youth achievement immediately. Congratulate Lions enthusiastically for their efforts. A good time to recognize completion of an adventure is at the close of the adventure when the den outing concludes. You can recognize Lions by giving them the appropriate adventure sticker to place in their *Lion Handbook*. Each set of Lion materials includes a set of stickers, and more are available at your local Scout shop.

Pack Meeting Recognition. Pack meetings are a great time to award adventure loops for recently completed adventures. The loops are available for purchase from your local Scout shop. Lion adventure loops are worn on the Cub Scout belt just like the loops for other Cub Scout ranks. The Lion den leader, the Cubmaster, and the pack’s advancement chair can work together to coordinate the process and ensure that each recognition is presented as soon as possible after a Lion has earned it.



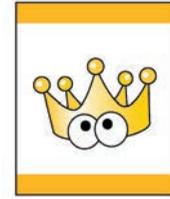
Lion's Honor



Animal Kingdom



Fun on the Run!



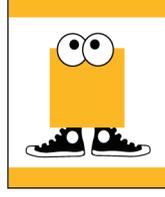
King of the Jungle



Mountain Lion



Build It Up,
Knock It Down



Gizmos and Gadgets



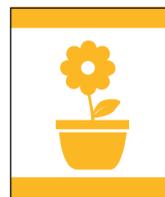
I'll Do It Myself



On Your Mark



Pick My Path



Ready, Set, Grow



Rumble in the Jungle

STRATEGIES FOR EFFECTIVE DEN LEADERSHIP

Lion Advancement

Lion Scouts work toward their Lion badge. Although participation with an adult partner is required for all Lion awards, recognition items are for the Scouts only.

To earn the Lion rank badge, a Cub Scout must complete the following requirements, working with an adult partner:

1. Complete the five required adventures:

- ▶ Lion's Honor
- ▶ Animal Kingdom
- ▶ Fun on the Run!
- ▶ King of the Jungle
- ▶ Mountain Lion

2. With your parent or guardian, complete the exercises in the pamphlet *How to Protect Your Children From Child Abuse: A Parent's Guide*.

Outside of the requirements, Lion Scouts can also complete any number of seven elective adventures of their den's or family's choosing.



Getting Started

Den Size and Formation

The best size for a Lion den is six to eight Lions and their adult partners. Children at this age are usually very energetic with short attention spans. If there are too many Lions, it's hard to manage well; if there are too few Lions, it's not the ideal situation for group activities. Keep in mind that each den should be comprised of a single gender—all girls or all boys.

Lion Recruitment

Work with your unit Key 3 and new member coordinator(s) to be sure that every eligible child has the opportunity to benefit from the Lion program you will be leading. Help to:

- ▶ Promote the program directly to children in kindergarten at your local school. Consider calling their families, sending invitations to them in the mail, or sending electronic invitations (via email, etc.).
- ▶ Conduct a joining night for Lions in conjunction with the pack joining event. Be available to answer questions and let families know how much fun and value they will find in the Lion program.

Previous successful Lion dens have found Lion families are often overwhelmed with many new activities at the beginning of the school year. Many have found success in doing additional Lion recruitment throughout the year especially if the den has fewer than eight youth.

Initial Collaboration With Lion Adult Partners

Welcoming and engaging the family members who will serve as your Lions' adult partners will be crucial to the den's success, and to your success as a den leader. You can set the scene for enjoyable and productive collaboration by:

- ▶ Reaching out to welcome each family
- ▶ Discussing this guidebook with adult partners
- ▶ Inviting adult partners and other family members to fill out a Family Talent Survey
- ▶ Showing parents and others that you are personally prepared for den leadership
- ▶ Establishing a communication system that works well for the group
- ▶ Finalizing arrangements for the timing and location of den meetings
- ▶ Letting everyone know that each Lion and adult partner team will be expected to organize/host at least one adventure meeting and/or outing (in addition to attending all gatherings)
- ▶ Leading an initial planning meeting to start development of the adventure calendar
- ▶ Providing a great deal of support and encouragement to the adult partners as well as the children



Lion Program Planning Calendar

This Lion calendar will be very helpful as you and the Lion adult partners plan the Lion program together. Use the calendar to summarize your plans for each den meeting and outing, and share it with the adult partners.

Month	Date	Topic/Adventure/Activity	Host Lion/Adult Contact Info	Location	Notes
September		Den Mtg:			
		Outing:			
October		Den Mtg:			
		Outing:			
November		Den Mtg:			
		Outing:			
December		Den Mtg:			
		Outing:			
January		Den Mtg:			
		Outing:			
February		Den Mtg:			Scouting Anniversary
		Outing:			
March		Den Mtg:			
		Outing:			
April		Den Mtg:			
		Outing:			
May		Move to Tigers	New Tiger den leader		Cross over to Tigers
June		Cub Scout day camp	BSA local council or district		
July		Family camping or other family fun			
August		See your pack or council for summertime activities.			

Working With Children of This Age

You'll find it enjoyable and rewarding to work with either boys or girls of kindergarten age. Lion Scouts are excited about learning and trying new things.

Adapting to Boy Dens and Girl Dens

Children of both genders will learn and have fun with the Lion adventure activities. However, because of gender differences in social development, boys' dens and girls' dens will meet separately so that each child can have the best of experiences.

Although there is a wide range of behaviors at this age, researchers have learned that kindergarten girls are usually more developed in their fine motor skills, can sit still longer, and are better at listening and interpreting nonverbal signals, while boys have better-developed



gross motor skills, focus more on objects and motion, have particularly short attention spans, and tend to have more enthusiasm and less fear about trying new things.

Socially, by kindergarten age, both boys and girls are moving from parallel or associative play to cooperative play. They are beginning to develop a strong sense of fairness and want to understand and follow the rules. Lion activities provide lots of opportunities for cooperative interaction within the den.

Whether you are working with a den of girls or a den of boys, be prepared for significant differences in the skill and maturity levels among the members of your den. You'll also want to recognize that children have good and bad days (or hours) and will not always be consistent in their attitudes or behaviors.

School vs. Scouting

Although many of your Lions are starting school and adapting to the social structure there, Scouting is designed to complement school rather than serve as an extension of the school experience. In Scouting, children learn by DOING. Part of the fun and challenge for den leaders is to resist the urge to do things for children that they can do themselves. Adult leadership and proactive supervision are particularly important as Lions explore active learning.

Arranging for Success

Preparation is the key to success in working with kindergartners. Lion materials feature a number of brief, high-engagement activities. Be sure to read through the materials well ahead of time, so that you can arrange the meeting room and the schedule to keep things moving in an organized and safe way. The next few pages, and the adventure plans that follow, include detailed information about organizing den meetings and outings.

Once you're feeling prepared, you can focus on adaptability, patience, and maintaining your sense of humor!

Safety First

Create an environment that emphasizes safety even as children try new things and learn by doing. Safety builds on concern for each other, adult supervision, a buddy system, and equipment monitoring, as well as having structure, rules, and routines in place. Experienced den leaders remind us to be especially attentive during the "transition" times when children are arriving or departing or when there is a break between activities. Be prepared for emergencies by establishing basic protocols and having first-aid supplies readily available.

Children can and should be part of the safety check process. It's fun and satisfying for kindergartners to help keep everyone safe.



Setting Clear Expectations

Have a well-established structure for what happens—when and how things are done—so that everyone will understand and know what to expect. Even more than other age groups, kindergartners thrive on routine. Routine doesn't mean boring, though, as the Lion program lives up to the “adventure” concept. Give Lions the chance to show that they can master a routine, follow directions, and treat each other well.

The information on the code of conduct and the Good Conduct Candle in the next section (“Planning Den Meetings and Outings”) will help with developing expectations. As you implement the routines and expectations, you'll want to find fun ways to help Lions watch, listen, and learn. Your Lions will enjoy spotting the visual and verbal clues the group develops. Following expectations helps kindergartners to develop their confidence and sense of positive identity.

Keeping Things Moving

Don't think of the den meeting as a single, 45-minute event. Instead, think of it as a series of different high-energy and fun activities for Lions and their adult partners. Everyone needs occasional “brain breaks” and changes of pace, but kindergartners have a particular need for frequent variations in activity. It's wise to begin and end each gathering in a quiet, respectful way, but between the opening and closing you can alternate between quiet activities and more vigorous ones. Kindergartners have a lot of energy to expend, so be sure the agenda includes an active game or other activity to help channel some of that energy.

Communicating Effectively

The way adults communicate with the Lions and with each other can play an important role in keeping the whole den engaged and maintaining a positive tone during a meeting.

- ▶ **Sit at their level.** An adult talking down to them from a standing position can feel like school or a lecture to Lions, but meeting the children at eye level can help build a sense of trust and excitement. When children are seated, either in chairs or on the floor, sit with them and encourage other adults to do the same.
- ▶ **Keep all the children engaged.** It's easy to lose the attention of children 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.** 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 calling out the positive ones is often far more effective. Note specific achievements rather than making generalizations. Instead of a vague “Good job!” comment, mention something specific that a Lion has done well. For example, “Jamie, I notice you found a new way to build a tower when the first one fell down. You really stuck with it!” Invite the den members to 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 get from you are positive ones. Pay attention to your interactions with both Lions and adult partners, 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 there is conflict between Lions, help them make appropriate and clear apologies so they can move on without negative feelings. If children 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.

- ▶ **Teach each child how to be a friend and teammate.** Through the communication patterns you encourage, you’ll help children learn to make friends. Some kindergartners already have good social skills, but many are just beginning to develop interactive play and teamwork. How to be a friend is one of the most important lessons Lions learn in the den.

Preparing for Long-Term Collaboration With Lion Adult Partners

The caring adults who serve as adult partners for the Lions can be wonderful resources for the den and pack. They have a very important role to play in the success of the den program and in the interpersonal relationships that the children and their families develop.

- ▶ **Begin with the initial collaborative ideas presented on page 19.** Be sure to welcome each Lion and adult partner warmly. Much of your initial role as den leader is to build excitement for the program and to reassure everyone that, together, this team can be hugely successful. Your can-do spirit will be contagious. The ideas in that initial list will help you to build a strong team.
- ▶ **Communicate well with parents and adult partners.** Treat adult family members the way you’d like to be treated. Provide information clearly and in a timely way. Listen more than you speak. Build continuing avenues for communication so that team members are always there for each other.
- ▶ **Facilitate shared leadership.** Give these caring volunteers plenty of opportunities to help, but don’t demand too much too soon. Communicate needs, opportunities, and expectations in a positive way. Be an encouraging mentor. Be sure to give everyone plenty of time to prepare. Provide resources and suggestions, but have confidence in their skills and abilities, too. Sharing leadership in the den makes for a stronger den and a better experience for both children and adults.
- ▶ **Help adult family members prepare to assume more leadership moving forward.** Some of the Lion adult partners will go on to be den leaders themselves. Some will volunteer to help the pack in other ways. Be sure that you provide plenty of opportunities for family members to take on short-term projects and to gradually take leadership roles. By helping new volunteers to achieve success one step at a time, you are helping to build the Scouting program well into the future.

Planning Den Meetings and Outings

Reviewing the adventure outlines in this guidebook will give you a good start in specific preparation, but it’s also helpful to consider general strategies for setting the tone and incorporating Scouting values into meetings and outings. It’s all about “being prepared” for both the big picture and the details.



Setting the Tone

The tone you set at the first meeting can determine, to a large extent, the success of your year. What mood do you want to establish? What behaviors do you want to model? How will you inspire purposeful fun?

You can help establish the right tone by:

- ▶ Wearing your adult uniform to all meetings (and reminding children to wear their Lion T-shirt)
- ▶ Being completely organized before the start of each meeting
- ▶ Getting there early and greeting everyone warmly as they arrive
- ▶ Engaging everyone right away in a gathering activity and enlisting adult partners to help
- ▶ Following the plan outlined for the adventure (Lion's Honor for the first meeting)
- ▶ Using what you have learned about establishing and maintaining positive interactions.

Even decisions about food are part of setting the tone. A snack at den meetings is optional. If you decide to offer refreshments, set the example with healthy, nutritious foods and beverages. Before deciding which snacks to provide, find out if there are any food allergies in the den, and communicate dietary constraints to adult partners who may be assisting with the snacks.

Establishing Den Rules and Code of Conduct

At the beginning of the year, the den should establish the rules that all members will follow. Lions should participate in the brainstorming and decision-making process. By helping decide what can and can't happen in the den, Lions gain a sense of responsibility. This helps to achieve a sense of ownership in the den and its operation.

A list of rules should be brief and positive. Limit the list to four or five rules. Focus on the positive—what den members should do—rather than what they should not do.

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

Some examples of effective rules for dens might be:

- ▶ Be kind to each other.
- ▶ Listen to the person speaking.
- ▶ Keep your hands to yourself.
- ▶ Ask permission before leaving the group.
- ▶ Everybody helps out.

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. While good conduct is its own reward and has intrinsic value, it's also appropriate to reward consistent good conduct with tangible recognition such as a pizza party or other celebration.



Good Conduct Candle

Use the same candle each week. A selected Lion, **with help from their adult partner**, 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 Scout 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. (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.)

Note: Lions should never handle the candle without assistance from an adult. Lions are not allowed to handle matches or lighters; Lions 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.

Using Ceremonies

Ceremonies are important for providing inspiration and structure at the beginning and end of each meeting and for recognizing major accomplishments. They are also a time for reinforcing the values of Scouting and bringing the den members together. As Lions complete adventures, simple ceremonies during the den meeting will serve to congratulate them on their effort. Ceremonies to open and close den meetings are included in the meeting plans.

Planning the Timing/Sequencing and Keeping It Moving

The den meeting and the outing will each last approximately 45 minutes. While you may be tempted to hold the meeting and the outing on the same day, this is strongly discouraged. To achieve maximum value for the Lions, the events should be scheduled on separate days. Note the elements included in the standard den meeting plan:

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

Remember that you want to keep things moving in an orderly way. Lions thrive with familiar routine and with fast-paced, changing activities within that structure.



Preparing and Organizing

Plan your meetings and outings ahead of time with emphasis on the flow of activities. For den meetings, pay special attention to the Preparation and Materials Needed sections of the den meeting plans. Having the plan in mind and equipment/materials in place ahead of time will help you to establish smooth transitions between activities at the meeting. You'll also want to think about how you will engage adult partners in helping with the activity flow and group dynamics.

Outings are a time for fun but also for learning. Preparation for outings depends on the nature of the activity. Preparing for a pack meeting requires collaborating with other leaders in the pack, while taking a field trip requires coordinating transportation and making arrangements with people in charge at the site. In either case, it will be important to communicate clearly with each of the Lion families. Details on suggested outings are included in the meeting plan outlines.

Off to a Good Start With Communication

Do the following to prepare for your first meeting:

- ▶ Establish and announce a regular day and time for the Lion den meetings.
- ▶ Present the yearly calendar and have adult partners sign up to host various meetings.
- ▶ Share the information in this guidebook to help adult partners prepare for meetings.

To follow up after each meeting:

- ▶ Contact adult partners to reflect on the success of the meeting and any needed improvements.
- ▶ Confirm hosting responsibilities for future den meetings and outings. (For example, ensure that the Lion/adult partner team hosting each meeting has the resources they need, that they will arrive 15 minutes early to set up, etc.)
- ▶ Provide continuing encouragement and mentoring to Lion families.



LION DEN MEETING PLANS

The den meeting plans in this section are designed to help you build success. Reviewing the plans ahead of time and using the information to help you prepare will ensure a successful den meeting.

Lion Advancement

Lion Scouts work toward their Lion badge. Although participation with an adult partner is required for all Lion awards, recognition items are for the Scouts only.

To earn the Lion rank badge, a Cub Scout must complete the following requirements, working with an adult partner:

1. Complete the five required adventures:

- ▶ Lion's Honor
- ▶ Animal Kingdom
- ▶ Fun on the Run!
- ▶ King of the Jungle
- ▶ Mountain Lion

2. With your parent or guardian, complete the exercises in the pamphlet *How to Protect Your Children From Child Abuse: A Parent's Guide*.

In addition to the five required adventures listed above, Lion Scouts can complete any number of elective adventures that your den may choose from the following:

- ▶ Build It Up, Knock it Down
- ▶ Gizmos and Gadgets
- ▶ I'll Do It Myself
- ▶ On Your Mark
- ▶ Pick My Path
- ▶ Ready, Set, Grow
- ▶ Rumble in the Jungle

LION ADVANCEMENT

Instructions Complete the requirements for all five required adventures to earn the rank of Lion. The other adventures are elective. Use the chart below to fill in the dates of completion.

Den _____ Den Leader _____
Pack _____ Cubmaster _____

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



LION'S HONOR (required)

RATIONALE FOR ADVENTURE

The animals in the jungle, including the lion, have traditions that they share. The lion is strong and protects its family. When the lion talks, the animals of the jungle listen. The Lion Scouts will learn the tradition of their den and the pack.



TAKEAWAYS

- Introducing the Lions 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 DEN LEADER: The second gathering of the den 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 Lions are introduced to the rest of the pack.

MEETING 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 Handbook*.

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 the Lion's 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 Resources.)

TALK TIME

- Carry out business items for the den:
 - o Discuss dues.
 - o Provide a notification or reminder for the outing or pack meeting.
 - o Invite Lions to suggest the rules of behavior. Then summarize their ideas, and add to or clarify them as needed. (Take notes and/or ask adult partners to do this so the Lions can be reminded at future meetings.) Explain and begin the Good Conduct Candle if appropriate.
 - o Share meeting information, and discuss the Cub Scout sign, salute, and motto.
- Allow time for sharing among Lions.

ACTIVITIES

Activity 1: Introduction Game

Have the Lions and adult partners form a circle. The Lion den leader will state his or her name and throw a soft ball to a Lion or adult partner, calling them by name. The Lion 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 Lion 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 each team will be lined up at the other end of the room. Each Lion will run to a designated spot where their adult partner will be standing. The adult partner will say either "Cub Scout salute" or "Cub Scout sign." The Lion must correctly demonstrate the indicated sign. Once that is done, the Lion will tag their adult partner and return to the team. The next teammate will follow. This will continue until each Lion 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 Handbook*.
- You may want to purchase a Lion advancement chart from your local Scout shop. Then have each Lion add their name to it. Marking each adventure as complete becomes a visual way to show accomplishment.



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. Check for allergies. Select a Lion to give thanks prior to the snack.

MEETING 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”)

(All 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.

(All 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.

(All 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.

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

OUTING PLAN

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 Lions will be recognized during a pack recognition ceremony.
- Bring the den poster created during the meeting.
- Make sure Lions and adult partners are aware of the time and location of the pack meeting. Make plans to meet and sit together at the pack meeting.



GATHERING

- Gather outside the pack meeting place to discuss what to expect and how to show proper behavior during the pack meeting.

OPENING, ACTIVITIES, AND CLOSING

- Participate in the monthly pack meeting.
- Recognize Lions during the pack meeting.
- Have the Cubmaster call the Lions up to award the Lion's Honor adventure loop. Make sure each Lion also has a sticker for their book, unless this was given during their den meeting.
- This may be a good time to encourage adult partners to begin documenting the success and fun of their Lion by taking pictures.

AFTER THE OUTING

- Conduct a short reflection on the pack meeting. Ask the following questions:
 - What was fun about this outing?
 - Could you tell who the leader was?
 - How could you tell he or she was the leader?
- Have Lions put the sticker in their *Lion Handbook* and add their adventure loop on their belt.
- Remind Lions and parents of the 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.

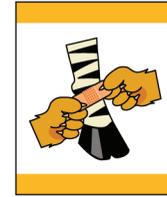




ANIMAL KINGDOM (required)

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 to contribute to the 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 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. Having the Lions sign the thank-you note adds a personal touch and helps the Lions feel a part of the thank you.
- Gather items needed for the Emergency Responder Game. Include: cards, basket, emergency items. See the Meeting 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 with help from the Lion's adult partner.
- 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 Lions from requirement 3. Tell the Lions 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 Lions as to what to expect at this meeting.
- Allow time for sharing among Lions.

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 Handbook*.

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. Check for allergies. Give thanks prior to the snack.
- Present the thank-you note to the visitor.

MEETING 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). A hands-on experience or show-and-tell type of presentation would be very age appropriate. You may want to encourage your visitor to consider one of these presentation styles.



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 youth ask them.

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

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



OUTING PLAN

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 Lions and adult partners to bring drinking water and wear appropriate clothing and footwear.

TRANSPORTATION PLANNING

- 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 children. 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. Have each Lion sign their name. This helps personalize the thank you. It also helps each Lion feel a special part of the thank you and teaches good manners.
- Present Lions with a sticker to designate the completion of the Animal Kingdom adventure. Have Lions put the sticker in their *Lion Handbook* and add their adventure loop on their belt.
- 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.



FUN ON THE RUN! (required; seasonal considerations)

RATIONALE FOR ADVENTURE

If you see a picture of a lion with a big, full, and bright mane, you know that the lion is both strong and healthy. Eating well and getting rest and exercise will help the Lion 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 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 with help from the Lion's adult partner.
- Conduct a simple opening and say the Pledge of Allegiance and the Scout Oath.
- Sing "Head, Shoulders, Knees, and Toes." (See Meeting Resources.)

TALK TIME

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



ACTIVITIES

Activity 1: Exercises

Demonstrate several basic exercises, and have Lions 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 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 Resources.)

Activity 3: Match Game

Guide Lions 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 Resources.)

Activity Wrap-up

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

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. Check for allergies. Select a Lion to give thanks prior to the snack.

MEETING 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 Lions 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 (Remember to check for allergies!)
 - Lion's Teeth:** Apple slices, mini marshmallows (Sandwich marshmallows between apple slices; use peanut butter or sunflower butter to “glue” the sandwich together.) Remember to check for allergies!
- **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 Lions 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.

OUTING PLAN

PREPARATION AND MATERIALS NEEDED

- The Lion den will participate in the Jungle Field Day at a nearby park.
- Set up stations for Lions 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

- 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 Lions buddy up with another Lion. Both Lions 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 Lions 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 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 *Lion Handbook* and add their adventure loop on their belt.
- Confirm plans for the next meeting with the host family and provide support as needed.
- Ensure that Lions receive their adventure loops (at a pack meeting or Lion gathering).

TRANSPORTATION HOME

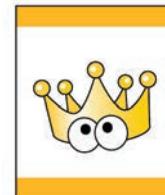
- Each family is responsible for transportation home from the event.



KING OF THE JUNGLE (required)

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 its 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 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 Lion spies the symbol, that Lion sits down, and this continues until all Lions are sitting. The first Lion sitting is the next one to hide the symbol. Repeat the game several times.



OPENING

- Select a Lion to light the Good Conduct Candle with help from the Lion's adult partner.
- Place the flag in the center of the staging area. Appoint a Lion 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 Lions as to what to expect at this meeting.
- Allow time for sharing among Lions.
 - 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 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 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 Handbook*.

CLOSING

- Form a circle. Pass a folded flag around the circle and have each Lion identify one reason they love 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. Be sure to check for allergies!

MEETING RESOURCES

Activity 2: Citizen Lion Game

- Prior to the meeting, copy and cut out the word/picture strips on the following pages.
- 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 Lions into two teams.
- One at a time, each Lion turns over a picture. Have the Lion’s adult partner read the text. Then the Lion 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





Making too much noise



Putting my feet on the table



Having a temper tantrum



Saying bad things about someone



Raising my hand when I want to ask a question



Planting a tree





Growing food



Donating toys for children who don't have any



Helping to clean up at home



Picking my nose



Stealing from someone



Doing exercises to stay fit





Pledging allegiance to the American flag



Fighting with my brother or sister



Playing with my food



Leaving a mess in my room



Giving my dog a bath



Saving money in my piggy bank





Activity 3: Flag Mosaic

- Have each Lion and 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 than tearing very small pieces of white paper. Once the stars have been added, the flag is complete!
- Consider taking pictures of the Lions and their flags. This could also be a good keepsake for the adult partners. In years to come, there will be many opportunities for taking pictures and making memories along the Scouting trail. This could be the beginning of a scrapbook for the den and for each family.





OUTING PLAN

PREPARATION AND MATERIALS NEEDED

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

GATHERING

- Gather at the location of the Webelos den meeting or Scout troop meeting, Webelos den meeting place, and discuss acceptable behavior while attending the meeting.

TRANSPORTATION TO OUTING

- Transportation is to be provided by parents or guardians.

ACTIVITIES

Activity 1: Meeting Visit

Attend a Webelos den meeting or a Scout troop 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 was the leader, and what did the leader say?
- Do they remember the different parts of the ceremony?

AFTER THE OUTING

- Prepare a thank-you note to send to the troop or Webelos den the Lions 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 *Lion Handbook* and add their adventure loop on their belt.
- Remind Lions and parents of the next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.
- Ensure that Lions receive their adventure loops (at a pack meeting or Lion gathering).

TRANSPORTATION HOME

- Transportation is to be provided by parents or guardians.



MOUNTAIN LION (required; seasonal considerations)

RATIONALE FOR ADVENTURE

Lions live in the outdoors. It is important for Lion Scouts to understand how to take care of themselves when in the outdoors and how to be respectful of animals and nature. In this adventure, they will learn the idea that they should take only pictures and leave only footprints.



TAKEAWAYS

- Understanding the use of the buddy system on outings
- Learning what a Lion should do if they become separated from the group
- Identifying the six items to take when 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 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, toys, box of crayons, 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 with help from the Lion's adult partner.
- Conduct a simple flag ceremony, and recite the Scout Oath together as a group.
- Sing "Happy Lions." (See Meeting Resources.)

TALK TIME

- Carry out business items for the den.
 - Dues
 - Notification/reminder for the upcoming outing
 - Meeting information: Orient Lions 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 your buddy 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 Lions.

ACTIVITIES

Activity 1: Pick and Choose Game

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

Activity 2: SAW

In the event a Lion is separated from the group during an outing, the Lion needs to know how to stay 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 Lions watch. Then have all of the Lions 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 Handbook*.

CLOSING

- As a group, recite the Scout Law. Read aloud the BSA 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.



BSA Outdoor Code

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. Check for allergies. Have a Lion offer thanks before having the snack.
- Remind the Lions to bring their Six Essentials to the outing.

MEETING 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 Lions 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:

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

Place the Six Essentials as well as several other items on a table. Have the Lions 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 box of crayons, etc. These items will encourage the Lions to think through their choices.

- **Activity 2. SAW**

Each Lion will need a whistle to practice the SAW principle.

OUTING PLAN

PREPARATION AND MATERIALS NEEDED

- Each Lion 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 location that has 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 Lions that they don't like people messing up their rooms at home, and animals deserve the same care.

TRANSPORTATION TO OUTING

- 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 Lions 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 pretending to be 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 *Lion Handbook* and add their adventure loop on their belt.
- Remind Lions and parents of the next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.
- Ensure that Lions receive their adventure loops (at a pack meeting or Lion gathering).

TRANSPORTATION HOME

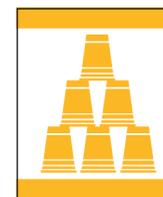
- Each family is responsible for transportation home. Follow the details established during the planning phase.



BUILD IT UP, KNOCK IT DOWN (elective; seasonal considerations)

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. Lions make every effort to help those around them succeed and to do the right thing, even when it might not be the easiest path to take. Lions can feel proud when they know that they have truly done their best, that they have treated others fairly, that they have made good decisions, and that they have 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 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, paper/plastic 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, unbreakable 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
- Items that might be needed for cleanup (towels, etc.)



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 Lions should build anything they wish, as tall as they can make it—the creation is to be free-standing. The greatest purpose of this game is the use of the Lions’ imaginations coupled with the use of reason to determine how high they can build without the constructions falling down. It will show how “building up” can be difficult but worthwhile—especially if they team 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.

Since these are temporary creations, it may be fun to take pictures and make a poster to show at the next pack meeting. It’s always fun for the Lions to show the rest of the pack what they did and the good time they had in their den meeting. This can also be an addition to the den or family scrapbooks.

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. Think about safety. This may be better done outside to avoid creating a potential hazard with wet floors.

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 one’s own 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 and adult partner will choose a fellow Lion and identify one good thing that Scout has done during the activity. 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:** Upon arrival, each Lion 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 that Lion’s shadow; once the shadow is stepped upon, that Lion becomes “It.”

OPENING

- Select a Lion to light the Good Conduct Candle with help from the Lion’s adult partner.
- Share with Lions a brief statement about how the United States built itself from 13 colonies to 50 states. A Lion and 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 Lions 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; the Lion 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 their 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 their cups until the ball is retrieved by another member of the 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 their 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 ground. 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 their cup and then, without turning, pour the cup of water into the cup of the player behind them. Each player will pour their cup of water into the cup of the next player until the last player pours their 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 Handbook*.

CLOSING

- Lead a brief review of how we can build things up and how easily we can tear them down. Have each Lion and 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. Always check for allergies!

OUTING PLAN

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.)
- Have towels and/or other items on hand to help with cleanup

TRANSPORTATION TO OUTING

- 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 *Lion Handbook* and add their adventure loop on their belt.
- Remind Lions and parents of the 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:

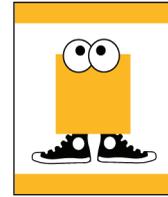
Use two drinking straws and a length of yarn that is six to eight times longer than the length of one straw. Thread the yarn through the straws, tie a knot, and dip it. You’re ready to make bubbles!



GIZMOS AND GADGETS (elective)

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. Some make life easier, like 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 PLAN

PREPARATION AND MATERIALS NEEDED

- One 1-gallon milk jug with the bottom cut out per Lion
- 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, pingpong balls, dominoes

GATHERING

- **Milk Jug Toss:** Collect enough 1-gallon milk jugs for each Lion to have one. Cut out the bottom of the jug, and leave the handle intact. Use the milk jugs to play catch with beanbags, pingpong balls, tennis balls, etc. As the Lions 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 with help from the Lion’s adult partner.
- 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 Lions as to what to expect at this meeting.
- Allow time for sharing among Lions.

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: PingPong Ball Races

- Have Lions blow through a straw to move a pingpong ball across a table.
- Next, have them try to blow the pingpong 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 pingpong 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 Lion attach the objects.

Activity 4: Genius Kits

- Provide each Lion and 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 Lion 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 Lions complete the task on the Gizmos and Gadgets page of the *Lion Handbook*.

CLOSING

- As a group, recite the Scout Law.

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired. Always check for allergies!

OUTING PLAN

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 Lions 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

- 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 Lions antique gadgets and gizmos.

AFTER THE OUTING

- Give thank-you notes to those who helped. Have all youth sign the thank you.
- Present Lions with a sticker to designate the completion of the Gadgets and Gizmos adventure.
- Have Lions put the sticker in their *Lion Handbook* and add their adventure loop on their belt.
- Ensure that Lions receive their adventure loops (at a pack meeting or Lion gathering).

TRANSPORTATION HOME

- Follow details established during planning phase.



I'LL DO IT MYSELF (elective)

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 Lions

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Participatory citizenship
- Personal fitness

REQUIREMENTS

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

MEETING PLAN

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

PREPARATION AND MATERIALS NEEDED

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

GATHERING

- Stackathon: Using simple household materials (blocks, cups, cardboard boxes, dominoes, cards), challenge each arriving Lion to create the tallest stack, working individually and independently.



OPENING

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

TALK TIME

- Carry out business items for the den:
 - Dues
 - Notification/reminder for the outing or pack meeting
 - Meeting information: Orient Lions as to what to expect at this meeting.
- Allow time for sharing among Lions.
- Talk to the Lions 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 Bags

- Provide each Lion with a reusable grocery-type bag to decorate with assistance from their 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 Lions that this will be the receptacle for all their Scouting articles while not in use. Each Lion should hang their shirt on a hanger and put their *Lion Handbook* and cap, if applicable, inside the bag, hanging it on the same hanger.

Activity 2: Personal Care Checklist

As a group, create a list of tasks Lions do for themselves. Have each Lion and adult partner use the list to create a personal care checklist for the Lion. Each Lion will document what they do in the *Lion Handbook* 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 Handbook*.

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. Always check for allergies!



MEETING RESOURCES

- Opening Song: “Bananas, Coconuts, and Grapes” (Sung to the tune of “Battle Hymn of the Republic”)
 - 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.)

OUTING PLAN

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

- 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 independence.

Option 1: Home-to-Home Visit

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

- After greeting guests, a Lion can show one of the chores they do at home to support the family.
- The host family might choose to set up the visit as a “Family Job Scavenger Hunt.”
 - o For this activity, Lions will be given a brief list of age-appropriate tasks that need to be discovered and completed around the house.
 - o Tasks could include setting the table (with tableware set out for the Lions to find), making a bed, putting away toys, watering plants, and other simple duties.
 - o The Lions should take turns with tasks so each of them helps and they all work together to finish the hunt for family jobs.
 - o 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. Have each Lion sign their name.
- Present Lions with a sticker to designate the completion of the I'll Do It Myself adventure.
- Have Lions put the sticker in their *Lion Handbook* and add their adventure loop on their belt.
- Remind Lions and parents of the next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.
- Ensure that Lions receive their adventure loops (at a pack meeting or Lion gathering).

TRANSPORTATION HOME

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



ON YOUR MARK (elective; seasonal conditions)

RATIONALE FOR ADVENTURE

On your mark, get set, go! Lions love to play. In fact, they spend most of their first few years 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 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 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 with help from the Lion's adult partner.
- Hold a simple opening, and recite the Pledge of Allegiance and the Scout Oath.

TALK TIME

- Carry out business items for the den:
 - o Dues
 - o Notification/reminder for the box car derby outing, including date, time, and location



- o Meeting information: Orient Lions as to what to expect at this meeting.
- o Explain the rules of the derby race.
- o Discuss other meeting information for the box car derby.
- Allow time for sharing among Lions.

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 Lions 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 Handbook*.

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. Check for allergies. Select a Lion to give thanks prior to the snack.

OUTING PLAN

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 Lions 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 den leader 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

- 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, they earn a penny. If the player guesses wrong, that player 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 Lions 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 Lions attach rope to the box (like suspenders), so the box car will hang over the Lion’s shoulders.

Activity 2: Box Car Derby Race

- Go over the rules of the box car race. The Lions will run around the track stopping three times along the way. The adult partners will be the “pit crew.” The three stops will consist of the following:
 - o Tire change: At this stop, each Lion will turn one of their socks inside out and put it back on.
 - o Pit stop: At this stop, the Lion will take a drink of water.
 - o Windshield washing: At this stop, the Lion will get sprayed with a bottle of water.
- Have the Lions line up at the start line.
- Have the adult partner hosting the event 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 “Varooooom” 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 *Lion Handbook* and add their adventure loop on their belt.
- Remind Lions and parents of the next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.
- Ensure that Lions receive their adventure loops (at a pack meeting or Lion gathering).

TRANSPORTATION HOME

- Each family is responsible for transportation.



PICK MY PATH (elective; seasonal considerations)

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 relationships with family and 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 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 Lions to bring their copies of the *Lion Handbook*, as they will need the grid in the book. Provide scissors and crayons in several colors.

GATHERING

- Hot/Cold: An object is hidden prior to the meeting, and the Lions must look for it. The hider keeps the seeker informed how close they are to the object, saying the seeker is “cold” when far from the object (or “freezing” or when extremely far from it), and hot when extremely close to the object. If the seeker is moving farther from the object, the hider says, “You’re getting colder,” and if the seeker is moving closer to the object, the hider says, “You’re getting warmer.”



OPENING

- Select a Lion to light the Good Conduct Candle with help from the Lion's adult partner.
- 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 Lions 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 Lions 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 Resources.)

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

Activity Wrap-up

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

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 Lions to give a brief description of what they think the 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. Check for allergies.
- Remind the Lions to accomplish requirement 2 before they meet for the outing.

MEETING RESOURCES

• **Activity 1: Emotion Charades**

Lion adult partners will demonstrate an emotion through nonverbal cues. The Lions 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 Lions 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 Lions freedom in making their own choices. At the end of the activity, ask Lions to share, one at a time, how they felt when they discovered the outcome of their choices.

The Lions will need a grid and the lion paws as game pieces. These are located in the *Lion Handbook*.



Have Lions 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 Lions. 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.

OUTING PLAN

PREPARATION AND MATERIALS NEEDED

- Confirm the location of the den outing.

TRANSPORTATION TO OUTING

- 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 Lions play several games that involve making choices. This is also an opportunity for the Lions 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. (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.
- Bandage Tag: When a player is tagged, they become the new "It" and must hold onto the body part where they were tagged to "bandage" it.
- Rock, Paper, Scissors



- **LION:** Bring a soft, foam ball that is safe for Lions to throw at each other. Have players count off from one. One player is named “It” and stands in the center of a large open area, with all other players gathered around. “It” then throws the foam ball into the air as high as possible and calls out a number up to the highest number in the group. When the ball is thrown, all players run as far as they can away from “It,” but the person whose number is called must turn back and try to catch the ball. When the person whose number was called has the ball, he or she yells, “Lion!” and all other players must freeze in place. The catcher then throws the ball and tries to hit another player. (Remind Lions to throw the ball below players’ shoulders.) If the thrower hits another player, that player becomes “It.” If the throw misses, the thrower is the next “It.”
- **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. Have each Lion sign the thank you.
- Present Lions with a sticker to designate the completion of the Pick My Path adventure.
- Have Lions put the sticker in their *Lion Handbook* and add their adventure loop on their belt.
- Remind Lions and parents of the next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.
- Ensure that Lions receive their adventure loops (at a pack meeting or Lion gathering).

TRANSPORTATION HOME

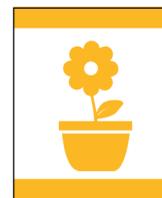
- Follow details established during planning phase. Families are responsible for their own transportation.



READY, SET, GROW (elective)

RATIONALE FOR ADVENTURE

Lions in the jungle are always on the hunt for food; they have to spend much of their 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 Lions learn basic gardening skills, they are learning a valuable way to grow their own food. They are 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 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.
 - o Give the individual the time frame, as well as the things that would be helpful for the Lions to know.
 - o 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 Lion. The model will be built on a page in the *Lion Handbook*.



GATHERING

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

OPENING

- Select a Lion to light the Good Conduct Candle with help from the Lion's adult partner.
- 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.
 - o Dues
 - o Notification/reminder for the upcoming outing
 - o Meeting information: Orient Lions as to what to expect at this meeting.
- Begin a group discussion about where our food comes from by having each Lion adult partner pick a food his or her Lion eats at home, then have their Lion guess where the 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 Lions may have had regarding the food they eat. The Lions may also share their favorite foods.
- Time for sharing among Lions.

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).

Activity Wrap-up

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

CLOSING

- As a group, recite the Scout Law. The Lion den leader 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. Check for allergies. Offer thanks before eating the snack.

OUTING PLAN

PREPARATION AND MATERIALS NEEDED

- This outing can be held at a gardening center, a local park, a Lion'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

- Establish details for travel to destination.

ACTIVITIES

Activity 1: Make a Container Garden

The Lions will plant their container gardens using the information they learned at the previous den meeting.

AFTER THE OUTING

- Present thank-you notes to those who helped. Have each Lion sign their name.
- Present Lions with a sticker to designate the completion of the Ready, Set, Grow adventure. Have Lions put the sticker in their *Lion Handbook* and add their adventure loop on their belt.
- Remind Lions and parents of the next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.
- Ensure that Lions receive their adventure loops (at a pack meeting or Lion gathering).

TRANSPORTATION HOME

- Follow details established during the planning phase.



RUMBLE IN THE JUNGLE (elective)

RATIONALE FOR ADVENTURE

Young lions must practice being a lion before they can become the king of the jungle. The lions must practice their roar until it is loud enough to be heard by all of the animals in the jungle; they must also practice being silent when necessary. Lion Scouts become stronger, faster, and smarter by playing games with their 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 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
 - o If the den chooses, Lions can select their animals during Talk Time at the previous meeting and bring their masks or materials to this meeting. Lions might be encouraged to select animals with distinctive sounds to make the Animal Noises activity fun for all.
- 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 Lions will communicate with each other using their animals' 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 with help from the Lion's adult partner.
- 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 Lions 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 Lion will use an 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 Lions.

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 Handbook*.
- Remind Lions and parents of the 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. Check for allergies.

OUTING PLAN

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

- 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 with their 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 Lions observed. Have each Lion identify a favorite animal and the reason for choosing it.

AFTER THE OUTING

- Present thank-you notes to those who helped with the outing. Have each Lion sign the thank you.
- Serve refreshments, if desired. Check for allergies.
- Present Lions with a sticker to designate the completion of the Rumble in the Jungle adventure. Have Lions put the sticker in their *Lion Handbook* and add their adventure loop on their belt.
- Remind Lions and parents of the next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.
- Ensure that Lions receive their adventure loops (at a pack meeting or Lion gathering).

TRANSPORTATION HOME

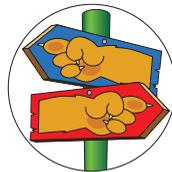
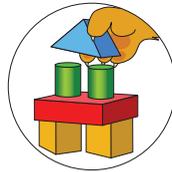
- Follow details established during the planning phase.



RECOGNITION

The stickers illustrated below are used to recognize completion of adventures. Each set of Lion materials purchased from your local Scout shop included a page of stickers. These are used to recognize completion of adventures. Bring the appropriate stickers with you to the outing and present them at the close of the outing to celebrate completing the adventure.

STICKERS



ADVENTURE LOOPS

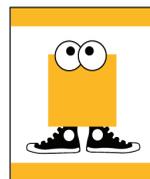
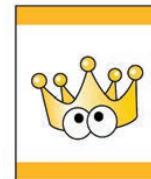
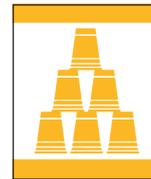
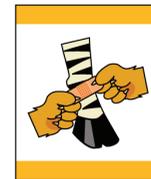




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