



FUN ON THE RUN!

RATIONALE FOR ADVENTURE

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



TAKEAWAYS

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

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Fitness

REQUIREMENTS

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

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

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

GATHERING

- Play Red Light, Green Light.

OPENING

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

TALK TIME

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



ACTIVITIES

Activity 1: Exercises

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

Activity 2: Nutritious Snack

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

Activity 3: Match Game

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

Activity Wrap-up

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

CLOSING

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

AFTER THE MEETING

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

MEETING 1 RESOURCES

- **Opening Song**

"Head, Shoulders, Knees, and Toes"

Head, shoulders, knees, and toes, knees and toes,

Head, shoulders, knees, and toes, knees and toes,

Eyes and ears and mouth and nose,

Head, shoulders, knees, and toes, knees and toes!

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



- **Activity 1: Jump Rope Chant (without rope)**

(The leader will chant the rhymes as the Scouts and adult partners do the movements described in the chant.)

Lion, Lion, turn around.
Lion, Lion, touch the ground.
Lion, Lion, jump up high.
Lion, Lion, touch the sky.
Lion, Lion, reach down low.
Lion, Lion touch your toe.

- **Activity 2: Nutritious Snack**

Ingredients:

Trail Mix: Nuts, hard-shelled chocolate candies, raisins, dried fruit, cereal, granola, mini marshmallows, chocolate chips, peanut butter chips, etc. Remember to check for allergies!

Ants on a Log: Celery sticks, peanut butter or sunflower butter, raisins

Lion's Teeth: Apple slices, mini marshmallows (Sandwich marshmallows between apple slices; use peanut butter or sunflower butter to "glue" the sandwich together.)

- **Activity 3: Animal Match Game**

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

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

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

TRANSPORTATION TO OUTING

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

GATHERING

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



OPENING

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

ACTIVITIES

Activity 1: Jungle Field Day

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

- **Station 1: Jumping Jacks**
Do five jumping jacks.
- **Station 2: Crab Walk**
Have start and finish lines. Crab walk from one line to the other.
- **Station 3: Balancing**
Each group will walk on a rope on the ground with a beanbag on their head. Have them walk forward to the designated line. On the way back, have them walk backward.
- **Station 4: Weights**
Using full soup cans, have the groups "lift weights." Hold a can in each hand with arms at sides and hands facing forward. Bend elbows upward until the cans touch the upper arm. Repeat 10 times. Next, hold the cans in each hand and stretch elbows out to sides with upper arms parallel to the ground. Straighten elbow, keeping arm parallel to the floor. Repeat 10 times.

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

CLOSING

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

AFTER THE OUTING

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

TRANSPORTATION HOME

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