
Lion Adventures

LION DEN • ADVENTURE MEETING PLAN

Bobcat

Required adventure • Character and Leadership

If you read nothing else

Every Cub Scout earns Bobcat first, at every rank. For a Lion this is the meeting where kindergarteners learn each other's names, meet the Cub Scout sign, and hear the Scout Law read to them by their own adult.

Two den meetings of 45 minutes. Every Lion has a Lion adult partner who sits with them and does every activity with them — the partner is not a spectator and this adventure will not run without them.

Requirement 4 is done at home with a parent or legal guardian and cannot be completed at a den meeting. Hand the booklet out at meeting 1 and collect the slip at meeting 2.

Start this the first week of the program year. Nothing else counts toward rank until Bobcat is done.

The requirements

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

- ☐ 1. Get to know the members of your den.
- ☐ 2. Have your Lion adult partner or den leader read the Scout Law to you. Demonstrate your understanding of being friendly.
- ☐ 3. Share with your Lion adult partner, during a den meeting or at home, a time when you have demonstrated the Cub Scout motto "Do Your Best."
- ☐ 4. At home, with your parent or legal guardian, do the activities in the booklet *How to Protect Your Children From Child Abuse: A Parent's Guide*.

Requirement 4 is a family activity. Hand the booklet out at meeting 1 and collect the signed acknowledgement at meeting 2 — do not attempt to run it as a den activity.

Meeting 1: Names, the sign, and being friendly

Goal: Lions learn each other's names, learn what the Cub Scout sign means and obey it, and hear the Scout Law read to them by their own adult partner.

Covers requirements 1 and 2

Before the meeting

- Print the My Favorite Survey sheet, one per Lion and one per adult partner, and put them on a table by the door with pencils. Arrivals are staggered and a kindergartener with nothing to do is a kindergartener under a table.
- Practice the Cub Scout sign yourself and decide now that you will never call out “signs up.” You raise the sign and you wait. That is the whole method.
- Print one copy of How to Protect Your Children From Child Abuse: A Parent’s Guide per family, plus the acknowledgement slip.
- Clear a floor space big enough for the whole den plus adult partners to sit in one circle. The Compliment Game happens on the floor.
- Ask families to bring the Lion handbook to every meeting. You will use pages 3 and 4 tonight.

Supplies

- Lion handbooks — pages 3 and 4
- Pencils, one per Lion
- My Favorite Survey sheets, one per Lion and one per adult partner
- Crayons, enough to share
- Parent booklets and acknowledgement slips, one per family
- Scout Law printed large enough to read from across the room

Run of show

Time	What happens
10 min	Gathering: My Favorite Survey
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
15 min	Activity 1: Lions Talk and Lions Listen
10 min	Activity 2: The Compliment Game
5 min	Closing: hand out family booklets

Gathering — My Favorite Survey (10 min)

Lion and adult partner each fill in their own sheet: favorite color, favorite animal, favorite outdoor activity, a food you would eat every day, something you want to learn in Scouts. Then they compare and circle the answers that match.

Most Lions cannot read the prompts. That is fine and it is the point — the adult partner reads them aloud and writes what the Lion says. This is the first thing they do together in Scouting and it sets the pattern for the whole year.

Tell each pair to be ready to share one fun thing they learned about each other.

Opening (5 min)

Pledge of Allegiance, then the Scout Oath and Scout Law read by the den leader while everyone stands. Lions do not have to say the words yet. They will pick them up by hearing them at the front of every meeting.

Keep it to five minutes. A kindergartener standing still is spending real effort, and you want that effort back later.

Activity 1 — Lions Talk and Lions Listen (15 min)

Lions Talk and Lions Listen — scouting.org/cub-scout-activities/lions-talk-and-lions-listen/

Gather the Lions and adult partners together. Have the Lions meet each other and sign each other's handbooks on page 3. A kindergartener signing their name on somebody else's book is the single most popular thirty seconds of the night.

Then demonstrate the Cub Scout sign and tell them it stands for the ears of a wolf. When they see the sign, everyone stops what they are doing and listens.

Give every Lion and every adult partner a turn to make the sign. Then practice it for real: tell everyone to talk and make noise, and without saying a word, raise the sign and wait. When the room goes quiet, point out that you never had to yell.

- Tip: patience is the whole technique. Do not talk over the den, do not yell, and do not call out "signs up" or any other verbal command. Raise your hand and wait. If you break this once, you will be yelling for the rest of the year.

Finish by pairing up two Lions and their adult partners. Have each pair get to know each other: what they like to do as a family, favorite food, favorite color. When they look done, raise the sign to move on.

That is requirement 1. Other activities that also complete it: Den Doodle Lion — scouting.org/cub-scout-activities/den-doodle-lion/ · Den Flag Lion — scouting.org/cub-scout-activities/den-flag-lion/ · Hand Puppet Introductions — scouting.org/cub-scout-activities/hand-puppet-introductions/ · The Wigalo Song — scouting.org/cub-scout-activities/the-wigalo-song/

Activity 2 — The Compliment Game (10 min)

The Compliment Game — scouting.org/cub-scout-activities/the-compliment-game/

First, the reading. Adult partners read the Scout Law to their own Lion from page 4 of the handbook, or from the back cover of the handbook and the adult partner guide, and explain in their own words what each point means. This is what requirement 2 actually asks for — the adult reads it, the Lion hears it.

Then the pairs complete the activity on page 4 together.

Now everybody sits on the floor in one circle, adult partners included. Pick a Lion to start. They turn to the person on their left and say something they like about them. The compliment has to be kind and true.

The person who received it says thank you, turns to their left, and gives a compliment to the next person. Keep going until everyone has given one and received one. Then have the Lion who started turn to their right and send the compliments back around the other way.

That second lap matters more than it looks. The first time round, half of them are rehearsing instead of listening. The second time round they are relaxed, and that is when a five-year-old says something you will remember.

That is requirement 2 — demonstrating an understanding of being friendly. Also works: Friendship Zipper Pull — scouting.org/cub-scout-activities/friendship-zipper-pull/ · The Colorful Scout Law — scouting.org/cub-scout-activities/the-colorful-scout-law/

Closing (5 min)

Put a parent booklet in every adult partner's hand, not in a Lion's backpack. Say out loud what it is and that you need the slip back next meeting.

Announce the next meeting date and location. Close with the Living Circle.

Send home with families

Do the activities in How to Protect Your Children From Child Abuse: A Parent's Guide together, and return the signed slip at the next meeting. That is requirement 4 and only a parent or legal guardian can sign it off. The related den activity, if you want it, is Child Abuse Protection Review Lion — scouting.org/cub-scout-activities/child-abuse-protection-review-lion/

Practice the Cub Scout sign at home. When you raise it, your Lion stops and listens — and so do you.

Talk about one time this week when your Lion did their best at something hard. They will need that story next meeting.

Meeting 2: Do Your Best, and a den of our own

Goal: Each Lion tells their adult partner about a time they did their best, and the den makes something that belongs to all of them.

Covers requirement 3, and collects 4

Before the meeting

- Set up table space where Lions and adult partners can work on page 5 of the handbook together, sitting side by side.
- Collect the parent acknowledgement slips at the door as families arrive. Tick them off a roster — you will not remember who gave you one.
- Cut a piece of felt or heavy cloth for the den flag and gather decorating supplies, or use a large sheet of poster board for a den doodle.
- Think of one story of your own about a time you did your best and it was hard. You will need it to start the conversation, because kindergarteners do not go first.

Supplies

- Lion handbooks — page 5
- Crayons, enough to share

- Felt or cloth for a den flag, or poster board for a den doodle
- Fabric markers, glue, scissors for adult hands
- Acknowledgement slips checklist and a roster

Run of show

Time	What happens
5 min	Gathering: free drawing at the tables
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: When Am I Doing My Best
12 min	Activity 2: make the den flag
8 min	Closing: Bobcat check and sign-off

Activity 1 — When Am I Doing My Best (15 min)

When Am I Doing My Best — scouting.org/cub-scout-activities/when-am-i-doing-my-best/

Gather the Lions and adult partners and tell them that being a Cub Scout means we always do our best. Then ask the Lions the real question: how do you know when you did your best? Let them answer. Take every answer.

When they have all had a turn, give them the frame:

Say something like

Only you know when you have done your best. But here is one thing I am sure of — doing nothing is never your best. Your grown-ups and I are always going to want your best, and that is all we are going to ask for.

Then say the part that matters for a kindergartener: we are going to do a lot of new things this year, and you will not be good at all of them the first time. Nobody is. To get good at something you practice, and while you are practicing you do your best.

Adult partners then work with their Lion on the activity on page 5. The requirement is satisfied when the Lion tells their adult partner about a time they did their best — at a den meeting or at home, either counts.

Listen in while they work. You will hear a five-year-old explain that they did their best at tying their shoes, or at not crying at the dentist. Those are complete answers. Do not go looking for a better one.

Activity 2 — Make the den flag (12 min)

Den Flag Lion — scouting.org/cub-scout-activities/den-flag-lion/ · Den Doodle Lion — scouting.org/cub-scout-activities/den-doodle-lion/

The den now has names, a sign, and a compliment circle. Give them something they can carry.

Every Lion adds their own handprint, name, or drawing. Adults do the cutting and any hot glue; Lions do the deciding and the decorating. Do not tidy it up after they leave — a den flag a grown-up straightened out stops being theirs.

Bring it to every meeting for the rest of the year and to every pack meeting. Kindergarteners find their den by looking for the flag, which is exactly why it is worth twelve minutes tonight.

Closing — Bobcat check and sign-off (8 min)

Go around the circle once. Each Lion makes the Cub Scout sign and says one point of the Scout Law they remember. Anything they can produce counts; adult partners can prompt.

Confirm you have the requirement 4 slip from every family. Chase the missing ones this week by text to the parent — do not let it sit until December, because it is the one thing that will hold up a Bobcat you have otherwise finished.

Record Bobcat in Scoutbook the same night if you can. Advancement nobody entered does not exist — not on the Scout's record, and not in the award order.

Say something like

Today you took your very first steps as a Lion Scout — learning names, practicing friendliness, and remembering what it means to Do Your Best. You discovered how the Scout Law can guide your choices and how your family helps keep you safe and strong. These are the building blocks of your Scouting journey. Keep being friendly, keep trying hard, and keep growing with your den.

Send home with families

Nothing new. If the parent booklet slip has not come back, it is due now.

After the meeting the den leader and assistant den leader talk through next week while the host adult partner and the Lions put the room back in order. Lions can carry chairs. Let them.

Leader notes

- Every activity in this adventure is done by a pair — Lion and adult partner. If a partner cannot make a meeting, arrange a stand-in adult from the den before the meeting rather than letting a Lion float. A Lion without a partner at a Lion meeting has a bad night.
- Forty-five minutes is the whole meeting, and that is not a budget problem — it is a kindergarten attention span. If you are running long, cut the second activity, not the closing.
- The Cub Scout sign is the most valuable thing you teach tonight. Use it, wait for it, and never replace it with your voice.
- A Lion joining the pack mid-year earns Bobcat first, whatever the calendar says. Run a short catch-up with them and their adult partner rather than making them wait.
- Requirement 4 belongs to the family. Your job is to hand out the booklet, say why, and collect the slip.

Safety

Before this adventure

Two registered adults, both with current Safeguarding Youth Training, at every den meeting and activity. SYT is valid 12 months — check your own expiry date before the program year starts. If your den includes girls, one of those adults must be a registered female 21 or over.

No one-on-one contact between an adult and a Scout who is not their own child, in person, online, or by text. Include a parent on every message.

Adult partners handle scissors and any glue gun at the den flag activity. Lions decorate; adults cut.

Ask about food allergies in writing before you serve any snack, even a simple one.

Tracking

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

Scout	1	2	3	4

Mountain Lion

Required adventure • Outdoors

If you read nothing else

Two 45-minute meetings. Meeting 1 is indoors and teaches the Cub Scout Six Essentials and S.A.W.; meeting 2 is the 20-minute outdoor walk with the Six Essentials in hand.

Every Lion walks with their adult partner holding their hand or within arm's reach. This is a kindergarten walk, not a hike — a loop around the block, a neighborhood park, or the field behind your meeting place all count.

Scout the walk route yourself before meeting 2 and identify the hazards, especially road crossings. Send the address and directions to families in advance if it is not your usual meeting place.

Ask every family to bring their Six Essentials to meeting 2. Say it twice, and send a reminder the day before.

The requirements

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

- ☐ 1. Identify the Cub Scout Six Essentials. Show what you do with each item.
- ☐ 2. With your den, pack, or family, take a walk outside spending at least 20 minutes exploring the outdoors with your Cub Scout Six Essentials. While outside, identify things that you see with your Lion adult partner that are natural and things that are manmade.
- ☐ 3. Discover what S.A.W. means.
- ☐ 4. Identify common animals that are found where you live. Separate those animals into domesticated and wild.

Meeting 1: The Six Essentials, and what to do if you get lost

Goal: Every Lion can name the Six Essentials and say what each one is for, and knows to Stay, Answer, and Whistle if they get separated outdoors.

Covers requirements 1 and 3

Before the meeting

- Watch the four-minute Cub Scout Six Essentials video at vimeo.com/498051015 and take notes, so you can explain each item without reading from a card.
- Gather a full set of Six Essentials in youth sizes — a five-year-old cannot carry an adult daypack — plus four other random items to mix in.

- Write each of the Six Essentials on a 3x5 card, twice, making two identical decks for charades. Twelve cards total.
- Buy a whistle for every Lion if your budget allows. A Lion who owns a whistle takes S.A.W. seriously; a Lion who watched you hold one does not.
- Set up table space for pairs to work on handbook pages 9 and 11.

Supplies

- Lion handbooks — pages 9 and 11
- Crayons and pencils, enough to share
- A complete youth-sized Cub Scout Six Essentials set: filled water bottle, whistle, flashlight, sun protection (sunscreen, hat, sunglasses), trail mix, small first aid kit
- Four other items to mix in with the essentials
- Twelve 3x5 index cards and a black marker
- A whistle for each Lion, if you can

Run of show

Time	What happens
5 min	Gathering: what is in the bag?
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: Guess the Cub Scout Six Essentials
12 min	Activity 2: S.A.W. Maze
8 min	Closing: walk plan and gear reminder

Gathering — What is in the bag? (5 min)

Put the Six Essentials and the four extra items on a table under a cloth. As pairs arrive, lift the cloth for ten seconds, cover it again, and let them whisper to each other about what they saw.

Do not turn it into a memory test with a winner. It is a five-minute holding pattern that points at tonight's subject.

Activity 1 — Guess the Cub Scout Six Essentials (15 min)

Guess the Cub Scout Six Essentials — scouting.org/cub-scout-activities/guess-the-cub-scout-six-essential/

Gather the Lions and adult partners and tell them that whenever we go outside there are six things we always want with us, and they have a name: the Cub Scout Six Essentials.

Hold up each item and say what you do with it. Say what you do with it, not just what it is — that is the second half of requirement 1 and it is the half dens skip.

- Filled water bottle — you drink from it before you are thirsty, not after.
- Whistle — three short blasts, over and over, if you get lost. It carries much further than your voice and it does not wear out.

- Flashlight — you use it if it gets dark, and you check the batteries before you leave the house.
- Sun protection — sunscreen goes on twenty minutes before you go out and again every couple of hours, and the hat and sunglasses stay on.
- Trail mix — you eat it when you run out of energy, and you share it.
- First aid kit — you hand it to a grown-up when somebody gets hurt.

Adult partners then work with their Lion on the activity on page 9.

Finish with charades. Split into two teams, keeping each Lion with their adult partner. One person draws a card, looks at it without showing anyone, and acts it out; their team has two minutes to guess. If they get it, a point; if not, the other team goes. Most points at the end of the deck wins.

A five-year-old acting out sunscreen is the whole reason this activity works. Let it be silly. Also works: Kim's Game Cub Scout Six Essentials — scouting.org/cub-scout-activities/kims-game-cub-scout-six-essentials/

Activity 2 — S.A.W. Maze (12 min)

S.A.W. Maze — scouting.org/cub-scout-activities/s-a-w-maze/

Tell the Lions and adult partners plainly: sometimes a person gets separated from their group when they are outside. It happens, and it is not because you did something wrong. If it happens to you, there are three things you do, and they spell S.A.W.

- Stay — do not go looking and do not wander. When you get lost, the people looking for you go back to the last place they saw you. If you stay where you are, they will find you there.
- Answer — when you hear someone calling your name, answer back. Loud.
- Whistle — use your whistle. Three short blasts, over and over, until someone finds you.

Then adult partners work with their Lion on the activity on page 11.

If you bought whistles, hand them out now and let every Lion blow three blasts once, together, outdoors or in a corridor. Then collect nothing and let them keep them. A whistle in a pocket is the requirement working; a whistle in your bin is not.

Say the hard part out loud to the adults as much as to the Lions: staying put is the opposite of what a frightened five-year-old wants to do. That is exactly why we practice it before it matters. Also works: Does My Whistle Work — scouting.org/cub-scout-activities/does-my-whistle-work/ · Reverse Hide and Seek — scouting.org/cub-scout-activities/reverse-hide-and-seek/

Closing — Walk plan and gear reminder (8 min)

Tell families exactly where the walk starts next meeting, what time, and what to wear. Closed shoes, weather layers, and their own Six Essentials.

Hand out a half-page reminder. Then send the same thing by text the day before — the paper will be at the bottom of a backpack.

Send home with families

Build your Lion's own Six Essentials kit this week and let them pack it themselves. A small backpack, a small water bottle, a whistle on the zipper.

Practice three short whistle blasts in the backyard once, so the sound is familiar.

Bring the kit, closed shoes, and weather-appropriate clothes to the next meeting. The walk happens rain or shine unless we tell you otherwise.

Meeting 2: The 20-minute walk

Goal: The den walks outside for at least twenty minutes with their Six Essentials, names what is natural and what is manmade, and sorts local animals into wild and domesticated.

Covers requirements 2 and 4

Before the meeting

- Walk the route yourself in the week before. Identify every road crossing, every driveway, and anything a five-year-old will want to climb on. Plan around them.
- This works in any environment — urban, suburban, or rural, a park or just your own neighborhood. It does not have to be a trail and it does not have to be far.
- If the start point is not your usual meeting place, send the address and directions to every family, twice.
- Print the Outdoor Scavenger Hunt worksheet, one per Lion. It is in the Lion adventure resources on filestore.scouting.org.
- Gather photos of animals — domesticated and wild — that Lions actually see where you live. Local matters here. A photo of a lion is fun; a photo of a raccoon is the requirement.
- Confirm your adult count. Every Lion has their partner, plus two registered adults with current SYT for the den.

Supplies

- Lion handbooks — pages 10 and 12
- Outdoor Scavenger Hunt worksheets, one per Lion, on clipboards
- Pencils, one per Lion
- Crayons, enough to share
- Every Lion's own Cub Scout Six Essentials, plus spares — someone will forget
- Photos of local domesticated animals and local wild animals
- Den first aid kit, roster with parent phone numbers, charged phone

Run of show

Time	What happens
5 min	Gathering: Six Essentials gear check
5 min	Opening and route briefing
22 min	Activity 1: the walk and the scavenger hunt
8 min	Activity 2: Wild or Domestic

Time	What happens
5 min	Closing

Gathering — Gear check (5 min)

Every pair opens their bag and shows the Six Essentials. Fix problems now: fill empty bottles, hand out spare sunscreen, lend a whistle. This is requirement 1 verified rather than assumed, and it takes five minutes.

Check shoes. A Lion in sandals is a Lion who will be carried back.

Opening and route briefing (5 min)

Short opening — Pledge, and the Scout Law read aloud. Then the briefing, which is the part that matters.

Tell everyone the route you are walking. Name the hazards you found when you scouted it and say exactly what you want people to do at each one: where you stop, where you hold hands, where nobody crosses without an adult.

Set the order before you move: an adult in front, an adult at the back, nobody in front of the front and nobody behind the back. Every Lion stays with their adult partner the whole way.

Activity 1 — The walk and Outdoor Scavenger Hunt (22 min)

Outdoor Scavenger Hunt Lion — scouting.org/cub-scout-activities/outdoor-scamenger-hunt-lion/

Hand each Lion a scavenger hunt worksheet on a clipboard and tell them to check things off as they spot them. The clipboard is what keeps a five-year-old walking for twenty minutes.

Twenty minutes is the requirement and it is a floor, not a target. At Lion pace, twenty minutes is a short distance and a lot of stopping. Let them stop.

The teaching happens as you walk, and it belongs to the adult partners. Ask them out loud, once, at the start: as you go, point at things and ask your Lion whether that is natural or whether a person made it. That question, asked ten times on a walk, is requirement 2.

Expect arguments about hard cases — a mown lawn, a planted tree, a bird's nest in a gutter. Those are the good ones. Let the pair reason it out; there is no answer key you need to enforce.

When you get back, each Lion draws in the handbook on page 10 one thing they saw that was natural and one thing that was manmade.

Also works: A Different Point of View — scouting.org/cub-scout-activities/a-different-point-of-view/ · I Spy Something Natural — scouting.org/cub-scout-activities/i-spy-something-natural/

Activity 2 — Wild or Domestic (8 min)

Wild or Domestic — scouting.org/cub-scout-activities/wild-or-domestic/

Sit down with the animal photos. Ask what makes an animal wild, and let them give examples. Then ask what makes an animal domesticated, and let them give examples.

Then give them the two definitions in plain words. Wild animals live outdoors and do not rely on people. Most wild animals avoid us, so you often will not see them — their sight, hearing, and smell are all better than ours, which is how they stay out of our way. You watch wild animals. You never walk up to one.

Domesticated animals live with people and rely on us for food and shelter. Some became domesticated for food or for work, and some are pets. Being domesticated does not mean an animal is safe.

Then the sentence that is the actual safety content of this requirement, and say it slowly:

Say something like

Never walk up to an animal you do not know. You cannot tell just by looking whether an animal is wild or tame. Most dogs you see live with people — but some dogs do not, and you cannot tell which is which from across the street. So you ask a grown-up first, every time.

Adult partners then work with their Lion on the activity on page 12.

Also works: Animal Craft — scouting.org/cub-scout-activities/animal-craft/ · Visit to Animal Rescue — scouting.org/cub-scout-activities/visit-to-animal-rescue/

Closing (5 min)**Say something like**

Today you learned that every great outdoor adventure begins with being prepared — knowing your Six Essentials, paying attention to your surroundings, and staying safe with S.A.W. You explored nature, discovered what is wild and what is not, and practiced the skills that help Lions enjoy the outdoors with confidence. Keep noticing the world around you, keep staying safe, and keep exploring with curiosity. That is how Lions grow strong on every adventure.

Announce the next meeting. Living Circle, and send them home.

Send home with families

Take the same twenty-minute walk again as a family this week with the Six Essentials. The requirement allows den, pack, or family — a family walk counts fully.

Keep playing natural-or-manmade on the way to school. It costs nothing and it is the whole skill.

Name the animals you see in your own yard and neighborhood, and decide together which are wild.

Leader notes

- The walk can be anywhere — urban, suburban, or rural. Do not delay this adventure waiting for a trailhead. A twenty-minute loop from the church parking lot completes it.
- Twenty minutes is the requirement. Do not stretch it to an hour to make it feel like a real hike; you will lose the Lions who are not outdoor kids yet, and this adventure exists partly to recruit them.
- Buy whistles if you possibly can. S.A.W. is the one thing in this adventure that could matter in a real emergency, and it lands with an object in the hand.
- Use local animals for requirement 4. A Lion who can sort a raccoon, a deer, a stray cat, and their own dog has met the requirement better than one who can sort a tiger.
- Check the forecast the day before and say clearly whether the walk is on. Kindergarteners in unexpected rain end the meeting early.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training, plus every Lion's own adult partner, for the walk. If your den includes girls, one of those adults must be a registered female 21 or over.

Annual Health and Medical Record parts A and B on file for every participant before an outdoor den activity.

Scout the route in advance. Identify road crossings, driveways, water, and any drop-off, and brief the adults on each one before you set off.

Every Lion stays within arm's reach of their adult partner for the entire walk. At road crossings, hold hands.

Sun protection and full water bottles on a warm day; layers and a hard stop on a cold one. Carry the den first aid kit, a roster with emergency contacts, and a charged phone.

Check your council for any local tour or activity notification requirement before an off-site den activity.

Tracking

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

Scout	1	2	3	4

Fun on the Run

Required adventure • Personal Fitness

If you read nothing else

Two 45-minute meetings. Meeting 1 is food groups and handwashing; meeting 2 is twenty minutes of hard running followed by ten minutes about rest.

Meeting 1 needs a room with a working sink and a safe outdoor space for bubbles. Confirm both before you schedule it.

Meeting 2 needs a clear, obstacle-free space about 60 by 60 feet, coned at the corners. Adjust the size to the number of Lions in your den.

Adult partners play the games too. A den of kindergarteners playing freeze tag with their grown-ups is the most fun anyone will have all month, and the adults are also how you keep it from turning into a pile.

The requirements

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

- ☐ 1. Identify the five different food groups.
- ☐ 2. Practice hand washing. Point out when you should wash your hands.
- ☐ 3. Be active for 20 minutes.
- ☐ 4. Practice methods that help you rest.

Meeting 1: Five food groups and clean hands

Goal: Lions can name the five food groups and can wash their hands properly, and can say when hands need washing.

Covers requirements 1 and 2

Before the meeting

- Look at USDA MyPlate at myplate.gov and get familiar with what goes in each of the five groups, so you are not guessing in front of the den.
- Confirm the meeting location has a sink the Lions can reach. A hallway bathroom works; a locked kitchen does not.
- Set up a handwashing station with soap and paper towels.
- Print the CDC Wash Your Hands poster and the Know When to Wash Your Hands poster at 11x17 and put them both at the station.
- Read the CDC Clean Hands Save Lives article at cdc.gov/clean-hands/about/ so you can answer the questions the adult partners will ask.

- Find a safe outdoor area free of obstacles where you can blow bubbles and Lions can chase them.
- Buy a 4-ounce container of bubbles with a wand for each Lion and adult partner pair.

Supplies

- Lion handbooks — page 13
- Crayons of various colors, enough to share
- Bubbles with wand, one 4-ounce container per pair
- A sink, hand soap, paper towels
- CDC Wash Your Hands poster, 11x17
- CDC Know When to Wash Your Hands poster, 11x17
- MyPlate diagram printed large

Run of show

Time	What happens
5 min	Gathering: sort the food pictures
5 min	Opening: Pledge, Scout Oath, Scout Law
12 min	Activity 1: That Food is in the Wrong Group
15 min	Activity 2: Bubbles, Good Clean Fun
8 min	Closing

Gathering — Sort the food pictures (5 min)

Put out food pictures cut from a grocery flyer and five paper plates labeled with the food groups. Arriving pairs sort a few pictures onto plates. Nobody checks the answers yet.

It takes thirty seconds to set up from a flyer you already have and it points every arriving family at the subject.

Activity 1 — That Food is in the Wrong Group (12 min)

That Food is in the Wrong Group — scouting.org/cub-scout-activities/that-food-is-in-the-wrong-group/

Introduce the five food groups and what kind of food goes in each: fruits, vegetables, grains, protein, dairy. Hold up the MyPlate diagram and point.

Then go back to the gathering plates and check them together as a den. The corrections are where the learning is — a tomato, a potato, cheese, and peanut butter will all cause an argument, and every one of those arguments teaches the group better than the poster does.

Adult partners then work with their Lion on the activity on page 13.

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

Also works: Snack Time — scouting.org/cub-scout-activities/snack-time/ · What Food Group Do I Belong To — scouting.org/cub-scout-activities/what-food-group-do-i-belong-to/

Activity 2 — Bubbles, Good Clean Fun (15 min)

Bubbles Good Clean Fun — scouting.org/cub-scout-activities/bubbles-good-clean-fun/

Start outside. Hand each adult partner a container of bubbles and have them blow while their Lion pops the bubbles with their hands. Let it run a couple of minutes — this is the fun and it earns you the next ten.

Then have the Lions rub their hands together and ask what they notice. Slippery. Soapy. Tell them why: bubbles are just a kind of soap, which is what makes playing with bubbles good clean fun.

Bring everyone back inside and ask when you should wash your hands. Let everyone who wants to answer have a go, then fill in whatever they missed:

- After you go to the bathroom
- After you play with a dog, a cat, or another animal
- After you blow your nose, sneeze, or cough
- After you touch garbage
- Before and after you help prepare food
- Before you handle plates, utensils, or cups
- Before you eat
- When your hands have dirt on them
- When your hands have been touching a lot of things other people have touched

Now take them to the sink and demonstrate the whole thing yourself, slowly, before anyone else touches the tap:

- Hands under clean running water. Soap on. Water off.
- Rub palm to palm until it is sudsy.
- Left palm down, right hand on top, fingers interlocked — scrub between the fingers. Switch hands and repeat.
- Grab your left thumb with your right hand and twist around it. Switch and repeat.
- Press your fingertips into the opposite palm and rotate them in a circle. Switch and repeat.
- Rinse, take a paper towel, and use the towel to turn the faucet off.

Then tell them the timer: all of that should take about as long as singing Happy Birthday. Every Lion takes a turn at the sink doing the steps while they sing it. Every one of them, not a volunteer — this is the “practice” in requirement 2.

Also works: Happy Birthday Clean Hands — scouting.org/cub-scout-activities/happy-birthday-clean-hands/ · Steps to Wash Your Hands — scouting.org/cub-scout-activities/steps-to-wash-your-hands/

Closing (8 min)

Tell families what meeting 2 needs: running shoes, clothes they can move in, and a water bottle. Say it and text it.

Living Circle, and out.

Send home with families

Sing Happy Birthday at the sink at home. Once your Lion is timing it themselves, the habit has stuck.

At one meal this week, name the food groups on the plate together.

Send running shoes and a water bottle to the next meeting.

Meeting 2: Twenty minutes of running, ten minutes of rest

Goal: Lions are actively moving for a full twenty minutes, and then practice what helps their bodies rest.

Covers requirements 3 and 4

Before the meeting

- Find a safe area free of obstacles for freeze tag and mark the corners with a sports cone. Sixty by sixty feet is a good starting size — shrink it for a small den, grow it for a large one.
- Learn the freeze tag rules well enough to explain them in three sentences. If your explanation takes longer than the first round, you have lost them.
- Read up on nocturnal, diurnal, and crepuscular animals. You need owls, opossums, dogs, birds, and cats.
- Have water available and a shaded or indoor spot to cool down in.
- Set up quiet table space for the page 15 activity after the running, so there is a physical change of place between hard and calm.

Supplies

- Four sports cones
- A timer
- Lion handbooks — page 15
- Crayons, enough to share
- Water for everyone
- Den first aid kit

Run of show

Time	What happens
5 min	Gathering: free play in the coned area
3 min	Opening: Pledge and Scout Law
20 min	Activity 1: Lion Freeze Tag
12 min	Activity 2: Animals Sleep Just Like Me
5 min	Closing

Activity 1 — Lion Freeze Tag (20 min)

Lion Freeze Tag — scouting.org/cub-scout-activities/lion-freeze-tag/

Gather the Lions and adult partners and tell them why they are about to run: part of being healthy is staying active and moving around. It helps your muscles, including your heart, and it is good for your brain.

Then the tagging rule, before the game and demonstrated, not described: a light tag from the waist up only. Anyone who hits, tackles, or roughhouses sits out the rest of that round and the next one. Say the consequence out loud once and then apply it the first time without a discussion.

The rules: pick two Lions to be It. When the round starts, the two who are It work together to tag and freeze everybody else. A tag is a tap plus the word FREEZE. Everyone else runs, dodges, and hides — and can unfreeze a frozen friend by tapping them and saying UNFREEZE. Three minutes per round. It wins if everyone is frozen; everyone else wins if at least one Lion is still moving when time runs out.

Run rounds back to back for the full twenty minutes, rotating who is It so every Lion gets a turn. Adult partners play. A den where the grown-ups are running is a den where nobody sits down.

Water breaks between rounds, and watch for the Lion who has gone quiet and red-faced. Twenty minutes is the requirement, but a Lion who needs to walk a round is still being active.

Also works: It's Time for Lions to Dance — scouting.org/cub-scout-activities/its-time-for-lions-to-dance/ · Lion Says — scouting.org/cub-scout-activities/lion-says/

Activity 2 — Animals Sleep Just Like Me (12 min)

Animals Sleep Just Like Me — scouting.org/cub-scout-activities/animals-sleep-just-like-me/

Move indoors or to a shaded spot and sit down. The change of place is what makes the change of pace work; trying to go calm on the same field you just ran on does not.

Tell them that eating well and moving are only two thirds of it. Your body also needs a chance to rest and sleep. Then teach it through animals, which is the reason this activity beats a lecture on bedtime:

- Owls and opossums are nocturnal — they sleep in the day and are awake at night. Owls hunt mice at night because most other birds are asleep, so there is less competition. Opossums are out at night to avoid the animals that hunt them, and because the things they eat are out then too.
- Dogs and most birds are diurnal — awake in the day, asleep at night, the same as us. Dogs are domesticated and rely on people, so they keep the same hours as the family they live with.
- Ask the Lions whether cats are diurnal or nocturnal, and make them say why. Then tell them cats are neither: cats are crepuscular, which means they are busiest right when the sun comes up and right when it goes down. It is a big word and kindergarteners love it.

Adult partners then work with their Lion on the activity on page 15.

When they finish, have each adult partner talk with their Lion about when they go to bed and when they wake up. Do they feel rested in the morning? Are they getting enough? A Lion-aged Cub Scout needs about ten hours of sleep a night — say that number to the adults, because it is usually news.

Also works: Music Can Soothe the Savage Beast — scouting.org/cub-scout-activities/music-can-soothe-the-savage-beast/ · What Time is Bedtime — scouting.org/cub-scout-activities/what-time-is-bedtime/

Closing (5 min)

Say something like

Today you learned how to take care of your body in simple but powerful ways — choosing healthy foods, washing your hands to stay clean, moving and playing to stay strong, and giving your body time to rest. When you practice these habits every day, you are not just having fun — you are building a healthy Lion ready for every adventure. Keep making good choices, keep moving, and keep taking care of yourself.

Living Circle. Then the den leader and assistant den leader talk through next week while the host adult partner and the Lions put the room back in order.

Send home with families

Set a bedtime that gives your Lion about ten hours. Then hold it for two weeks and see what changes.

Play freeze tag in the yard. Twenty minutes of running is easier to repeat at home than anything else in this adventure.

Pick a rest routine and keep it the same every night — lights down, a book, no screen. Practicing rest is requirement 4 and it does not stop when the meeting ends.

Leader notes

- Every Lion moves at their own level. A Lion who walks a round of freeze tag is being active. Never compare Lions out loud, never weigh them, and never comment on body size.
- The tagging rule has to be demonstrated and then enforced the very first time. Kindergarteners test it once. If you let it slide, you will spend the rest of the twenty minutes refereeing instead of playing.
- Do not schedule the running meeting on a hot afternoon without shade and water. Lions overheat faster than you expect and they do not tell you until it is bad.
- Requirement 4 says practice, not discuss. The handbook page plus a real conversation about their own bedtime is the practice.
- If a family raises a concern about food, weight, or eating, listen, do not diagnose, and refer them to their own doctor.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, plus each Lion's adult partner. If your den includes girls, one of those adults must be a registered female 21 or over.

Annual Health and Medical Record parts A and B on file before the activity meeting. Know which Lions have asthma or another condition, and where the inhaler is.

Water available throughout the freeze tag meeting and real breaks between rounds. Watch for overheating on a warm day.

Ask families in writing about food allergies before any snack or food activity, including bubbles for a child with a soap sensitivity.

Check the play area for holes, sprinkler heads, and glass before the Lions run on it.

Tracking

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

Scout	1	2	3	4

LION DEN • ADVENTURE MEETING PLAN

King of the Jungle

Required adventure • Citizenship

If you read nothing else

Two 45-minute meetings. Meeting 1 is about family — who we live with and how we help. Meeting 2 brings in an older adult and does the service project.

Invite the grandparent or older adult at least three weeks out and confirm the day before. Ask the families in your den first; somebody's grandmother lives ten minutes away.

Requirement 2 is finished at home. The Lion picks a job at the meeting and then actually does it — you collect the confirmation from the adult partner next time.

Requirement 4 is a service project. Tell your committee so the hours get logged in Scoutbook; it counts toward the pack's service total for the year.

The requirements

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

- ☐ 1. Draw a picture or take a photo of the people you live with.
- ☐ 2. With your Lion adult partner, choose a job that will help your family. Follow through by doing that job at least once.
- ☐ 3. Talk with a grandparent or other older adult about what citizenship means to them.
- ☐ 4. Participate in a service project.

Requirement 2 is chosen at meeting 1 and completed at home. Confirm with the adult partner at meeting 2 that the job actually got done at least once.

Meeting 1: Who I live with, and how I help

Goal: Each Lion draws the people they live with and picks one real job they will start doing at home.

Covers requirements 1 and 2

Before the meeting

- Set up table space where each pair can draw side by side.
- Read the room before you start. Some Lions live with one parent, some with grandparents, some between two houses, some with a foster family. Every one of those is a family and your language needs to say so from the first sentence.
- Look at page 17 of the handbook beforehand so you know the list of jobs you are working from.

- Have a way to record which job each Lion picked — you are going to ask about it next meeting and they will not remember unless you do.

Supplies

- Lion handbooks — pages 16 and 17
- Pencils, one per Lion
- Crayons, enough to share
- A notepad or roster to record each Lion's chosen job

Run of show

Time	What happens
5 min	Gathering: free drawing
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: My Lion Family
12 min	Activity 2: Lions Can Help Too
8 min	Closing: grandparent visit preview

Activity 1 — My Lion Family (15 min)

My Lion Family — scouting.org/cub-scout-activities/my-lion-family/

Gather the Lions and adult partners and tell them that the people we live with are our family, and a family is like a little community all on its own — everybody in it has things they need, and everybody in it has a job.

Adult partners then help their Lion draw a picture of the people they live with on page 16. If a Lion divides their time between two families, they draw both. Say that out loud before anyone starts drawing, not afterward when a Lion has already gone quiet.

When everyone is done, each Lion tells the den who they live with. Keep it short and keep it warm. This is a share, not a presentation.

A photo counts too — the requirement allows a picture or a photo. If a family would rather bring one in, that is complete.

Activity 2 — Lions Can Help Too (12 min)

Lions Can Help Too — scouting.org/cub-scout-activities/lions-can-help-too/

Tell them the link that makes this a citizenship adventure and not a chores adventure: being a good member of your family is the same thing as being a good citizen of your town. You do what you can to help.

Adult partners work with their Lion through the tasks on page 17 and talk about which ones the Lion is going to start helping with. They color in the ones they choose.

Then ask the room whether there is anything a Lion could do, or already does, that is not on the page. There always is, and the ones they invent themselves are the ones that stick.

Before you move on, remind every adult partner directly: the requirement is not choosing the job, it is doing the job at least once. Write down what each Lion picked. You will ask about it next meeting.

Closing — Grandparent visit preview (8 min)

Tell the den that a grandparent is coming next meeting to talk about being a good citizen, and get them to think of one question each between now and then. Adult partners write the question on a card at home and bring it.

Kindergarteners will not produce a question cold in front of a guest. They will absolutely produce one at the kitchen table the night before.

Send home with families

Do the job. Your Lion picked one thing to help with at home — help them do it at least once before the next meeting, and tell the den leader it happened. That is requirement 2.

Help your Lion think of one question for the visiting grandparent and write it on a card.

Talk about who is in your family and who else your Lion counts as family. There is no wrong answer to that.

Meeting 2: An older adult, and a service project

Goal: Lions hear what citizenship means from someone much older than them, and take part in a real service project.

Covers requirements 3 and 4

Before the meeting

- Ask the families in your den whether a grandparent lives locally and would come and talk to the den about citizenship. If nobody can come in person, a virtual visit works.
- Once you have a guest, give them the date, time, and location, and tell them exactly what you want: their own thoughts on what being a good citizen means. Send them three questions so they can prepare something concrete — What can someone do to be a good citizen? When was the first election you voted in? How are things different now from when you were growing up?
- Confirm with the guest the day before. This is the single most common failure point in this adventure.
- Read the instructions at militaryholidaycardchallenge.com/how-to-send/ and make one sample card yourself so the Lions have something to copy.
- Gather the card supplies and pre-fold the paper. Kindergarteners cannot fold a straight edge and the folding will eat your whole block if you let it.
- Check the current year's deadline and mailing address before you tell families anything. For the 10,000 for the Troops campaign, cards go in one package from the den to the Scouting America National Service Center — in 2025 the deadline was November 7 and the address was 10,000 for the Troops, Scouting America, 1325 West Walnut Hill Lane, Irving, TX 75015-2079.
- Ask the adult partners as they arrive whether the requirement 2 job got done at home. Tick it off your list.

Supplies

- Construction paper, 8.5x11, various colors
- White copy paper, 8.5x11
- Crayons and markers, enough to share
- Scissors, for adult hands
- Decorative stickers
- A sample card you made in advance
- Camera or phone for photos, with permission on file
- A thank you card for the den to sign for the guest

Run of show

Time	What happens
5 min	Gathering: sign the thank you card
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: the grandparent visit
15 min	Activity 2: 10,000 For the Troops
5 min	Closing

Activity 1 — Grandparent Visit (15 min)

Grandparent Visit — scouting.org/cub-scout-activities/grandparent-visit/

Gather the Lions and adult partners and introduce your guest properly, by name, and say who they are.

Let the guest talk about what citizenship means to them. Then open it up for questions — the Lions have cards they wrote at home, so start with those. A five-year-old reading their own question off a card, with their adult partner helping, is far better than silence and a den leader filling it.

Fifteen minutes is the right length. Tell the guest that number in advance so they plan for it and do not feel cut off.

Thank the guest before they leave, out loud, from the den. Hand over the signed card. Then send a written thank you afterward as well.

Also works: Visiting Grandparents — scouting.org/cub-scout-activities/visiting-grandparents/ · Visit From A Veteran — scouting.org/cub-scout-activities/visit-from-a-veteran/

Activity 2 — 10,000 For the Troops (15 min)

10,000 For the Troops Lion — scouting.org/cub-scout-activities/10000-for-the-troops-lion/

Tell the Lions what they are doing and why: they are making holiday cards for people in the military. Some of those people cannot come home for the holidays, and we want them to know somebody was thinking about them.

Then the rules, which are not optional — walk the adult partners through them before anyone picks up a crayon:

- Address the card to “Dear Warrior.”
- Write a holiday or gratitude greeting, remembering that the people receiving these have many different holidays and beliefs.
- Add a personal note — how does your family celebrate, what do you remember about a holiday. The service members say this is their favorite part.
- Sign with your first name only, plus your town, your state, and your pack number. No last names, no addresses.
- Keep it no bigger than an 8x11 sheet folded in half.

Adult partners write; Lions draw, decorate, and dictate the words. A Lion who cannot write yet still authored the card.

Let them make as many as the time allows. Collect them all yourself at the end — do not let cards go home to be finished, because they will not come back.

Mail them in one package from the den, before the campaign deadline. Then tell your committee so the service hours get logged in Scoutbook.

Also works: Lion Art Supply Drive — scouting.org/cub-scout-activities/lion-art-supply-drive/ · Lion Book Drive — scouting.org/cub-scout-activities/lion-book-drive/ · Lion Scouting for Food — scouting.org/cub-scout-activities/lion-scouting-for-food/

Closing (5 min)

Say something like

Today you discovered that being King of the Jungle is not about being in charge — it is about leading with kindness, courage, and respect. You practiced helping others, making good choices, and showing the confidence that Lions carry wherever they go. Keep using your strengths to lift others up and keep leading in ways that make your den proud. That is how Lions truly rule the jungle.

Confirm you have heard from every adult partner that the requirement 2 job got done at home. Chase the ones you have not.

Send home with families

Tell your Lion who the visitor was and ask what they remember them saying. It will be one sentence, and it will not be the one you expect.

If the family job has not been done yet, do it this week. It is the only part of this adventure a den meeting cannot complete for you.

Watch for the pack service project on the calendar — the more service a Lion does, the more normal it becomes.

Leader notes

- Language about families matters more in this adventure than anywhere else in the Lion year. “The people you live with” is the wording in the requirement, and it is the right wording — use it instead of naming roles.
- A grandparent is not required. Any older adult works: a neighbor, a veteran, someone from your chartered organization, a great-aunt on a video call.
- The service project can be shared with the pack, but every Lion must actually take part. A pack food drive where a Lion carried two cans counts; one where the parents dropped off a box does not.
- Log the service hours in Scoutbook. It takes two minutes and it counts on the pack’s service record for the whole year.
- Get photo permission before you post anything with a guest or with a Lion’s family drawing in it.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, plus each Lion’s adult partner. If your den includes girls, one of those adults must be a registered female 21 or over.

A guest who is not a registered leader is never alone with Scouts and is never left in charge. Two registered adults stay in the room for the whole visit.

Adults handle the scissors. Lions decorate and dictate.

No last names, no home addresses, and no school names on the cards. First name, town, state, pack number.

Photo permission on file before you photograph a Lion or post anything from this meeting.

Tracking

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

Scout	1	2	3	4

Scout	1	2	3	4

Lion's Roar

Required adventure • Personal Safety

If you read nothing else

Two 45-minute meetings. Meeting 1 is the Protect Yourself Rules video and the Shout, Run, Tell practice; meeting 2 is calling 911, five trusted adults, and street and parking lot safety.

The Lion Protect Yourself Rules video runs 13 minutes and requires parent or legal guardian permission in writing. Send the Lion's Roar 1 Parent Notification home at least two weeks ahead and watch it with the adult partners in the room.

Requirement 2 is designed to be done after the video, in the same meeting. Do not split them across weeks — the practice only makes sense while the video is fresh.

A family may prefer to watch the video at home with their Lion. That fully satisfies requirement 1 and no Lion is ever singled out for it.

The requirements

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

- ☐ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Lion rank.
- ☐ 2. With your Lion adult partner, demonstrate Shout, Run, Tell as described in the Protect Yourself Rules video.
- ☐ 3. With your Lion adult partner, demonstrate how to access emergency services.
- ☐ 4. With your Lion adult partner, demonstrate how to safely cross a street or walk in a parking lot.

Requirement 1 needs written parent or legal guardian permission, and the video may be watched at home with the family instead of at the den meeting. Have a parallel activity and a second adult ready for any Lion who is not watching.

Meeting 1: Protect Yourself Rules, and Shout Run Tell

Goal: Lions watch the Lion-level Protect Yourself Rules video with permission, and physically practice shouting, running, and telling.

Covers requirements 1 and 2

Before the meeting

- Send home the Lion's Roar 1 Parent Notification — it is in the Additional Resources for requirement 1 on filestore.scouting.org — at least two weeks ahead, and get written permission

back. A Lion without permission does something else in another room with a registered adult. No exceptions and no pressure on the family.

- Watch the video yourself first, all 13 minutes. You need to know exactly what is coming so you can handle a Lion who reacts to it.
- Test the screen and the sound in the actual room, at volume, before the meeting. Download the video in advance if the internet at your meeting place is unreliable — vimeo.com/325064485.
- Tell adult partners plainly that they are expected to watch it with their Lion. This is the one meeting where their presence is the requirement, not a convenience.
- Find a safe area free of obstacles where Lions can run about 10 yards.
- Know your reporting obligation before you run this meeting. If a Scout discloses anything to you, you report it to your Scout executive and to local authorities the same day.

Supplies

- Screen and speakers, tested at volume
- The Lion Protect Yourself Rules video, downloaded as a backup
- Signed parent notifications, checked at the door against a roster
- Lion handbooks — page 19
- Crayons, enough to share
- A safe open area, about 10 yards clear

Run of show

Time	What happens
5 min	Gathering: permission check and settle in
3 min	Opening: Pledge and Scout Law
15 min	Activity 1: Protect Yourself Rules video
15 min	Activity 2: Shout, Run, Tell relay
7 min	Closing

Activity 1 — Protect Yourself Rules video (15 min)

Protect Yourself Rules Video Lion — scouting.org/cub-scout-activities/protect-yourself-rules-video-lion/

Check permission at the door against your roster before anyone sits down. Do it quietly, at the door, not by asking the room.

Every Lion sits with their own adult partner for the video. The video is 13 minutes and it is built to be watched by the pair together — the parent or legal guardian watching with their Cub Scout is the requirement as written.

Afterward, keep the discussion short, calm, and factual. Do not press for personal stories and do not let anyone turn it into a joke. With kindergarteners, three sentences is enough, and the adult partner does most of the follow-up on the drive home.

If a Lion reacts — goes quiet, gets upset, or says something that worries you — do not interrogate them, do not promise to keep a secret, and speak to their adult partner. If a Scout discloses anything, report it to your Scout executive and to local authorities the same day. You do not investigate it yourself.

Activity 2 — Shout, Run, Tell relay (15 min)

Shout Run and Tell Relay — scouting.org/cub-scout-activities/shout-run-tell-relay-lion/

This activity is designed to be done right after the video, and it is the whole reason the video is not the end of the meeting. Watching is passive. Shouting is not.

Start seated. Ask who remembers what to do if someone makes you feel unsafe. Shout, Run, Tell.

Have each Lion work with their adult partner to color page 19.

Then go to the open space. Lions line up single file, each one about 10 yards from their own adult partner. On your signal, the first Lion shouts — “No!” or “Stay away from me!” or whatever they would actually say if somebody made them uncomfortable — then runs to their adult partner and tells them.

Let every Lion pick their own words. Do not give them a script and do not correct the words they choose. The point is that they hear their own voice being loud on purpose, which for a five-year-old is a genuinely new experience.

Repeat until every Lion has had a turn. Two turns each if the time holds. The second one is always louder.

Closing (7 min)

Tell adult partners what is coming next meeting — practicing 911 and building a list of five trusted adults — and ask them to start thinking about who those five adults are for their own family.

Living Circle, and out.

Send home with families

If your family watched the video at home instead of at the meeting, tell the den leader so requirement 1 gets recorded.

Practice Shout, Run, Tell once in your own yard or hallway. It takes ninety seconds and it is different at home than at a meeting.

Start a list of five adults your Lion could talk to about anything. At least one should be outside your household. Bring it next meeting.

Meeting 2: Calling for help, and crossing safely

Goal: Every Lion practices calling 911 with their adult partner, names five trusted adults, and shows how to cross a street and walk in a parking lot.

Covers requirements 3 and 4

Before the meeting

- Set up table space where pairs can work on handbook pages 20 and 21 together.
- Find a safe area free of obstacles, about 25 yards long, for red light green light.
- Learn the red light green light rules cold: everyone starts on the line, the game leader stands at the finish about 25 yards away. On “Green Light” everyone moves toward the finish. On “Red Light” everyone freezes — anyone still moving goes back to the start. When the first person crosses the finish, they become the game leader for the next round.
- Decide in advance what emergency you will use in the 911 practice. One adult in the den grabs their chest and falls to the ground works well: it is serious, it is clear, and it is not frightening.
- Have the five trusted adults explanation ready in words the adult partners will understand. This is really a conversation with the grown-ups.

Supplies

- Lion handbooks — pages 20 and 21
- Crayons, including red and green, enough to share
- Pencils, one per Lion
- A safe open area about 25 yards long

Run of show

Time	What happens
5 min	Gathering: free coloring
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: Practice 911 and Five Trusted Adults
15 min	Activity 2: Green Means Go and Red Means Stop
5 min	Closing

Activity 1 — Practice 911 and Five Trusted Adults (15 min)

Practice 911 and Five Trusted Adults — scouting.org/cub-scout-activities/practice-911-and-five-trusted-adults/

Gather everyone and tell them that when they are in trouble, or when they see somebody else in trouble, it is important to call emergency services. Ask if anyone knows the number.

Then ask when you should call 911, and listen for these:

- There is a fire where there is not supposed to be one.
- Someone is unconscious — they look like they are asleep but they will not wake up.
- Someone is having trouble breathing, or has stopped.
- Someone is choking.
- They see a crime happening.
- They see a car accident and no emergency vehicles are there yet.

We do not call 911 to practice, so we practice on page 20. Each Lion pushes the numbers on the handbook page while their adult partner plays the dispatcher and asks the real questions. Give them the scenario you chose — one of the adults here grabbed their chest and fell down.

- Where are you? Where is the emergency? The location, including the street address.
- Who is involved? Is anyone hurt? Names or descriptions of the people there.
- When did it happen? Is it happening right now?

The address is the part that will catch them out, and it is worth the extra minute. Ask each Lion what address they would give a dispatcher from this room, right now. Most will not know. Send that home as a job for the family.

Then the five trusted adults. Each pair makes a list of five adults on page 20. Explain to the adult partners why five, and use these words:

Say something like

Every young person should have at least five adults, picked with their parent or guardian, who they can talk to freely about their feelings and their problems, and who give them healthy attention. A child with a network like that is much harder for someone who abuses children to groom. The list can change as your circumstances change — that is fine. What matters is that it exists and your Lion knows the names.

At least one of the five should be outside the household. Say that plainly.

Also works: Home Security Emergency Services — scouting.org/cub-scout-activities/home-security-emergency-services/

Activity 2 — Green Means Go and Red Means Stop (15 min)

Green Means Go and Red Means Stop — scouting.org/cub-scout-activities/green-means-go-red-means-stop/

Sit everyone down and tell them the rule that this whole requirement rests on: always pay attention when you are crossing a street or walking in a parking lot. Look all the way around you, and look at every car you can see.

Say something like

Just because you can see the car does not mean the car can see you. A driver backing out of a parking space is looking behind their own car, and you are shorter than the trunk. So you look at them, and you wait until you know they have seen you.

Then the crossing rule: use a crosswalk, and wait for the signal that says you can walk.

Adult partners work with their Lion on the activity on page 21.

Then take everyone outside and play red light, green light. Adult partners play too. Everyone starts on the line, the leader stands about 25 yards away. Green Light and they move; Red Light and they freeze, and anyone still moving goes back to the start. First one to the finish becomes the leader for the next round.

The game is not decoration. Stopping instantly on a word, over and over, with your body already moving, is the exact reflex you want at the edge of a parking lot. Say that to the adult partners so they play it like it matters.

Also works: Make Believe Parking Lot — scouting.org/cub-scout-activities/make-believe-parking-lot/

Closing (5 min)

Say something like

Today you learned one of the most important parts of being a Lion: how to stay safe and speak up when something does not feel right. By practicing Shout, Run, Tell, learning how to get help in an emergency, and understanding how to stay safe around streets and parking lots, you showed courage, awareness, and responsibility. Keep using these skills wherever you go — because a Lion who knows how to stay safe can explore the world with confidence.

Living Circle. Then the den leader and assistant den leader talk through next week while the host adult partner and the Lions put the room back in order.

Send home with families

Teach your Lion your home address until they can say it without help. Then teach them a phone number for a parent.

Finish the five trusted adults list and put it somewhere your Lion can see it. Tell each of those five adults they are on it.

Walk to the car in a parking lot holding hands and narrate what you are looking at. Say out loud which cars might be about to move and why.

Leader notes

- Written permission for the Protect Yourself Rules video is required, and it is not a formality. A Lion whose family declines is never singled out — have a parallel activity and a registered adult ready in another room.
- The video is built to be watched by the Scout and their parent or guardian together. Invite the adult partners to watch and expect them to. Several will thank you for it.
- Keep the tone calm. The goal is a Lion who feels capable, not a Lion who is frightened of parking lots and strangers.
- You are a mandatory reporter in practice. If a Scout tells you something, report it to your Scout executive and local authorities the same day. Do not investigate it yourself, and never promise a Scout you will keep it secret.
- Requirement 4 says demonstrate. A Lion who watched an adult cross a street has not completed it — they have to do it, even if the crossing is a taped line on the floor.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Written parent or legal guardian permission on file before any Lion watches the Protect Yourself Rules video.

Preview the video yourself before showing it. Know what is in it.

Never practice street crossing on a live street with kindergarteners. Use a taped crosswalk indoors or a closed parking area with adult spotters at every entrance.

Check the running area for obstacles before Shout, Run, Tell and before red light green light.

If a Scout discloses abuse, report to your Scout executive and to local authorities the same day.

Tracking

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

Scout	1	2	3	4

Lion's Pride

Required adventure • Family and Reverence

If you read nothing else

One 45-minute den meeting plus a short share-back at the start of the following meeting. Requirement 2 happens with the family, on their own time.

The Tree of Reverence runs as the gathering activity, so families do it as they arrive. Draw the tree on poster board and cut the leaves out before the meeting — that prep is what makes the gathering work.

Your job here is to make every family feel their tradition belongs in this den, including families with no religious tradition, who complete these requirements through their own values, celebrations, and gatherings. Say that in the family letter, in those words.

Send the family letter two weeks ahead so the requirement 1 conversation happens at home before the meeting. A five-year-old cannot invent their family's faith traditions on the spot.

The requirements

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

- ☐ 1. With your parent or legal guardian, talk about your family's faith traditions. Draw a picture of your favorite family's faith tradition holiday or celebration.
- ☐ 2. With your family, attend a religious service or other gathering that shows how your family expresses reverence.
- ☐ 3. Make a cheerful card or a drawing for someone you love and give it to them.

Requirement 1 is a conversation with a parent or legal guardian; the drawing is done at the meeting. Requirement 2 is done with the family outside the den meeting. The den meeting completes requirement 3 and gives requirement 1 its workspace.

Meeting 1: The Tree of Reverence and a note of kindness

Goal: Every Lion draws their favorite family faith tradition, holiday, or celebration and adds it to the den's tree, and makes a card for someone they love.

Covers requirements 1 and 3, and sends home 2

Before the meeting

- Send the family letter two weeks ahead asking families to talk about their faith traditions with their Lion before this meeting. Word it so that every family is included — “your family's faith

traditions, or the values and celebrations your family holds” covers everyone, and some of your families are not religious at all.

- Draw a large tree on a sheet of poster board. Print and cut out the paper leaves — the Lion's Pride 1 Leaves file is in the Lion adventure resources on filestore.scouting.org. Three leaves per Lion.
- Have three rolls of clear tape out and open. Kindergarteners cannot start a roll of tape.
- Look at page 23 of the handbook so you know what the card activity involves and where the cutting happens.
- Think about who in your den might have nothing prepared, and have blank paper and a warm sentence ready for them.

Supplies

- One large sheet of poster board with a tree drawn on it
- Pre-cut paper leaves, three per Lion
- Crayons, enough to share
- Three rolls of clear tape
- Lion handbooks — page 23
- Scissors, for adult hands
- Envelopes and stamps, if families want to mail the cards

Run of show

Time	What happens
10 min	Gathering: Tree of Reverence
5 min	Opening: Pledge, Scout Oath, Scout Law
10 min	Activity 1: read the tree
15 min	Activity 2: Lion Note of Kindness
5 min	Closing

Gathering — Tree of Reverence (10 min)

Tree of Reverence Lion — scouting.org/cub-scout-activities/tree-of-reverence-lion/

Greet each family at the door and give them their leaves with a single prompt: draw a picture of your favorite family faith tradition, holiday, or celebration.

Lions draw; adult partners help and write a word or two if the Lion asks. Then they tape their leaves onto the tree.

Encourage families to read the other leaves as more go up. That reading, done casually while people arrive, does more for this adventure than any discussion you could run from the front.

That is requirement 1 — the drawing here, and the conversation at home beforehand.

Also works: Lion Holiday Drawing — scouting.org/cub-scout-activities/lion-holiday-drawing/

Activity 1 — Read the tree (10 min)

Gather everyone in front of the tree. Each Lion points at their own leaf and says in one sentence what it is. Their adult partner can help.

Set the rule before the first Lion speaks: we listen, we do not compare, and nobody's celebration is weird. Say it once and enforce it the first time, and you will not need to say it again.

Expect real variety on the tree — a menorah, a Christmas morning, Diwali lights, an Eid table, a Day of the Dead marigold, a grandmother's birthday, a harvest meal, a family reunion, a Fourth of July. All of those belong on the tree and all of them satisfy the requirement.

Then ask one question and let the answers sit: what did you see on somebody else's leaf that happens in your family too?

Say something like

Look at how many different pictures are on this tree. And look how many of them have food in them, and people sitting together, and somebody saying thank you. Every family in this den does it a little bit differently, and every family in this den does it.

Leave the tree up in your meeting space for the rest of the year if you can.

Activity 2 — Lion Note of Kindness (15 min)

Lion Note of Kindness — scouting.org/cub-scout-activities/lion-note-of-kindness/

Ask the Lions what they can do to be kind to other people. Take every answer.

Then tell them one way to be kind is to give somebody a card that says how special they are.

Lions make their cards using page 23 of the handbook. Adult partners do the cutting; Lions do the drawing and decide what it says.

Ask the adult partners to help their Lion actually get the card to the person — hand it over, or put it in an envelope and mail it. That last step is the requirement. A card made and left in a backpack has not been given to anyone.

Finish by telling them why this counts as Scouting: being kind is in the Scout Law, and looking for chances to be kind is part of the job now.

Closing (5 min)

Explain requirement 2 to the adult partners directly, and be generous about it. The family attends a religious service, or any other gathering that shows how their family expresses reverence. A family with no religious tradition completes this through their own gathering — a family meal, a memorial, a volunteer morning, a celebration that matters to them.

Tell them there will be a short share-back at the start of the next meeting, and that it is fifteen minutes, not a whole meeting.

Say something like

Today you showed what Lion's Pride is all about — helping your den, treating others with kindness, and learning how everyone's actions make the group stronger. When you listen, share, and work together, you help create a den where every Lion belongs. Keep showing that pride in everything you do, because your actions make our whole pack better.

Send home with families

Attend a religious service, or another gathering that shows how your family expresses reverence. That is requirement 2. Before you go, talk together about what is being celebrated, how it connects to your faith or your family's values, and how often it happens. Afterward, talk about how it felt, what your Lion liked most, and whether anything inspired them. Lion Attend a Religious Celebration — scouting.org/cub-scout-activities/lion-attend-a-religious-celebration/

The celebration does not have to be your own family's faith. Many faiths mark births, coming of age, and weddings, and attending someone else's fully counts.

A family with no religious tradition completes this through a gathering of your own that shows what your family holds important. That is a complete answer to this requirement, not a substitute for one. Lion Family Reverence — scouting.org/cub-scout-activities/lion-family-reverence/

Make sure the kindness card actually gets to the person it was made for.

Meeting 2: Share-back

Goal: Lions say one thing about the service or gathering they attended with their family.

Covers requirement 2, completed at home and confirmed here

Before the meeting

- This is a fifteen-minute block at the start of your next regular den meeting, not a whole meeting. Say so in the family letter so nobody arrives expecting more.
- Have a roster ready so you can tick off requirement 2 for each Lion as they share.
- Have a quiet answer ready for the family who did not manage it yet. There is no penalty and no announcement — you just ask them again next month.

Supplies

- Roster for recording completion
- The Tree of Reverence, still up on the wall

Run of show

Time	What happens
15 min	Share-back circle
—	Then continue with your next adventure

Share-back circle (15 min)

Sit in a circle. Each Lion gets about thirty seconds with their adult partner beside them: where did you go with your family, and what was one thing you liked?

Thirty seconds is right. A kindergartener describing a Sunday service or a family dinner will give you one image, and that image is the whole share.

Same rule as last time, said again before the first Lion speaks: we listen, and nobody's family does it wrong.

Never ask a Lion to explain or defend what their family believes. They share what they choose to share, and you take it and thank them.

Record requirement 2 against each Lion as they go. Then move straight into your next adventure — the share-back is the front fifteen minutes of an ordinary meeting.

Leader notes

- This is the most sensitive adventure in the Lion year. Handle it with care and every family feels seen; handle it carelessly and you lose someone.
- Scouting asks a Scout to do their duty to God but does not define God for them. A family with no religious affiliation completes these requirements through their own values, traditions, and gatherings — say so in the family letter, in those words.
- Never ask a Lion or an adult partner to explain or defend their family's beliefs, and never let the den turn a leaf on the tree into a question-and-answer session.
- If your pack is chartered to a religious organization, be especially deliberate about welcoming families of other traditions and of none. The chartered organization provides the meeting space; it does not set the Scouts' beliefs.
- Religious emblems programs exist for most faiths and are earned outside Scouting through a family's own faith group. Mention them to families — this adventure is a natural on-ramp.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, plus each Lion's adult partner. If your den includes girls, one of those adults must be a registered female 21 or over.

Adults handle the scissors for the card activity. Lions draw and decorate.

Ask about food allergies before anything edible is shared, and label everything that comes in.

Photo permission before posting anything from the Tree of Reverence or the share-back — some families will not want their traditions online.

Tracking

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

Scout	1	2	3

Scout	1	2	3