Lion Den
Leader Resource Book

Hawk Mountain Council
Boy Scouts of America
5027 Pottsville Pike
Reading PA 19605-1284
610-926-3406

http://www.hmc-bsa.org/
With Grateful Appreciation and Recognition to the following organizations:

Longhouse Council, Syracuse NY Boy Scouts of America.
Lion Cub Program Manual for pilot program,
Version with additional activities:

Learning for Life Lesson Plans

Activity Village, http://www.activityvillage.co.uk/

Super Teacher worksheets, http://www.superteacherworksheets.com/

Farm to Table Food and Health Activity Sheets
http://www.nourishinteractive.com/nutrition-education-printables

Lion Den Resource Book compiled by Lisa Wilder (econsgr8@gmail.com) Sept. 2014.
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Welcome to Lion Cubs!

This is an exciting new program offered by the Boy Scouts of America’s Learning for Life Division. The program is still in the pilot stage, meaning that you are among the first to participate.

The Lions program introduces scouting to kindergarten age boys and their adult partners. The activities are rooted in the fundamental goals of scouting including personal fitness, love of country and caring for others. The program helps youth build self-confidence, try new things, have fun together and strengthen family ties.

Family is an important part of the Lion’s program and all scouts participate along with an adult partner. Usually this is a parent, but any significant adult in the youth’s life might participate – grandparent, other relatives or even a close friend. Adult partners must be over 18 years of age.

Boy Scouts of America wants Lions and their families to:
  Have Fun Together
  Know One Another
  Grow Together
  Get Along Together
  Discover Together

We hope that this resource booklet will help you get off to a great start with your Lion planning, either as the Den Guide or as an adult partner. Feel free to make copies of the activities in this guide to distribute to your scouts.

In Boy Scout Leader trainings, we always emphasize “Keep it simple, Make it fun”. These materials are provided only as suggestions and we don’t expect that you will choose to include every activity. How you deliver the program and what activities you choose depend on your interests, and, most importantly, the interests of your scouts.

Don’t forget that there are other resources available too. Den Leaders and the Cubmaster in your pack are experienced and have already gone through the same steps you are just beginning – how to plan an activity, where to find the resources you need, how to address any problems in the den. Be sure to ask for help and suggestions. Boy Scouts of America also has trained professionals available to help packs be as successful as possible. Any questions you cannot resolve at the pack can be addressed to your district executive. Just call the Beaver Family Service Center (610-926-3406) to be put in touch with the professional staff in your area.

Those experienced leaders who have helped to prepare these materials have found leading a lion den to be a fun and rewarding experience. We hope that you and your scouts have a very fun year together.
Frequently Asked Questions

What is a Pack and a Den?
Youth in the same grade participate in a group together (called a Den). All the dens (grade level groups) together are referred to as a Pack. Large Packs sometimes have multiple dens at a grade level so that group sizes stay small. There is no set number for maximum den size—it depends on the youth and the leaders. Usually dens have 4-8 youth, but this is just a very basic guideline.

Youth are divided into a den basically based on their grade in school. Scouts move from one level to the next with the same group of youth. Even if they are held back in school, youth still typically move on with their friends in the den. As the youth grows, the activities grow with them and are designed to support their interests, learning and abilities.

The dens corresponding with each grade level are:
Lions – Kindergarten or age 5, along with an adult partner
Tigers – First Grade, along with an adult partner
Wolves – Second Grade
Bears – Third Grade
Webelos (“We Be Loyal Scouts”) – Fourth Grade through the middle of Fifth Grade.

How are family members involved in Cub Scouting?
Cub Scouting is a family program. Many Pack activities like a monthly pack meetings and outdoor adventures include family. Parents and other adults are encouraged to participate. Having fun with your family and learning how to interact with adults outside your family are both goals of scouting.

Since the needs and abilities of scouts change from kindergarten to fifth grade, the role of the family changes too.
At first, an adult partner attends each meeting with the scout. Both Lions (Kindergarten) and Tigers (First grade) include an adult partner at meetings. Be sure to make this clear to each family when they register for the program and at the first meetings. You should design your activities knowing that an adult will be available for each scout (so cutting with scissors, writing, etc. are okay even with kindergarteners). Exceptions may need to be made (for example, if the family has scouts in multiple dens).
Starting with Wolves (Second grade), the scouts attend meetings lead by a Den Leader and one or more assistants or helpers. Many of the activities in Wolves and Bears involve the family and some activities are completed at home. Parents will sign in the Cub handbooks when activities are completed. Some parents will become Den Leaders, Assistant Den Leaders or helpers. Parents should be encouraged to stay involved and should receive announcements and updates.
In the Webelos program, scouts explore a variety of topics in more detail and the majority of activities are completed at meetings with the help of the Webelos leaders and sometimes specialists in the subjects the boys are studying (engineering, forestry, geology, etc). Having all parents complete a family inventory helps the Webelos leaders identify resources for meetings. Sometimes Webelos bring ‘home work’ to do together with their families, like check your smoke detector batteries or help with home improvements. However, for the most part, the Webelos program prepares the youth to
learn new things from adult experts like they will when they join a Boy Scout Troop. The Webelos leaders will sign the Cub Handbooks when activities are completed.

What is 2-deep leadership?
All scouting units employ a policy of 2-deep leadership. In order to promote and achieve youth protection, interactions with scouts occur with 2 adult leaders present. There are no exceptions. This protects children from potential abuse and also protects our leaders from accusations of abuse. Since adult partners participate with all Lion activities, 2-deep leadership is easy to maintain. This applies within meetings as well so, for example, if you wish to speak with a scout one-on-one, this still should occur within eye-shot of the rest of the group or you should have a second adult present.

The Lion Den Guide should take the online Youth Protection Training. This short course will familiarize you with guidelines that the Boy Scouts of America has instituted to protect the children and leaders. Parents can also benefit by viewing this program. You can find this at myscouting.org or contact your Cubmaster or Pack Training Chair to borrow a DVD.

Where and how often are meetings held?
Each Pack has a Charter Organization sponsor (a church, school or other organization). Den meetings are often held at the Charter Organization. Dens may all meet the same night or dens may meet on different nights, especially in large packs. Sometimes dens may meet at the homes of the scouts.

Most Packs also have a pack meeting where all the dens come together. This is a chance for all the youth and families to see what other dens are doing and includes fun things like family activities, skits, songs and games. As a den guide, you might help your scouts prepare a simple skit or song for Pack meetings. Pack meetings might be at the Charter Organization’s location or might be somewhere else.

The number of Lion meetings per month depends upon the Pack. We encourage you to meet the same number of times per month as the Tiger Den. Often this means three den meetings per month and one pack meeting. A field trip might substitute for a den meeting. Some Packs meet less often than this but we encourage you to have an active group.

What do scouts and adult leaders wear?
Uniforms tell everyone that they belong and are a part of a group. Sometimes a Cub Scout uniform is the first uniform a youth will wear. Any time a group is dressed the same, they are in uniform and create a group identity.

The suggested Lion Cub uniform is the Lion Cub tee-shirt. Dens are also free to choose to wear the Cub Scout Uniform shirt or a pack tee-shirt if they would like. Adult partners may wear a Lion Den tee shirt to meetings too but this is not required. We encourage the Den Guide to wear the official Boy Scout leader shirt.

Some dens also create felt vests for their Lion Cubs. These are handy for attaching patches that the scout will receive participating in events (Boy Scouts love patches). The vest can be worn over a Lion cub tee shirt or any tee shirt as a simple, special uniform. The instructions for creating a simple, traditional red patch vest are included in this guide.
Do Lion Cubs participate in council activities and camp?

The Boy Scouts of America is arranged into Councils and our Council is named Hawk Mountain (it includes all of Berks and Schuylkill Counties and part of Carbon County). The Council headquarters on Route 61 in Reading supports all Packs in the area and offers special scouting events. In addition, our council is divided into 4 smaller areas called Districts and each District holds events to bring packs together.

Lion Cubs are welcome to participate in Cub Scout Adventure Day, the district Pinewood Derby and other council and district sponsored Cub Scouting events. These events, some of which are held at our 700 acre outdoor program area, Hawk Mountain Scout Reservation, give Scouts an opportunity to experience new adventures.

Lion Scouts may attend Hawk Mountain Council’s Summer Day Camp at the end of their Kindergarten year (technically, they will be called Tiger Cubs). At day camp, scouts have a chance to swim, play games, make crafts and try archery and BB gun shooting.
About Lion Cub Awards (Advancement)

Each den has its own, age-appropriate set of activities called ‘advancements’. By completing certain activities, the scout earns a rank patch. Since the Lion program is in the pilot phase, there are a number of different advancement programs. The one our Council is using is similar to the one used by the Longhouse Council.

Lion advancements consist of 8 themes and 3 special awards. In each theme, the lion cub completes a den activity, a family activity and (in most cases) a special requirement. These are listed in this leader guide and in each scout’s handbook.

The Themes are:

1. Getting to know you
2. I am fit (Staying Healthy)
3. I am safe (Life Skills for Safety)
4. I am a citizen (Understanding our Community)
5. I use money (The Basics of Needs and Wants, How Banks Work)
6. I care (How We Can Help Others)
7. I respect (We Are All Different)
8. I have courage (How to Deal with Things that are Scary)

Three special awards are also presented to Lions who participate in specific activities. They are not required for the Lion badge. These are:

- I love to race (Build and race a Pinewood Derby Car or Rain Gutter Regatta Boat)
- I love to travel (2 trips with the Den or Pack)
- I love to camp (Participate in Pack Camping or an Outdoor Council/District Activity)

Part of the fun of advancement for scouts is keeping track of their progress. The Lion Cubs can color in the appropriate paw print in their Lion Handbook after completing a requirement. Be sure to remind them not to color in tracks before the requirements are finished. The den guide should keep a list of the requirements and check them off as they are completed by each scout.

A scout is presented with a recognition for each theme. This is to be worn on their shirt. Recognizing accomplishments is an important part of the scouting program and should be done soon after completion of the requirement. Good times to present awards would be at a pack meeting or even at the closing of a meeting. Make the presentation special – let the scouts know that you are proud of them and tell everyone what they have done.

Completing all 8 themes results in presentation of the Lion Cub Award. Often this is presented at the Blue and Gold Banquet (a special event celebrating the anniversary of Boy Scouts, usually in February or March). It could also be presented at a Pack Meeting or at the end of the Scouting year. Try to help scouts who might have fallen behind so that this is a good experience for everyone in the den.

Lion Cubs can also earn awards through the Academics and Sports program (the Belt Loops). Check with your Pack about policies on how and when these awards are earned and presented.

Preparing your Lion Cubs at the end of the year to earn this award when they become Tigers is a great ending to the year. You can use this as a trail to Tigers. The Bobcat requirements are listed in the back of the Lion Handbook.
Preparing and Running a Meeting

Lion dens use “shared leadership” meaning that each adult partner helps in the leadership of the den. A den guide helps to coordinate and support the adult partners. While the den guide will conduct some of the meetings early in the year, the adults of the den should sit down together and plan a calendar with the themes and identify the leader for each. It is important that you talk to the adult partners so that they understand how “shared leadership” works.

The suggested format of a meeting is:

1. Gathering
   You will want to have a simple game, puzzle or other activity ready for when the scouts arrive. If you don’t have a way for them to be entertained, they will find their own activity (which you may or may not like). Your activity might be related to a previous theme or the new theme for the night. It might just be for fun. Having a collection of small games, activity and coloring sheets, etc. can be part of your den box.

2. Opening
   Den meetings usually start with an opening. The opening tells the youth that it is time to be more serious and stop whatever gathering activity they were doing. Some scouts will have a harder time giving up the gathering activity than others. Be positive about what you have in store for them when the meeting begins. Giving a little preview like asking them if they ever played marbles or if they would like to draw with markers with you later can help the transition. Giving the scouts a warning that it will soon be time to start helps too.

   An opening might be done together with other dens in your pack or you may have your own opening or a combination of both. Ask your Cubmaster what he or she would suggest. Starting with the Pledge of Allegiance and/or the Cub Scout Promise or the Lion Cub Promise is common.

   These are:

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<thead>
<tr>
<th>Cub Scout Promise</th>
<th>Lion Cub Promise</th>
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<tr>
<td>I promise to do my best to do my duty to God and my country, to help other people and to obey the Law of the Pack.</td>
<td>I promise to listen to my parents, be a friend to all and to be a good scout.</td>
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   The final part of your opening might remind scouts about good behavior. Remember that being in school is new for Lion Cubs. Basics like sitting down during the meeting, taking turns talking and so on are new skills that we are helping the scouts to learn. This is called structure, and it’s all new at age 5.

   At your first meeting, it is good to introduce and explain the code of conduct (and for older scouts, asking them to write the code of conduct is a great activity). Tell them how you will handle things like potty breaks and drinks from a water fountain (without guidance, these two can take up pretty much a whole meeting). A Lion Den’s code of conduct can be a poem or saying that you teach the scouts. For example, you could make up hand gestures and start your meeting with:
Helping Hands, Walking Feet, Listening Ears, Let's take a Seat.
We only speak when it's our turn; Lion Scouts have fun and learn.

3. Sharing
After the opening, many dens take a few minutes to check in with each scout and his adult partners. You can ask which of the family activities for a theme they have completed. You can ask them questions that relate to the theme for the meeting. The best meetings are filled with activity so keep the talking to a minimum. Encourage the scouts to use good listening skills and good manners.

4. Theme Activity
A big part of your meeting will be exploring the theme for the evening. Some meetings might also revolve around a holiday or upcoming pack event or another activity. Your meeting can include games and crafts and should be active and fun. Make sure that talking is kept to a minimum or you talk while doing other things. Remember that you have beginning readers and writers at best (some scouts will not be able to do either yet) so be creative about how you tell them about the themes. Encourage sharing and teamwork. Recognize the scouts when they are showing good teamwork, sharing and other positive behaviors. If the meeting doesn't seem fun, be flexible and help the scouts find a way to have fun.

5. Refreshments
While meetings are usually less than 1 hour, a snack is often a scout favorite. In fact, I have yet to meet a Lion Cub that didn’t love the snack part of the meeting. A simple, healthy snack is a nice break and a good time to practice conversation. Sometimes the snack can tie in with the theme. Some snacks can have the scouts make their own (putting together their own ants on a log). Remember to be on the lookout for food allergies. Encourage the scouts to help with clean-up.

6. Closing
You should end each meeting the same way each week to tell the scouts it’s time to go. One option would be the Lion Cub Motto: Have fun, Play Fair, Be Honest. Another option, especially if you have your closing with other dens, is to use the Cub Scout Motto: Do Your Best. Try to avoid too many announcements and have important information written down or sent out by email.


Your first stop in preparing for a meeting is to select your theme. The Lion Cubs Handbook and this Leader’s Guide provide a curriculum that is age-appropriate and based on Boy Scout values (personal fitness, good citizenship, service to others and more).
Den meetings are not work but they are ‘fun with a purpose’. You should think of activities which help the scouts understand the theme you have selected at their grade level.

Some den meetings might be focused on a holiday (be sensitive to differences in your den), season or upcoming pack activity. Regardless of the topic, think of ways to encourage teamwork (this is good citizenship) and being healthy.

Once you have selected a theme, use the Meeting plan on pages 10-11 and decide on your theme related activities. Talking doesn’t work well for such young scouts so get active and have fun.

Good choices include a game and/or a craft activity. Some scouts may not participate in your planned activity and this will be managed by their adult partner. Encourage participation, but an unhappy scout is not having a positive scouting experience. Some are watchers, some are improvisers. Some will be finished early so have some extra supplies or another activity for them (small game, activity sheet, etc).

We are lucky to live in an age of vast information. You will find some theme related suggestions in this guide. There is also a list of internet based resources. A few searches will reveal even more options for crafts, games and other activities – look particularly for Kindergarten activities related to the theme you have selected. Pinterest is a wonderful collection of user generated ideas.

The Lion Cub Program is derived from the Kindergarten curriculum for Learning for Life. The full Kindergarten curriculum is available and might be useful for finding handouts and activity suggestions. It can currently be found at [http://www.crossroadsbsa.org/lfl/files/Manuals/Kindergarten%20-%20Teachers%20Guide.pdf](http://www.crossroadsbsa.org/lfl/files/Manuals/Kindergarten%20-%20Teachers%20Guide.pdf)

When searching, remember the abilities of your scouts and make sure that the activities and games are age appropriate and limit the use of dangerous supplies (hot glue guns and sharp scissors, for example, should only be used by adult partners and can be problematic). Consider also time available and the mess involved.

It’s better to select easy activities (especially at first) and be flexible – it might take a much longer or much shorter time than you expect. Have a back-up plan in case your activity isn’t working, you finish early or the scouts don’t seem to be having fun. Even having a pack of Uno cards or some similar activity in your Den Box can be a big help.
Some Hints About Kindergarteners

1. **Kindergarten kids need time for transitions.** When one activity is changing to another, give very clear directions about what the children should do. Instead of saying, “It’s time to clean up”, say “Please put the caps back on all of the markers and put them in the bin. If you would like to finish your picture later, put it under your chair”.

2. **Make sure you have the attention of your scouts before you talk.** The Cub Scout Sign is our quiet sign and you should teach that when the sign is up, they can’t talk or make other noises. You can use a visual clue like “If you can hear me, put your finger on your ear”. Stand near scouts who are having more trouble paying attention and get down on their level as needed.

3. **Kindergarten children have a wide range of abilities** when it comes to letter recognition, writing and drawing, fine motor skills and listening ability. The adult partners are there to help you and can step in as much or as little as needed to help their child. As a rule, stay away from big words, delicate cutting or gluing, etc. You want the activities selected to be completely within the abilities of your scouts. Try them out first – another benefit of making a test craft is that you have a model to show the scouts before they start the project.

4. **Only get out the supplies you need for a current activity** (or at most for the current meeting). Other supplies are distractions. It’s great to get to the meeting early and have everything ‘staged’ – in a convenient place and out of the way until you would like the scouts to starting using it.

5. **Have the scouts put their names on everything they create.** Not every scout can write their name, especially at the beginning. Help as needed. Watch as scouts are leaving at the end of a meeting and remind them to take home projects and papers.

6. **Be sure to pace your activities.** Only do a step or two at a time. Be sure not to talk too long. Have a schedule to be sure you aren’t rushing at the end of a meeting.

7. **Count on your parent helpers.** Can you imagine how much easier it would be for kindergarten teachers if the parents came to school every day to help? Ask the adult partners how it is going for their child and make adjustments.

8. **Know some discipline and management tricks*.**
   - **Hover.** Standing near a scout who is making or likely to make a bad choice lets them know that you are paying attention.
   - **Get Eye to Eye.** Kneeling down makes you less scary and helps to convey your ideas more personally.
   - **Do-overs.** Say something like: “Bobby and Joe, please make a different choice.” This is like a do-over and often the boys already know what they were doing wrong.
   - **Turn weaknesses into strengthens.** You’ll get to know your scouts and some will consistently have the same behavior issues. Try to turn the problem behaviors into something positive. The kid who can’t sit still can be your best cleaner-upper. The doodler can be asked to ‘take notes’.
   - **Ask for their help and cooperation but still be in charge.** Be positive about
the choices you are offering “Do you want to clean up before or after snack? Or “Which job do you want to do?”

9. **Have scouts sit in a line instead of stand.** If you need to line up or wait to do something, there’s less trouble to get into when sitting.

10. **Smile, be willing to be a little silly and have fun.** Sometimes it’s best to follow the scouts’ lead. If things aren’t going like you planned, adjust. Remember that most important thing is that everyone has fun. The learning will slide in around the edges.

* from [http://theteachingpalette.com/2011/03/05/how-to-survive-kindergarten/](http://theteachingpalette.com/2011/03/05/how-to-survive-kindergarten/)

Other tricks from: [http://k6educators.about.com/u/ua/classroommanagement/get-student-attention.htm](http://k6educators.about.com/u/ua/classroommanagement/get-student-attention.htm)

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**The Den Box**

Gather commonly used supplies. These often can be stored at the scout meeting place. Tool boxes, plastic bins or even a good cardboard box will keep materials together. Check with your Pack leaders to see if a Den box is already available or how to acquire the supplies for a Den box. Remember the age of your scouts and select appropriate items (beginner scissors, washable markers instead of Sharpies, etc). You may wish to have your own set of ‘adult versions’ of some tools.

**Items you may want to include:**
- Crayons (usually in 2 or more containers to spread through the room)
- Washable markers
- Glue sticks
- Small school glue bottles – large bottles sometimes dry out (replace more frequently)
- Small paper plates (for paints and glue)
- Pencils for each scout and partner (sharpen ahead of time)
- A Pencil sharpener
- Stapler
- Child scissors for each scout
- Construction paper
- Plain paper (for writing)
- Tablecloth for protecting surfaces. Usually inexpensive party tablecloths work well.
- Snack supplies – small paper plates, napkins
- A roll of paper towels
- Impromptu game supplies – cotton balls, balloons, pingpong balls in an egg carton, uno cards, dice, bean bags, etc
- Rubber bands or small boxes to organize supplies
- Signs for Code of Conduct, The Cub Scout Promise, Attendance, etc. as you wish.
About Themes and Activities

The activities included here are only some of the possible ways to introduce the themes. Focus on the descriptions and aims of the themes when making your choices. We don’t expect that you will use all the activities in this booklet – it’s just a resource to take from as you wish.

Scouts should do their best when it comes to achievements. There is no set performance standard – everyone should participate, but you do not need to judge if the scout performed well in a task. Use your best judgment when choosing activities but stay true to the ideas behind the requirements.

The Lion Cub Badge requires each scout to do one den activity in each theme. You will often decide to do more than one of the den activities. Each lion must also do one family activity for each theme. You should encourage scouts to go home and complete a family activity when working on each theme. You should ask the scouts if they completed the family activity and record this on the Lion Tracking Sheet. Scouts are honest so we take a scout’s word if a family activity was completed – they can be encouraged to show what they did, but it is not required. All but the first theme also require a specific activity in addition to the family and den activity.

The Lion Tracking Sheet helps you keep track of the requirements for each scout. Make additional copies as needed for larger dens.

There are additional recognitions for Lions who participate in some Pack activities (Travel, Camp and Race). You may still recognize a scout with the Lion badge who has not completed all of these activities.
Lion Den Tracker

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**Getting to Know You**

| Den Activity | 0 | 0 | 0 | 0 | 0 |
| Family Activity | 0 | 0 | 0 | 0 | 0 |

**I am Fit**

| Healthy Habits Chart | 0 | 0 | 0 | 0 | 0 |
| Den Activity | 0 | 0 | 0 | 0 | 0 |
| Family Activity | 0 | 0 | 0 | 0 | 0 |

**I am Safe**

| Safety Requirements | 0 | 0 | 0 | 0 | 0 |
| Den Activity | 0 | 0 | 0 | 0 | 0 |
| Family Activity | 0 | 0 | 0 | 0 | 0 |

**I am a Citizen**

| Do a Flag Ceremony | 0 | 0 | 0 | 0 | 0 |
| Den Activity | 0 | 0 | 0 | 0 | 0 |
| Family Activity | 0 | 0 | 0 | 0 | 0 |

**I Use Money**

| Help in Fundraiser | 0 | 0 | 0 | 0 | 0 |
| Den Activity | 0 | 0 | 0 | 0 | 0 |
| Family Activity | 0 | 0 | 0 | 0 | 0 |

**I Care**

<p>| Make Thank You Cards | 0 | 0 | 0 | 0 | 0 |
| Den Activity | 0 | 0 | 0 | 0 | 0 |
| Family Activity | 0 | 0 | 0 | 0 | 0 |</p>
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<td>I Respect</td>
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<td>Self Awareness Game</td>
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<td>Family Activity</td>
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<td>I Have Courage</td>
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<td>I Camp</td>
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Our Meeting Rules

Helping hands

Walking feet

Listening ears

Let’s take a seat

We only talk when it’s our turn

Lion Cubs have fun and learn.
Theme 1. Getting to Know You

The purpose is to help scouts get to know each other and the adult partners. They will learn what a meeting is going to be like so be well prepared. You should introduce yourself to everyone as they come into the room and have something for the boys to do. You can take a few minutes specifically to talk to each adult partner. You should find out what they would like to be called during the meeting.

Getting to Know You Lion Den Activities

1. Make a Totem or Name Tag
2. Make a list of the fun things you like to do with your adult partner. Draw pictures of them
3. Play community bingo or another getting to know you game
4. Make family tree leaves with pictures or words about things you like. Look for similarities and differences
5. Play a names game to learn everyone’s name (including adult partners)
6. Play charades

Getting to Know You Family Activities

1. Find out about your family’s history and talk about it at the next meeting. Where were you born? Where were your parents born? What else do you know about your ancestors?
2. Fill your getting-to-know-you bag with 3-5 small objects that tell about you and bring them to the next meeting.
3. Draw a picture or make a list of 3 things you want to do with your adult partner. Bring these to the next meeting to show the den.
4. Make a Lions Scrapbook where you can show what all you have done this year. Bring it to the next meeting to show what you have prepared.
5. Pick the theme(s) you and your adult partner would like to lead this year. Bring the list to compare with other scouts at the next meeting.
We Are All Lions

Preparation:
Print one lion coloring page for each scout and each adult partner. Bring a few extra just in case (new scouts, scouts who want to start over). While not all adult partners will go along, this is a way for the scout to get to know the adult partner better.
Bring a variety of colors of crayons.
Have the following list of get-to-know-you questions or prepare your own.

Instructions:
1. Tell the scouts not to start coloring until I tell you give the instructions.
2. Color in each body part in a different way. Here are some examples:
   a. If you have a brother, color the mane blue. If you have a sister, color the mane red. If you don’t have any brothers or sisters, color the mane green. If you have both a brother and a sister, color the mane purple.
   b. If you like pizza more than spaghetti, color the body yellow. If you like spaghetti more than pizza, color the body brown.
   c. If you are five years old, color the ears orange. If you are not five years old, color the ears blue.
   d. Color the nose your favorite color.
   Other suggestions: State you were born in, the number of pets you have, your favorite sport from a list, etc.

Compare the pictures you have made. What do you have that is the same as someone else? What about yours is different?

Source: Adapted from Activity Village, My Bear.
http://www.activityvillage.co.uk/my-bear
**Den Mosaic Activity**

**Preparation:**

You will need to know how many people are in your group for this activity. It might be better for a second meeting as a result.

On a piece of poster board (either half or full size), Write the word Lion in colorful block letters. You can draw traditional bubble or block letters and then color them in with marker.

Decide how many people will be in the group. If you have 5 or less scouts, you can include your adult partners in the group for one picture. If you have 6 or more scouts, you can make two lion posters – one for your scouts and one for the adult partners. Don’t forget to count yourself in at least one of the groups.

Divide the large picture into that many individual puzzle pieces (just draw squiggly lines that connect for each piece).

Cut out the pieces.

**Instructions:**

Distribute one piece to each person at the meeting to decorate. The picture or words that they write should say something about themselves – their favorite color, food, pets, hobbies, etc. If there is a colored part on their piece, they should not write or draw on that part of the paper.

Assemble the puzzle and talk about how we are all different but it takes all of us to make a Lion Den.

**Example:**

![Lions Mosaic](http://www.superteacherworksheets.com/beginning-of-year.html)
**Getting-to-Know-You-Bags**

**Preparation:**
- Prepare an example bag to bring to the first meeting. Include 3 or so small objects that tell about you. Place in a small lunch bag. You can decorate the outside of the bag if you want the scouts to do that also.
- Bring one small lunch bag for each scout and adult partner and a pen to write their names. While including the adult partner is not necessary, it shows that they will be an important part of our activities (not just watching) and helps to get to know them too.

**Instructions:**
- Demonstrate the activity by talking about your bag. Pull out the objects and say a sentence or two about why the object relates to you.
- Explain that each person will make a bag to bring to our next meeting. They should include 3 to 5 (not more than 5) objects that will fit in the bag and will tell about them.

Source: Adapted from Super Teacher Worksheets.
http://www.superteacherworksheets.com/beginning-of-year.html

**About My Family**

**Preparation:**
- Print out one booklet for each scout. The pages that follow were adapted for non-traditional families from:
  - Bring crayons.
  - Bring one pair of scissors for each scout.
  - Bring a stapler to assemble.

**Instructions:**
- Ask each scout to fill out the information and color the front page.
- Have each adult partner help the scout cut out each page.
- Staple across the top roof line of the house so that the house opens.
- Have each scout talk about their house.

Source: TeacherVision.
All About My Family
by __________________________
This is my family. There are___________people in my family.
I like to ___________ with my ___________
I like to ___________ with my ___________

This is my ___________
This is my ___________
Handprint or Leaf Tree

Preparation:
- A color of construction paper for each scout/adult partner pair
- Hand draw a large tree without leaves on poster board. A good pattern can be found at: http://www.kidzcoloring.com/7818-tree-pattern-without-leaves-coloring-page.
- Make it large enough to hold your handprints. (this is optional but it makes it nice – could also bring in a large, branching tree branch)
- Tape for attaching the large tree to the wall
- Pencils or pens
- Scissors
- Tape for attaching the leaves or handprints.

Instructions:
- Give each scout/adult partner 2 pieces of the same color construction paper.
- Ask them to trace each others handprint or make a large leaf and a small leaf.
- Cut out the handprints or leaves.
- Have each write on the leaf the answer to a question like (1) their favorite activity or (2) something they would like to do in scouting, etc.
- If time exists, you can make additional leaves.
- Attach the handprints or leaves to the tree and talk about them.

Games and Activities for Getting to Know You

Name Chase Game.
- Similar to “Duck, Duck, Goose” but helps scouts get to know each others names.
- Scouts sit in a circle. The scout who is it taps each person on the head saying the person’s name (with prompting if needed). If he says “Lion” when he taps their head, then the scouts must rush around the outside of the circle to see who gets the empty seat first.

Playing Ball.
- Bring a soft ball to the meeting. You may want to play outside. Have each scout answer the same question when they catch the ball and then toss it to someone else. Have them start calling the new scout by name.

Friendship Web.
- Bring a ball of yarn or string. Have everyone (scouts and adult partners) sit in a circle. Say your name and something about yourself and then toss to another person holding onto the end of the yarn. Have the next person say their name and something about themselves and then toss it to someone else, still holding onto the yarn. Continue until everyone is connected. Talk about how friendship is like a web connecting us all.
Theme 2. I Am Fit

Physical activity is both fun and good for us. Learning new games and sports helps a Lion Cub develop self-confidence and self-esteem. Starting out the year by playing outside or taking a field trip can get your group off to a great start. Teamwork and good sportsmanship are very important and can be a part of your fitness activity. Healthy habits are also an important part of being fit.

Overall Requirement
Complete the Healthy Habits Chart (a copy is in the Lion Handbook)

I Am Fit Lion Den Activities
1. Hold an indoor sports tournament. Have a few different contests.
2. Have a family sports day. Invite the whole family.
3. Play an outdoor lawn game like croquet or badminton.
4. Go to a sporting event as a group. Consider high school, college or other sports that are played in your area. Maybe an athlete or coach would talk to you if you made arrangements in advance.
5. Have a health professional or student athlete visit your group.
6. Learn the Action Song and sing it for the pack at a pack meeting
7. Learn to play hopscotch.
8. Fill out the Healthy Habits Matching Activity and talk about it.

I Am Fit Family Activities
1. Go fishing
2. Go to a high school, college or professional sporting event
3. Go roller skating or ice skating
4. Play a game together outside
5. Play some indoor games. Decide which would be good for a rainy day.
6. Start a family physical fitness program.
7. Go bowling
8. Go swimming together. Have fun and be safe.
9. Go for a hike, walk, or jog together.

Be sure to tell your den about the activity you chose to do and what happened.
Healthy Habits Chart

Have children take this chart home and keep track of their healthy habits for one week. They can use happy faces, stars or any other type of reward stickers. Have them fill in the last three boxes with their own healthy habits. For example, getting plenty of rest, washing your hands, keeping your room tidy and picking up spills.

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Examples of Indoor Tournament Games

Cotton Ball Races.
Scouts are given a cotton ball and a half-length of straw. In pairs, the scouts stand at the end of a long table. Scouts must blow the cotton ball down the length of the table to the finish line. If the cotton ball goes off the table, they must return to the start. Have multiple heats. Instead of a straw, an inflated balloon may be used. (from http://www.youthwork-practice.com/games/cotton-ball-games.html)

Cotton Ball Mountain.
Scouts are divided into 2 teams. Scouts must carry a cotton ball the length of the room on a spoon. They add their cotton ball to a pile at the end of the room (on a table is best). They return the spoon to their team mates who repeat. The team with the tallest cotton ball tower after a set time wins. (From http://www.youthwork-practice.com/games/cotton-ball-games.html)

Plastic Straw Javelin.
Find plastic straws without the bend. Scouts stand with their feet behind a line. They flip or toss their straws across an open space. Measure to the far end of the straw and mark with masking tape. Straws cannot be folded, bent, etc. and nothing can be put inside the straw.

Another Version: Roll 6 inch by 2 inch pieces of paper around a pencil the long way and tape the seam. This makes a javelin. Have each scout decorate his. To launch the javelins, slide them over a straw and blow. Have a contest for distance or aim for a target like a waste basket (from Parents Magazine, http://www.parents.com/fun/activities/indoor/great-indoor-games-for-families/#page=6)

Paper Plate Discus Toss.
Stand behind a line and toss a paper plate discus style. May be best played outdoors or in a long hallway.

Standing Long Jump.
Each scout stands behind a line. They must jump as far forward as possible with no run-up or steps. Measure to the closest point any part of their body touches.

Crab Walk Race or other silly races.
Standing Broad Grin. Line up the scouts. Use a tape measure or string to measure the width of their widest grin. Mark it down on a piece of paper (it’s fun to draw a line as wide as each smile). Have them help to measure because it’s sure to get a laugh.

Add a game of Marbles or other indoor fun.
**Physical Activity Cube**

Start with a cardboard box. If the box is not very strong, fill the box with scrap paper or newspaper. Seal up the box. Attach a piece of paper to each side of the box (including the top and bottom). Write an activity on each side – you may want to draw a picture too for non-readers. Suggestions include:

- How far can you go by jumping 10 times
- Dance Party
- Flap your arms and fly around a circle like a bird
- Hop on One Foot
- Run in Place
- Show an Animal Walk

Or make up your own.

---

**Teach a Lawn Game**

- Croquet
- Badminton
- Volleyball (especially with Balloons)
- Bocce
- Frisbee Golf
- Twister
**Action Song**

*The Grand Old Duke of York (to the tune “A Hunting We Will Go”)*

The grand old Duke of York,
He had ten thousand men.
He marched them up the hill,
(everyone stand up)
And he marched them down again.
(everyone sit down)
And when you’re up, you’re up.
(everyone stand up)
And when you’re down, you’re down.
(everyone sit down)
And when you’re only half way up,
(everyone stands halfway up)
You’re neither up nor down.
(stand up and sit down quickly)

Repeat a few times. Go faster each time.
Active Games

I Can Do It, I Can Move It
(Tune: “Where is Tumpkin?”)

I can do it, I can move it,
Here I am, here I am.
Watch __ (name) __ move it,
watch __ (name) __ move it.
She/he can (do movement, such as
“jump up and down”)

Make sure each student’s name is called at the appropriate point in the song. Remember, the student should stand after his or her name is called and be given time to perform the movement. Praise each student when they respond.

Tell students: Singing is fun, too. This shows us that we can do two things at one time: We can sing, and we can move to exercise our muscles. Ask students: Where did we say that our muscles are located? What do our muscles help us do?

Play Hopscotch or Hopscotch in the Round

Mark off a Hopscotch course as a straight line or in a circle. Use Masking Tape or Chalk outside. Masking Tape will work inside too.

Show scouts how to hop on one foot. Help them to practice. Encourage them to go down the Hopscotch course hopping on one foot, then the other. Teach the game of Hopscotch.

Ball Toss

Have a scout stand in a circle. One scout with a ball goes into the middle of the circle. He calls out the name of another scout who must run to the center of the circle and catch the ball on one bounce. For a harder version, catch it before it bounces. Make sure everyone gets a try.

More Game Ideas

http://www.greatgroupgames.com/
http://www.boyscouttrail.com/
www.ultimatecampresource.com/
http://www.learningforlife.org/exploring-resources/99-720/x08.pdf
Eating Healthy Activity

Use this opportunity to introduce a healthy diet. Discuss the different categories of food. The plate model is an easy way to explain about how much of each type of food to eat.

Free Food and Nutrition Printables and Activities can be found at
http://www.nourishinteractive.com/nutrition-education-printables

Help Scouts make a snack to share. Be aware of food allergies anytime you bring in a snack. The most likely problems are nuts, dairy and some fruits.

Provide each scout and adult helper with a paper plate and a plastic knife. Have extra plastic knives.

Supply a variety of healthy foods to assemble into a snack. Possibilities include

- Peanut Butter
- Flavored or Plain Cream Cheese
- Slices of cheese
- Crackers
- Pretzels
- Celery
- Slices of fruit (bananas, strawberries, etc)
- Raisins

Encourage the scouts to try new things and share.

You may also want to visit a pick-it-yourself orchard. Blueberries, cherries, apples, etc. are lots of fun when you have picked them yourself.
Healthy Habits Matching Activity

Have children cut apart the activity squares. Place them in the correct column. You can also draw lines to show the correct column. Color in the pictures if time allows.
Theme 3. I Am Safe

These requirements will help each Lion Cub to stay safe and to identify hazards in their environment. As the scout is getting older, there will be more times when they are not under the immediate protection of a parent or other adult. Knowing the rules of safety and how to handle an emergency strengthen his self-confidence.

**Overall Requirements**
Practice Stop, Drop and Roll.
Know who to call in an emergency.
Practice your home identification information.

**I Am Safe Lion Den Activities**
1. Visit a Fire Station or Police Station or Hospital. You can check with the other dens and may be able to go along on one of their visits.
2. Have a doctor, nurse or paramedic talk about first aid and emergencies.
3. Have a bike safety check. Discuss rules of safe biking.
4. Do a Good Deed for America
5. Visit a nature preserve
6. Talk to an ecologist about protecting the environment

**I Am Safe Family Activities**
1. Make a list of emergency phone numbers and post by your phone
2. Practice reporting an emergency
3. Make a home first aid kit and pick a place for it to be kept
4. Learn what to do for a nose bleed
5. Learn how to prevent sunburn and what to do for it.
6. Discuss how to get help with your Lion Cub
7. Discuss procedures for severe weather with your Lion Cub
8. Learn to swim
9. Discuss how to behave around strangers
10. Pick a secret code that your family will use if there is ever an emergency message to deliver or you need to send someone to pick them up from school. Make sure the Lion Cub knows it is a secret and not to tell anyone else.

Tell your den about the family activity that you did.
Fire Safety

Let’s think about our responsibilities to fire safety. Ask for examples in the following three categories one at a time, and let the students give you the answers. They should cover these areas:

At School
- No matches or cigarette lighters
- Follow fire drill instructions
- Look for exit signs

At Home
- Smoke detectors
- Put matches away and out of hands of children
- Turn off the stove
- Watch ashtrays
- Find two exits out of your house
- Use stairs

In the Community
- Don’t play with matches
- Don’t play around fires in barrels
- Call 911 if you see a building on fire – be sure to know the building address

Stop, Drop and Roll

Using the activity sheet, teach Stop, Drop and Roll

Stop: Don’t run.

Drop: Wherever you are, indoors or out, immediately drop to the ground, covering your face with your hands to protect it from flames.

Roll: Over and over to smother the flames. Wrapping in a rug, blanket or large towel while rolling will help to smother the flames. However, do not run to get these items. Running will fuel the flames. Covering your face with your hands prevents the flames from burning your face and keeps heat and smoke from reaching your lungs. Make sure flames are out before removing any clothing, and never remove clothing over your head.

Cool burns by putting water on them immediately and get help.

Remind students to never go into a closet or under the bed if there is a fire.

Practice: Have students participate in a fire safety variation of musical chairs. When the music stops, they demonstrate Stop, Drop and Roll. Carry on for 4 rounds and do not eliminate anyone.
STOP, DROP, AND ROLL!

IF YOUR CLOTHING CATCHES FIRE, DON'T RUN!

1 STOP
2 DROP
3 and ROLL
Personal Safety

- Discuss the following situations and rules with the den:
- Never accept food or presents from a stranger.
- Never get into a car with a stranger.
- Yell if a stranger tries to grab you.
- Never believe a stranger until you have checked her or his information with someone else.
- Never give information to a stranger over the phone.
- Never tell a stranger you are alone.
- Never go into a stranger’s house, even with a friend.
- When someone says or does something that makes you feel “bad” or uncomfortable, always tell your parents, teacher or another adult you trust.

Note: Make sure students review the “Basic Rules of Safety” handout with family as part of the family/home activity.

Ask: Why do we need safety rules? What happens when we don’t follow safety rules/Who can get hurt? Where do accidents happen?

Tell Scouts: Rules are guidelines that we must follow to be safe. Being careful means that we will not do anything to harm ourselves. Some examples are:
- We don’t get in a car with strangers.
- We don’t leave school without telling someone.
- We look both ways before crossing the street.
- We always watch out for danger.
- When we get hurt, or when we are in danger, we call adults for help.
- We use the emergency telephone number, 911, to call adults for help.

Develop some safety rules for our school, for home and for your neighborhood.
Basic Rules of Safety for Children

- If you are in a public place and get separated from your parent (or authorized guardian), do not wander around looking for him or her. Go to a police officer, a checkout clerk, the security office or a lost-and-found area and quickly tell them that you have been separated from your parent and need help.

- You should not get into a car or go anywhere with a person unless you have your parent’s permission.

- If someone follows you on foot or in car, stay away from the person. You do not need to go near the car or talk to the person inside.

- Adults and older youth who are not in your family and who need help (such as locating an address or finding a lost pet) should not ask children for help; they should ask other adults.

- You should use the buddy system and never go anywhere alone.

- Always ask your parent’s permission to go somewhere, especially into someone else’s home.

- Never take food and drinks from people you don’t know.

- Never hitchhike.

- Never ride with anyone unless you have your parent’s permission.

- No one should ask you to keep a special secret. If this happens, tell your parent or teacher immediately.

- If someone wants to take your picture, say no and tell your parent or teacher.

- No one should touch you on the parts of your body covered by a bathing suit (unless it is your doctor while treating you during a physical examination), nor should you touch anyone else in those areas. Your body is special and private.

- You have the right to say “No!” to someone who tries to take you somewhere, touches you or makes you feel uncomfortable in any way.

These are some simple safety rules that can be approached in the same non-frightening manner in which you tell your child not to play with fire. They emphasize situations common to many child molestation cases.
## Safety Rules
Fill in the rules you know for different places.

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<tr>
<th>School/Meeting Place</th>
<th>Home</th>
<th>Neighborhood</th>
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<tr>
<td>Don’t Run in the Halls.</td>
<td>Don’t open the door to strangers.</td>
<td>Don’t play outside alone.</td>
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Learn To Dial A Phone

Use this handout to teach scouts to make a phone call. Make one sheet for each scout. You can also use a disconnected land or cell phone. Talk about how the call would be different – hearing a dial tone. BE SURE THE PHONE IS NOT CONNECTED.

Help the scouts learn an important personal phone number (a parent’s number) and how to call 911 in a real emergency.

Talk about what REALLY is an emergency – not a lost toy, being hungry, etc.

http://www.squidoo.com/free-worksheets-for-kids-to-practice-writing-their-phone-number
Safety Flip Book

Directions:
Fold the paper down center lengthwise.
Next, fold the paper into quarters. You should have a long card, divided into 8 sections.
Pick four of the following topics.
   You forget to feed the dog.
   Your room is a mess.
   You share a toy with a friend.
   You break a lamp.
   You help cook dinner.
   You play with your little brother or sister.
   You are mean to a friend.

Draw a picture of each of their choices on the front cover.
Open the paper and cut to the center fold line under each drawing.
Now draw the consequence of each choice under the flap
Show your flip book to someone in your family. Talk about the different choices you could make to avoid the poor consequences.
## Learning Personal Information Memory Game

Make one sheet for each scout. Fill in this information for each scout.

Cut apart and play memory.

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**Theme 4. I Am A Citizen**

All Boy Scouts practice good citizenship. Young scouts are not likely to be familiar with the word citizen. Explain citizenship in terms that the children can understand – good citizens help the group (help clean up), bad citizens hurt the group (break toys). Be prepared to explain what people can do to help their country and how scouts can be good examples.

**Overall Requirements**
Prepare to lead a flag ceremony/opening. Do it in front of the Pack if possible.

**I Am A Citizen Lion Den Activities**
1. Visit a Retirement Home or Hospital
2. Visit a museum, zoo or historical site
3. Visit a local recreation center and learn what activities are available
4. Visit a park or city hall (the park could be incorporated with I am fit)
5. Participate in an environmental service project (clean-up, planting, etc). Be sure to have lots of adult help and make sure that the location is safe for young scouts.
6. Observe a Flag Ceremony
7. Participate in a Service Project benefitting the Armed Services
8. Do the “What Does Freedom Mean” Activity
9. Do the “Stars and Stripes” Activity
10. Do the “Citizenship and Voting” Activity
11. Create a flag and show it at a Pack Meeting
12. Discuss why conservation is part of being a good citizen. Do conservation activities.

**I Am a Citizen Family Activities**
1. Go on a town hike and draw a map of it
2. Plan a stay-at-home vacation. Find new places to visit in your area
3. Learn how to read a road map
4. Get a library card for your Lion Cub and find out what is offered by your library
5. Have a block party
6. Visit your neighbors
7. Help an elderly person with chores
8. Properly display an American Flag at home
9. Write a letter or send a picture to someone in the Armed Forces
10. Talk with someone who has served in the Armed Forces
Leading a Flag Ceremony

There are several formats for a Flag Ceremony. A web search will show a number of possibilities. Keep it very simple unless the adult partners will be doing the reading.

Scouting directories have many ceremonies.
http://www.macscouter.com/Ceremony/
http://usscouts.org/ceremony.asp
http://meritbadge.org/wiki/index.php/Flag_Ceremonies

Usually the elements of the opening flag ceremony are the Pledge of Allegiance and the Cub Scout Promise. Help the Scouts practice both holding the flag and saying the words.

Script of a Basic Flag Ceremony:

Tell people to stand and remove your hats for the Pledge of Allegiance.
“Please Rise. Please remove your hats.”

Tell people how to stand (Be sure the scouts know their right hand)
“If you are in uniform, scout salute. If you are not, please put your hand over your heart”.

Start the Pledge
“I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one nation, under God, indivisible, with liberty and justice for all.”

Tell people to put down their hands. The command is “Two”
“Two”

Get ready to say the Cub Scout Promise
“Signs up” (make sure that they use their left hand for the scout sign)

Start the Promise
“I promise to do my best to do my duty to God, my country, to help other people and to obey the Law of the Pack”.

Tell people to put their signs down
“Two”
What Does Freedom Mean?

Preparation: Make one copy of the Freedom Flower Handout for each out. Have Crayons available.

Instructions:

Explain:
Freedom means being able to make choices. Every day we make choices. Some are good choices and some are bad choices.

Today I chose to wear _________ (an article of your clothing). Was it a good choice? (Wait for responses).

We make other choices too. What are some examples? (Wait for responses)

Every choice we make has consequences. These are the results of our choice. Sometimes the consequences are good. If I decide to share my cookie with a friend, what would be a consequence? (My friend will be happy, I will have less cookies, It makes me feel good)

Today you are going to make choices.

Give each scout a Freedom Flower Handout.

You can color the flower however you wish – you have the freedom to make the choices about what your flower will look like.

The way your flower looks will be the consequence of the choices you make.

Help each scout write their name on their worksheet.

When finished, talk about how the flowers all look different because everyone made different choices.

Remind scouts that we are lucky to live in a country where we have freedom to make choices. In some countries, people have less freedom.

Freedom does not mean that you can do things that hurt other people.

Ask the scouts what freedoms they have. You may want to talk about what freedoms they do not have – to take things that aren’t theirs, to pick their own bedtime, etc.
My Freedom Flower
Stars and Stripes Activity

**Activity:** Practice being a good citizen by learning the Pledge of Allegiance (found below). As we say the Pledge of Allegiance, we show respect for the flag because we stand, remove our hats, we face the flag and we place our right hand over our heart (unless we are in uniform in which case we salute.) Make a copy of the United States Flag found on the next page for each child. Have them color the flag with red, white, and blue. Display the flag proudly.

**The Pledge of Allegiance**
I pledge allegiance
To the flag
Of the United States of America
And to the republic
For which it stands,
One nation under God,
Indivisible,
With liberty, and justice for all.

**Ask students:** To be the best you can be, what do you need? (Brainstorm with children about the need for strong bodies, the need for friends, the need to help others.)

**Ask students:** What does freedom means to you and how you can help others to be free.

**Tell students:** Respecting other people and their freedom is important to remember. We are all different, but we can all work together to keep our freedom. Remember, it is important to make good choices, be the best we can be, and get along with others-this is all a part of having and keeping freedom. Acceptance and tolerance of difference in others are important facets of freedom, as well as the ability to make their own choices.
Exhibiting Responsible Citizenship

Activity 1: Discuss with the students:

- *What is a citizen?*
  
  Possible answers: A person who lives in this country; a person born in this country.

- *What makes a bad citizen?*
  
  Possible answers: Doesn't obey the laws, doesn't take care of their house or property, doesn't take care of their pets.

- *What makes a good citizen?*
  
  Possible answers: Obey the law, respects the flag, respects others and the environment.

- *What do we need to learn to become good citizens?*
  
  Possible answers: The laws, how to vote, how our government works.

Tell students: There are many ways that they can be responsible citizens of the United States, even though they are too young to vote.

- First, they can encourage the adult members of their families to vote.
- Second, they can be good citizens by respecting the rights of others.
- Third, they can be responsible citizens by respecting the flag, our symbol of liberty and justice.
- Fourth, they can be good citizens by protecting our environment.

Tell students: A big part of becoming a good citizen is voting. Voting is the American citizens' way of electing people to office. These people are the ones who make the laws of our country. Let's vote on something right now to see how it works.

Note: Think of some issue the students might like to vote about (this could be participation in an upcoming event, Pride meeting rules or activities, etc.) After the vote, ask them how they felt, what happens when someone doesn't vote, why is it important to vote.
Conservation

Tell students: Today we’ll learn why it is important to conserve trees—why we shouldn’t recklessly destroy them. We’ll learn how trees are being destroyed. We’ll learn the value of trees.

Activity 1:
Ask students: Name things that trees provide for us.
• A home for animals
• Wood to build
• Paper
• Fruit or nuts to eat
• Medicines
• Oxygen that is released when trees take in carbon dioxide—people need the oxygen to breathe

Explain that if we use or destroy trees faster than they are able to grow, we will no longer have them as a natural resource, a source of food, oxygen, wood, medicines, or shade. Neither will trees be able to provide homes for animals.

Activity 2: Ask the students to name some of the ways that they and others can help protect or conserve trees.
• Not harm a tree by carving on it or pulling off the branches or leaves of a tree
• Conserve paper that is made from trees by using both sides, requesting recyclable plastic bags at the store, using materials made from recycled paper like paper towels, notebook paper, toilet paper, items packaged in recycled paper, etc.
• Plant trees

Whose responsibility is conservation? How can we help with conservation? Who needs to help with conservation?
Theme 5. I Use Money

Even young children are aware of money and are starting to use it. More importantly, talking about money is a way of talking about responsibility and choices. This theme introduces the difference between a need and a want and helps children understand goal setting and saving.

**Overall Requirements**
Participate in the Popcorn Sale or another Pack Fundraiser.

**I Use Money Lion Den Activities**
1. Hold a combined Lion Den Garage Sale and use the money for an outing.
2. Plan a field trip. Discuss the finances involved in the trip.
3. Discuss the ‘needs’ and ‘wants’ of scouts
4. Visit a bank
5. Look over advertisements. How do they try to sell their products?
6. Do the “Money Management (Piggy Bank)” Activity
7. Do the “Needs and Wants” Activity

**I Use Money Family Activities**
1. Organize a family housekeeping schedule. Everyone should take a job.
2. Discuss the family budget and finances
3. Make a wish list and set goals to achieve them
4. Go shopping together and discuss your choices
5. Start a savings account
Money Management (Piggy Bank) Activity

Money is something everyone has to use throughout his or her lifetime. Money is simply a way of exchanging one item for another. Centuries ago man developed a barter system. For example: Shawna would make enough butter for her family and enough to trade with Georgia’s family for their cotton to make clothes, or Melvin would swap his wheat for Clarence’s corn. This was an excellent system as long as the trade was considered fair by everyone. That was not always possible. Also, some people had no goods to trade. Therefore, it was necessary to develop another way of getting goods. Finally, money became the other way to trade.

If someone had no goods to trade, he or she would work for money and then purchase the goods needed. Saving money became a way of life. Loans were not easy to get and people had to save enough money to pay cash for the items they wanted or needed. Today people still have to be concerned about money: how to earn money, how to save it, and when to spend or invest it.

Goals: Students will learn about expenses and saving money. They will discover that money is a system used to obtain goods or services.

Activity 1: Pass out the Activity 1 sheets or have them get it from the student workbook. Have students cut out pennies and glue them to the “Piggy Bank” drawing. Tell the students they may have five more cents if they are wearing green today; three cents if they have buttons on their shirt, two cents if they have a brother, two more cents if they have a sister, four cents if their desk is straightened, etc. Stop allowing them to get money when they have about 50 cents. Have students count how much money they have. Check to see who has saved the most money.

Activity 2: Have the students color in or cross off the money in their banks as follows: five cents if you did not make your bed; six cents if you took a bath or shower last night or this morning; three cents if you had a hot breakfast; 10 cents if you rode a bus to school; 10 cents if you wore a coat, jacket, or sweater to school; etc. (You may use other examples as appropriate.) Students should end up with between 15 and 30 cents.

Activity 3: Pass out the sheets with priced items or have them get it from the student workbook and tell the students that they may purchase as many items as they wish as long as their money lasts. The student will cross out or color in all coins spent. After students have purchased items, have them add up the total amount of money they have left in their bank. Share amounts to determine the student with the most money left in the bank.

Ask students: Name ways people today can get money. What do people today buy with their money? Should people save money? Why or why not? Where should people put money that they are saving? How important is saving money? Why? How important is learning to count money? Why? Who should decide how you spend your money? Why?
Name
Needs and Wants

Circle each need. Put an X through each want.
Theme 6. I Care
The Cub Scout Promise and Law of the Pack both talk about helping others. Serving others is one of the most important things that Scouts do. Helping the scouts to recognize the ways that they help others and other things that they can do builds their self-esteem and reminds them of ways to be kind and generous.

**Overall Requirements**
Make Thank You cards or gifts for teachers, leaders or family

**I Care Lion Den Activities**
1. Visit a retirement home
2. Do a service project for your Chartered Organization
3. Collect food or toys for a community drive
4. Participate in a community clean-up project
5. Make cards for people in the hospital or overseas
6. Sell some unwanted toys and donate the money raised to a charity
7. Do the “How would you feel” activity
8. Do the “What would you do” activity

**I Care Family Activities**
1. Discuss ways that family members help each other
2. Do something nice for a friend or family member
3. Take part in a charity event
4. Discuss ways you can help a teacher or Cub Scout leader
5. Give your outgrown clothes to someone else
6. Watch a neighbor’s house or pets when they go on vacation
7. Help a new neighbor or classmate get to know others
8. Makes cookies to give to your postal worker
9. Help an elderly family member or friend with yard work
10. Make a family helper chart and keep track of how you helped
How Would You Feel?

Tell students: Today, we’re going to play “How Would You Feel?” I’m going to tell you something I might do and ask you how it would make you feel. Read from the Activity 1 worksheet (a copy of the worksheet is also in the student workbook) or make up your own list.

Ask students: If I did these things, they would make you feel sad, angry, or unhappy wouldn't they? If you did these things to other people, how do you think they would feel? When you understand how other people feel you have empathy.

How would it make you feel if ...

1. I spilled water on your clothes?
2. I took something of yours without asking?
3. I accidentally stepped on your toes?
4. I broke your favorite toy?
5. I called you a mean name?
6. I wouldn’t let you play with me?
7. I told you I didn’t like you?
8. I laughed when you made a mistake?
9. I said that your clothes were dirty?
10. I cut in front of you in line?
11. I hit you with my fist?
12. I stuck my tongue out at you?
13. I wouldn’t share my toys with you?
14. I ate your candy bar?
15. I shoved you down on the playground?
16. I didn’t invite you to my birthday party?
17. I called you stupid?
18. I made fun of how you talk?
19. I said the picture you drew was ugly?
20. I hid your lunch so you couldn’t find it?
What Could You Do?

Tell students: Now, I'm going to tell you how someone feels when he or she is treated badly, and I want you to tell me something you could do that would make him or her feel better. For example, if Wanda feels sad that no one will play with her at recess, what could you do that would make Wanda feel better?

Ask students: How does it make you feel about yourself when you help other people? Do you feel good and kind of warm inside?

In the future, if you are thinking about doing something that's not very nice, stop and think about how it would make you feel. If you wouldn't like someone to do it to you, then you shouldn't do it to someone else.

What could you do to make someone feel better...

1. If that person was lonely because no one would sit by him or her at recess?

2. If that person was crying because he or she got hurt?

3. If that person was angry with you because you laughed when he or she made a mistake in school?

4. If that person was upset because he or she had lost his or her lunch money?

5. If that person was unhappy because someone else ate his or her candy bar?

6. If lightning in a rainstorm frightened a friend spending the night with you?

7. If that person was sad because his or her pet dog had run away?

8. If that person felt frustrated because he or she needed a yellow crayon to draw the sun in a picture?

9. If that person felt left out when he or she wasn't included in a game the other children were playing?

10. If that person felt embarrassed when he or she dropped a bottle of juice on the floor?
Making Cards for Our Helpers

You can encourage your scouts to say thank you to people who help them. Some groups to consider are teachers and principals, local police and fire departments, postal and newspaper delivery personnel, bus drivers, trash collectors and so on.

You can also make cards to mail to active service, reserve and veterans from the Armed Forces. There are many organizations that gather cards. Consider also raising some funds to send a donation to cover the postage with your cards. A few programs are: Red Cross Holiday Mail for Heroes [http://www.redcross.org/support/get-involved/holiday-mail-for-heroes](http://www.redcross.org/support/get-involved/holiday-mail-for-heroes) (fall only)


Scouts can also make cards or simple gifts for residents of nursing homes or hospitals. This is especially appreciated around the holidays. If making holiday cards, think about making some Season’s Greetings and Hanukah cards too.

Remember that writing is still a new skill for Lion Cubs. You can cooperate with an older den to ask the older scouts to write the messages or you can use a printed message that the Cub Scouts glue into place. Still have the Lion Cubs sign the cards and add their ages.

There are numerous designs for cards to make. Unlined 5x7 index cards make attractive small folded cards that are very inexpensive. Boxes of small envelopes are available in office supply stores.

Fingerprint Thank You Flag Cards

A simple and low mess card design, especially for Armed Services, Police and Fire, Scout Leaders and so on. It also reinforces knowing our flag.

Supplies: blank 5x7 index cards folded in half, acrylic paint in red, yellow and blue, paper plates and plenty of paper towels. You should cover the workspace.

Set out the blue paint for each scout on a plate. Have them use just the tip of a single finger to press circles onto the card in a square pattern (6 or 9 is good). The scout can make a few cards at once. Wipe off the excess paint. Once they are experienced, some scouts like to use one color on each finger when doing fingerprint pictures.

Add the red paint to their plates. Have the scouts add rows of dots or stripes of red to make a flag design beside their ‘field of blue’. Wipe off the excess paint.

Use the yellow paint to add a flag pole (dots or a stripe). Add a message if wanted.

Let dry well and add a Thank You message to the inside.

Another fingerprint design: purple clusters – “Thanks a Bunch” or use your imagination.
**Helper Charts**

These are also found in the Lion Cub Handbook.

<table>
<thead>
<tr>
<th>My Jobs</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Take care of pet</em></td>
<td></td>
<td>😊</td>
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</tr>
</tbody>
</table>

### Play Helper Bingo

Make an X when you help with a job. Can you get three in a row?
Theme 7. I Respect

Tell the scouts – there is no one exactly like them. No one looks exactly like them. No one thinks exactly like them. No one has the same family or house or hobbies. You will meet lots of people in your life and they will all be different in some ways. Some will look very different from you. Some will be older or younger. Some may speak a different language or live with a different kind of family. We will learn to respect and be kind to all people, no matter how different they are from us. They are special people too.

**Overall Requirements**

Play Self-Awareness Games

**I Respect Lion Den Activities**

1. Have a family photo sharing session
2. Share family histories and traditions
3. Plan a food fair with foods from different countries
4. Make hand puppets and hold a puppet show
5. Attend a cultural fair
6. Visit a museum
7. Do one of the “Who’s In Charge” Activities
8. Make and give out “Respect Stars”
9. Do the “Family Celebrations” Chart

**I Respect Family Activities**

1. Find out what your name means or signifies
2. Come up with your own family song, cheer or flag
3. Make a family coat of arms with symbols that have special significance for your family
4. Discuss your family traditions
5. Try a food from another culture or country
6. Do the “Family Rules” Activity
7. Fill out the “Family Differences” Chart
Self-Awareness Games

Warm Up:

Tell students: Today we're going to talk about how each person is different or unique. We often compare ourselves with other people—when we meet someone new, when we choose friends, when we pick someone to work with in school.

Ask students: What are some things that are difficult to know or see just by looking at someone? Why do you think that it is a good thing that we do more than just look at people to know about them? What types of things can you tell about someone just by looking? What are some things you can only tell about someone after you are with them for a while?

Tell students: You are all very special because there is no one in the world just like you.

Games

Ask the children to line up from shortest to tallest. The only catch is that they can't talk, not even one word. (If done in a small room, divide the class in half and make two lines—shortest to tallest). When the line has formed, let the shortest person in the line step out from the line to judge whether or not anyone is out of place. Have the students sit after this is done.

Ask students: What did you have to do to find your proper place in line? (Compare height to other students.) Tell students: We often compare ourselves with other people when we meet someone new, when we choose friends, when we pick someone to work with in school.

Now ask the students to sort themselves into groups of two or three people who have the exact same color of shirt. Again, they must do this without talking. Once they have found their group, they should sit down together. Allow approximately three minutes.

Ask students: Look around at the other groups. Are there groups where the partners have exactly the same shirt color? Close to the same shirt color? A really different shirt color? Why was it harder to group this way than by height?
Who Is In Charge When…

**Activity 1:** Tell your child that it is important to know who is in charge in different situations, and who he or she should obey. Read the “Who’s in charge chart and help him or her identify the correct answer and fill in the appropriate name or title. This is also a good time to discuss any special situations in your home (such as older sibling’s being in charge while you’re away on an errand, etc.).

Let your child put the completed list on the refrigerator or some place where it will be clearly visible as a reminder.

In the classroom?

On the playground or at the park?

At the swimming pool?

At a friend’s house?

At home with a babysitter?

At church, synagogue, or mosque?

In a grocery or department store?

At a piano, dance, or gymnastics lesson?

At other places:
Who Is In Charge Activity 2

Tell students: We all have responsibilities, at home, school, Pride meetings, and in our community. You have things that you do every day; things that are your responsibility. One of the ways to help us fulfill our responsibilities is to help others. For example, we have a responsibility to work quietly so we will not disturb others.

Ask students: What if someone forget, and make noises that disturb others? Who helps them to remember?
- They may say that they help each other (a classmate will tell another to be quiet), or
- They may name the teacher or leader as the one who helps.

Point out that we all help one another, but if that doesn’t work, then there is one person who is "in charge," who helps us remember our responsibilities, like the teacher or leader.

Ask students: What are some places do we go? Who is "in charge" at these places?
- the library
- the playground
- movie theater
- field trips in the community

Who helps us remember to respect other people's property and pay attention to traffic signs? A Police officer or Park Ranger.

Who is in charge at home? Discuss various circumstances: Sometimes it is a parent, sometimes an older brother or sister, or a baby-sitter.

Ask students: What would it be like if no one was in charge? What responsibilities do we have toward those in charge?

Activity: Make a "Who's in Charge?" chart or bulletin board for meeting helpers. Be sure that numerous duties include interaction of students. For example:
1. A helper who distributes paper and other supplies to the rest of the class
2. Someone to distribute snacks
3. Someone to lead The Pledge
4. Someone who is in charge of cleaning up

Change the names weekly or monthly.
**Respect Stars**

Preparation: Copy one star for each scout for the introduction and extra stars to take home. Each scout should have at least 3 stars (not a bad idea to have extras). Roughly cut out the stars. Bring a laminator, pin backs or masking tape as desired.

Instructions: Give one star to each scout and ask them to cut it out.

Ask the scout to fill in the name of the scout sitting to their right on their star. You can adjust the trading to the left or across the table if you think it will go better.

Have the scout hand the respect star to the person while giving them a compliment. They should say something nice about the scout. Ask the adult partners to assist as needed.

Ask the scouts to cut out the rest of the respect stars.

Have them decorate the stars. Think of someone else they would like to say a nice thing about or thank. Be sure they write in a name for who they would like to give a respect star to. Have them write their name on the back.

If supplies are available, you can run the cut out stars through a portable laminator. This should be done by adult partners or the den guide.

Glue small pin backs onto the stars or add rings of masking tape.

Have the scouts hand out their respect star pins to other scouts, leaders, family members, teachers or others.
**Family Celebrations**

Preparation: Make one large format version of the below poster. Colored markers can be fun to fill in the poster.

Instructions: Ask the scouts, how does your family celebrate, or do they? What are the differences in the way families celebrate? What are the similarities? Is one way better than another?

Discuss until you believe that the scouts agree that everyone has a right to choose their own beliefs. It is acceptable to try to change someone else’s opinion, but not to condemn them or make fun of them because of it.

We support everyone’s freedom to believe differently.

Fill in the chart by asking the scouts if and how their family celebrates the listed holiday. You may want to make a bigger chart so that everyone can see.

Encourage the scouts to take turns and practice good listening.

<table>
<thead>
<tr>
<th>Holiday</th>
<th>Scout #1</th>
<th>Scout #2</th>
<th>Scout #3</th>
<th>Scout #4</th>
<th>Scout #5</th>
<th>Scout #6</th>
<th>Scout #7</th>
<th>Scout #8</th>
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<tr>
<td>4th of July</td>
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These Respect Activities are also in the Lion Cub Handbook.

**Family Rules**
Every family has rules to help to keep you safe. One way you can remember the rules is to say them into a recording and listen to them when you want to remember them.

First, make an easy to say list of rules. You can have a different list for different places. You could have one list for the pool, another list for school, etc.

Have your parent or older sibling use a video or voice recorder (like on a cell phone) to record you saying the rules.

Ask to listen to the rules whenever you want to remember. Your parent might want you to listen to the rules sometimes too.

**Family Differences Chart**
Have each person in your family fill out this chart. Look how you are the same and different.

<table>
<thead>
<tr>
<th>NAME</th>
<th>Hair Color</th>
<th>Eye Color</th>
<th>Favorite Color</th>
<th>Favorite Food</th>
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Theme 8. I Have Courage

Everyone is afraid of something. Since Lion Cubs are growing more aware of their surroundings and trying many new things, fears are common. Talking about what to do when we are afraid helps Lion Cubs to accept and face their fears and helps them to cope with new and difficult situations. Courage also is needed to make good choices. Courage is doing what is right even when it isn’t easy and being brave when facing a fear.

**Overall Requirements**
Go over the rules for talking with strangers. When do you need courage?

**I Have Courage Lion Den Activities**
1. Learn about how special effects are made in the movies
2. Ask both the scouts and the adult partners what they are afraid of
3. Perform a skit at a Pack Meeting
4. Do the “Making the Right Choice” Activity
5. Do the “Consequences” Activity
6. Do the “It’s OK to be Different” Activity

**I Have Courage Family Activities**
1. Talk about what makes you feel good or bad. Let each family member take part if they are willing
2. Think of the things that you have done that make you proud. Tell your adult partner about them
3. Make a scrapbook of your achievements as a Lion Cub
4. Do the “Building My Courage” Activity
5. Watch a TV show and discuss what is real and what is not
6. Make a new entrée or snack with an adult. Discuss how it takes courage to try new things
Making the Right Choice

Every day we make choices, some good ones and some bad ones. Each scout already knows how to make good decisions because their parents, teachers and other scout leaders have helped them learn what is right and what is wrong. It’s important to know what is right before we make a choice.

Bring one copy of this for yourself. Read the stories. Ask scouts what is the right choice.

1. Jim wanted to play with his brother’s toy car. His brother wasn’t home. Which of these choices is the best?
   a. Sneak in and play with his brother’s car without asking
   b. Wait and ask his brother first
   c. Other?

2. Jenny’s mother left a dollar bill on the table. What should Jenny do?
   a. Take the dollar to buy something
   b. Give the dollar back to her mother
   c. Other

3. Jake was late coming home from school because he stopped to play with a friend. What should he tell his mom?
   a. Tell her the truth
   b. Make up a lie to stay out of trouble
   c. Other?

4. Dad asked Tammie to take out the trash, but she wants to play instead. What should she do?
   a. Take out the trash first, then play
   b. Go ahead and play until Dad reminds her again
   c. Other?

5. Cedric didn’t practice his spelling words for his Spelling test. What should he do?
   a. Try his best
   b. Copy the answers from a friend
   c. Other?

6. A man you don’t know drives up to you, tells you that he will drive you home and offers you some candy. Should you
   a. Get in the car
   b. Run
   c. Other?

7. You forgot to do your homework. Should you
   a. Tell the teacher the truth
   b. Tell the teacher you did it but forgot it at home
   c. Other?

8. You see a man put something from the store in his pocket. Should you
   a. Tell a person who works at the store
   b. Put something in your pocket too
   c. Other?
Consequences Activity: Sticking up for what is right

We will talk about what is right and what is wrong. You know the difference between these two. Do you know what consequences are?

You will need a copy of the situations below. Feel free to make up your own too.

Discuss the following:

Name some things that are right (being polite, doing your schoolwork, helping a friend). What are the consequences that happen when you do these things?

Name some things that are wrong (lying, cheating, stealing, being rude). What are the consequences that happen when you do these things?

Why should we stick to what is right, especially if others don’t seem to be doing the right thing?

Read the scouts these actions. Have them tell you if it is right or wrong and what the possible consequences might be. Keep giving examples until all or most of the scouts have contributed.

1. Stephen helps his friend Hector with his math after school
2. Tonya refuses to answer questions in class
3. Charlie is always picking fights in the lunchroom
4. Maria helps her mother prepare dinner
5. Derek takes money from his sister’s purse without asking
6. John lost his new jacket and told his mother it had been stolen
7. Bobby is always the last person to eat because he lets other children ahead of him in line
8. Mary never studies for tests and looks at another student’s paper instead
9. Yolanda is always helping younger students with their homework
10. Carolyn talks back to her teacher
It’s OK to Be Different

A sense of security is needed for scouts to have self-worth and esteem. Youth need this sense of security to feel confident enough to stand up for themselves. All people are all like other people in some ways, and yet each is different from others in certain ways. We are each unique! We have different interests, we have special friends, and the things we like best might be different from others, different even from our family and friends. Differences don’t make us bad or inferior or superior, they make us an individual, unique person. That’s OK, Differences are just that – Differences!

It’s best to do this activity sitting in a circle. Tell this story:

On the one side of a park is a quiet little pond full of water under the shadow of a big tree. The tree beside the pond has many branches with lots of dark green leaves. It provides cool shade from the warm sun. This is a pleasant place to sit on a warm summer day. Three friends meet there in the shade to cool themselves from the hot sun.

There is Shirley, a big white bird. How white her feathers are! And she has a bright orange beak. “Don’t you wish you were floating in the cool water?” she said to Horace the dog.

“Oh no” said Horace. “The water seems very cold to me. I love this cool mud near the water.”

“But I look so beautiful, like a queen, as I swim on the pond” said Shirley. “You may be beautiful,” said Horace, “but all the children laugh at my curly tail. I make them very happy.”

Sammy, the cat, opened up one eye and looked up from his place on the rock. “Beautiful,” said Sammy. “If you want to see something beautiful, look at how my fur shines.”

“You are beautiful” said the big green tree. “Each of you is beautiful in a different way. I am happy you can all be friends here in my shadow.”

Lead a discussion: Can you tell me what the bird has that neither the cat or the dog has? What about the dog? And the cat?

Wrap up with: Even though the animals were different, they still liked each other and were good friends. All of us are different from one another, like the bird and the dog and the cat. We all have good things about us and can be friends.

Play a game called “I Will.” Say “I’ll think of some questions. If you think you can and will do what I ask, stand up for yourself and say “I Will” or “I Can” nice and loud”.

1. Who will say no when someone asks you to do something wrong?
2. Who will let someone bully you?
3. Who will not be tricked into not following rules by others?
4. Who will not obey their parents?
5. Who can stand up for themselves on the playground and not let anyone hurt you?
6. Who can stand up for others when they are in trouble and need help?
7. Who will be a friend when others need one?
8. Who can stand up and chirp like a bird?

Tell the scouts you are proud of them for being able to stand up for what is right. Each one of us needs someone to stand up for us sometimes. Continue with Simon Says.
Building Your Courage Activity

This is a home activity and it is also found in the Lion Cub Handbook. You may wish to start it in a meeting and ask the scouts to show their play next time. If making the puppets in the meeting, have copies for each scout and straws or Popsicle sticks.

Thinking about what can help you have courage. You can also practice before you try something new. If you are afraid, talk to someone about it. If someone tells you that they are afraid, don’t make a joke. Tell them that being afraid is normal.

Acting out our courage:
Use these puppets, stuffed animals or other small toys to act out a situation where you are afraid. Make up a play where your puppet or toy shows courage.

Instructions to make your puppet:
Cut out the puppet patterns. You can trace the pattern on other paper if you would like to make more puppets. Glue a Popsicle stick or straw to one side to make a handle. Glue the other paper to the other side to make a two sided person. Decorate the puppet showing a front side and back side of your character.
Additional Activity Badge

Requirements

I Love To Travel
Scouts will participate in 2 Field Trips with the Den or Pack

I Love To Race
Scouts will participate in a Pinewood Derby or Raingutter Regatta

I Love To Camp
Scouts will participate in a Pack Campout or attend a Council Outdoor Activity
Getting Ready for the Outdoors

For some Lions, scouting activities might be their first experience with camping or hiking. The “I Love to Camp” theme gives you an opportunity to introduce boys to the fun of the outdoors. Take the opportunity to talk about how to be prepared and be safe. Below are some meeting ideas which are particularly good preceding a pack campout or hiking trip.

The activities and guidelines for participating in the outdoors from the Wolf and Bear books give some great ideas like the Cub Scout Outdoor Essentials and guidelines for what to do when you are lost or preparing for activities. You can borrow a book to help you with this meeting. Here are some ideas you can introduce in a fun way.

The preparation for some activities in this section is more intensive, but may be very easy for you if you participate in outdoor activities. You can also invite another parent or, maybe better yet, a Boy Scout to join you and bring supplies.

Themes to Introduce:

- What to bring on a hike or camping trip
- Leave no trace – how we interact in the wilderness to protect it
- How to pitch a tent
- Protecting yourself – identify poison ivy and similar, the use of sunscreen and insect repellant, how to NOT interact with wildlife
- The buddy system and what to do if you get lost
- Camp foods – make a trail snack
- Make a small first aid kit together – bring zip loc bags and packs of supplies

Things that will help you with this meeting

The Cub Scout Outdoor Essentials are:

- A small personal first aid kit
- Filled water bottle
- Flashlight (a good idea even for day hikes, keep in your pack along with extra batteries)
- Trail food (high energy foods that don’t crush like nuts, dried fruit, granola bars)
- Sunscreen (and insect repellant – this isn’t on the list but I find it essential. There are brands that do both at once)
- Map and Compass (a trail map is most appropriate at this age level)
- Whistle (explain why it’s important not to blow it except in a true emergency)
- Rain protection (ponchos are awesome for something to sit on, sun protection, etc)
- **Pocketknife for Bears and Webelos (no lock blade knives are allowed. **Not included in the essentials for Lions)
- Matches or a Fire Starter (explain for emergencies only – reinforce fire safety).

Think about how much can be gained by just talking about these items. Just introducing these 10 gives you the opportunity to talk about safety and appropriate behaviors. Have a
talk about appropriate use of a whistle, why matches or fire starters are dangerous but
important and why only older scouts can use pocketknives and how it is essential to never
take them to school.

Other helpful items for this section:
- A small tent or tarp with ropes and stakes
- Trail food (have scouts make their own bag full)
- First Aid supplies to make a personal first aid kit (band aids, single use antibiotic
  packets, alcohol wipes, gauze pads, safety pins, small soap, nail size tweezers,
  small Ziploc bags)
- Pictures of Poison Ivy or other plants to stay away from in your area
- Supplies for activities you choose below.

Activities to consider:
Show and tell. Bring along a backpack with supplies for a day hike or overnight
camping event (whatever is most appropriate for your scouts). As you pull out each item,
discuss why you are bringing it and when it would be appropriate. Let the scouts unpack
the bag or pass around the supplies.

Sorting. Have the scouts sort a large pack full of supplies into things you should bring
on a hike or camping (whichever is appropriate) and things you should not bring. Include
some that are silly and inappropriate (a kitchen gadget that needs electricity, a very thick
book, etc). Pack up the things needed into a smaller backpack and include all the
essentials, discussing their importance. Some items will be controversial and that’s ok –
cell phones, money, camp chairs, etc. Some supplies are appropriate for some outdoor
trips and inappropriate for others. If you have any favorite things in your pack not on the
list, discuss why you include that item.

Pitch a tent/tarp. (this has been very popular for my scouts) Have the scouts and
their adult partners pitch one or more shelters. Have a snack inside or play with
flashlights. Talk about good and bad places to pitch a shelter.
When choosing a site:
Flat areas are more convenient for sleeping
Places where other people have camped are best – these damage the land less.
Good campsites are found, not made.
Avoid lowlands – they are called lowland for a reason. You will get wet if there
is rain
Check overhead - don’t camp under trees that are dead, have significant dead
branches or ones that are leaning on other trees
Look out for poison ivy
Stay out of high grass in meadows if possible. They are home to chiggers and
ticks.
Single trees or clumps of trees in areas that are flat and clear of trees are targets
for lightening.
There are lots of options for pitching tents and tarps. Survivalworld.com has some great information like this diagram:

Outdoor Essentials Memory Game.
Put outdoor essentials or other outdoor items (pine cones, leaf, etc) on a cookie tray. Give the scouts and adult partners a few minutes to memorize them and then put away. Ask them to list (on paper, drawings ok) and then review. You can also make 2 cards with each item and play Memory, talking about the items as they are matched.

Outdoor Essentials Private Eye (Feeling) Game.
Put the outdoor essentials and other outdoor items (pine cone, leaf, etc) in a closed cardboard box with a hole cut at one end. You can decorate the box and include a fabric door. Have each person reach in, find an object and identify it without looking. Pull the object out to check your answer. (note – objects must fit through the door, double check for pointy items, no pocketknife just in case).

Make Paper Towel Roll telescopes or binoculars.
Have fun looking through. This teaches good observation skills. You can also have scouts learn to focus and use real binoculars. This takes practice!

The 3 foot mini hike.
Give each scout a three foot section of rope. Have them lay down the rope and look very, very carefully along the section of rope – what interesting things are on the ground. Have the scouts wind the ropes into a trail of any shape they want. Let each scout take the group on his “hike”. Give the scouts some objects to add more interest if you want – small sticks or popsicle sticks for bridges or trees, stones, figures, etc. Small magnifying glasses can make it extra fun – these can be found as party favors.

Engage the senses.
Go outdoors if possible. Have scouts close their eyes and listen in total silence for 30 seconds. Have them count the different sounds they hear on their fingers. Talk about what you hear. Encourages scouts to notice what is around them.
Make a drawing.
Find a place outside. Have the scouts draw a picture of what they see with markers or crayons. You’ll be amazed at what they notice.

Sharp eyes.
Stand opposite a partner. Take a really close look at what each of you is wearing. Be sure not to miss any details. Look so closely that if anything were to change you would notice it! Then, turn away from each other and each change ONE thing about your dress (roll up a cuff, move a ring, undo a shoelace, etc). Now, turn back, and your partner has to find out what has changed. If they can’t - give them a clue (It’s above the waist, etc). (From Appalachian Mountain Club http://www.appalachiantrail.org/hiking/hiking-basics/families-groups/hiking-games-and-activities)

More great ideas:
http://www.appalachiantrail.org/hiking/hiking-basics/families-groups/hiking-games-and-activities
http://scoutermom.com/14534/hiking-activities/
http://lifestyle.howstuffworks.com/crafts/seasonal/summer/hiking-activities-for-kids.htm

Introduce Leave No Trace. Leave no trace is a list of principles for being in the wilderness. Boy Scouts of America supports Leave No Trace and scouts can earn an attractive Leave No Trace badge. The Leave No Trace principles for front-country (well used outdoor areas) are:
1. Plan ahead.
2. Stick to trails.
3. Manage your pet.
4. Leave what you find.
5. Respect other visitors.
6. Trash your trash.
Go over each one requirement – have the scouts color or make a poster, etc.
You can find the Cub Scout Leave Not Trace award requirements here.
http://meritbadge.org/wiki/index.php/Leave_No_Trace_Award_(Cub_Scouts)
And
There is an adult award given if you complete some requirements including helping at least 3 scouts earn a Leave no trace award.

Make an Earth Themed Craft.
Getting Ready to Race

The Pinewood Derby is a new experience for your Lion Cubs. Help them get ready by talking about what they will find in their Pinewood Derby Kit and how they will make the car. Emphasize the fun of decorating the car however they would like. If you have access to some example cars, this can be really popular.

You should explain the basic rules – using the original pieces only and the maximum length and weight are especially important. Give hints if you want like using powdered graphite to reduce friction and taking the spurs off the inside of the nails. Talk about how race day works. You can have the scouts imagine what their car will look like and make a diagram to help the people who will cut it out for them. A template is included. Bring matchbox cars (if you have them) as examples (and to play with).

To get everyone excited for race day, you could start your meeting with matchbox cars and a racetrack made from a pool noodle. Cut the noodle in half lengthwise with a serrated knife, attach the two halves together with toothpicks and elevate the track. Full instructions at http://www.ramblingsfromutopia.com/2012/04/diy-pool-noodle-racetrack.html?showComment=1336910523279

Or build a race car.
You can build a mock car out of potatoes, toilet paper rolls or clothespins and buttons. If they roll, you can race them too.

Instructions at http://www.crafts4camp.com/2012/03/clothespin-race-car.html
Make a Derby Car Stand.

Diagram of a pinewood derby stand #1


Or prepare for future pinewood derbies with this project (remember your lions may make 6 cars throughout their Cub Scout Career):

Clips are available at:
http://shop.derbygurus.com/Knuckle-Clip-GS101PWD-KC.htm
The Trail to the Bobcat Award

As soon as the scouts graduate to the Tiger den, they are eligible to earn the Bobcat Award. This is the first award presented to Cub Scouts (Tigers through Webelos earn it before any other award). You can help your den prepare for this important step by teaching them the requirements.

1. Learn and Say The Cub Scout Promise
   I promise to do my best to do my duty to God and my country, to help other people and to obey the Law of the Pack.

2. Say the Law of the Pack and tell what it means
   *(Explain that Akela means the person who is in charge. Examples are parents at home, teachers or aides at school, scout leaders, babysitters, etc.)*

3. Tell what Webelos means
   *(We Be Loyal Scouts)*

4. Show the Cub Scout Sign and tell what it means
   *(make the sign with the right hand. The fingers look like a wolf’s ears ready to listen)*

5. Show the Cub Scout Handshake

6. Say the Cub Scout Motto - Do Your Best

7. Give the Cub Scout Salute

8. With your parent or guardian, complete the exercises in the booklet *How to Protect Your Children from Child Abuse*. This is found in the front of any Tiger-Webelos handbook and online at [http://www.scouting.org/filestore/ypt/pdf/100-014.pdf](http://www.scouting.org/filestore/ypt/pdf/100-014.pdf)

Worksheets and activities for learning the Bobcat Award can be found at
Teaching the Cub Scout Sign, Salute and Handshake

The Cub Scout Sign
(Held up for the Cub Scout Promise and as a quiet sign)

The Cub Scout Sign is done with the right hand.
Hold your hand above your head.
The two fingers are held up like the ears of a wolf ready to listen.
The two fingers stand for “To help others” and “To obey”

The Cub Scout Salute
(use when saying the Pledge of Allegiance)
Use your right hand.
Hold your fingers like for the Cub Scout sign.
Hold the fingers close together.
Touch those fingers to your eyebrow or to your cap.

The Cub Scout Handshake
Use your right hand.
Hold your hand in the Cub Scout sign.
Put your first two fingers on the other boy’s wrist
Internet Resources List

Official Boy Scouts of America Resources

http://www.hmc-bsa.org/ - Hawk Mountain Council Webpage for calendar of events, forms, contact information for district and council leaders
http://www.scouting.org/scoutsource/CubScouts.aspx - Cub Scouting’s Home Page – meeting plans, leader information
www.scouting.org - Guide to safe scouting, forms, program information
http://myscouting.org - Online Training, Tour permit submission (out of council trips)
http://www.scouting.org/ScoutCast.aspx?a=2#cubcast~201001_1 - Podcasts
http://Scoutstuff.org - Official BSA supplier

Program Planning – all in one directories

These three include Advancement requirements, Games, Skits, Songs and Cheers, Ceremonies and more
http://ultimatecampresource.com/ (not about Scouting. Games, Skits, Songs, etc.)

Activities

Activity Village - http://www.activityvillage.co.uk/
Super Teacher worksheets - http://www.superteacherworksheets.com/
Pinterest - https://www.pinterest.com/ (search Cub Scouts or a theme)
Learning for Life Lesson Plans

Games Websites

http://ultimatecampresource.com/site/camp-activities/camp-games.html (many indoor and outdoor games - videos included for some)
http://wilderdom.com/games/ (arranged by topics)

Crafts Websites

http://www.enchantedlearning.com/
http://www.freekidscrafts.com/
http://www.birthdaypartyideas.com/ (arranged by theme – police, fire, animals, environment, etc)

Ultimate Skits Collection


Challenging Behaviors

https://sites.google.com/site/bsaresources/resource-center/problem-behaviors
https://sites.google.com/site/bsaresources/resource-center/preventative-measures
Blogs and Collections

Subscribe
If you are a Facebook user, consider subscribing to the group Teach Preschool
Or you can subscribe by email at
https://www.facebook.com/Teachpreschool/app_190322544333196
There is a similar webpage at http://www.teachpreschool.org/
You will find lots of fun crafts, games and other activities for this age-group.

Pinterest https://www.pinterest.com/
A website for posting ideas from other web pages. There are numerous scouting oriented
pages (some for specific activities like the Blue and Gold Banquet, Pinewood Derby).
There are many pages for crafts (holiday specific, for example) and games. Searching k-2
will yield many age-appropriate pages. You can set up your own pinterest account to
save pages for future reference or to share ideas with other leaders.

Blogs
There are many fantastic blogs by creative parents. I think you will love
http://www.mamaslikeme.com/

More Top Blogs from Parents.com
http://www.parents.com/parenting/better-parenting/advice/parents-blog-awards-
finalists/#page=11

Kids Crafts Blogs
http://redtri.com/top-mom-dad-craft-blogs/
Cub Scout Patch Vest Pattern

Note: This is not to scale – enlarge or measure out the dimensions. This fits size large which will be big at first. You don’t want to move a lot of patches so go with a big size. Source and Instructions: http://www.blogher.com/how-sew-cub-scout-red-brag-vest

Felt Brag Vest (Large Size) Material Size 34" x 24"

SQUARE = 1 inch X 1 inch