Assembled Den Meeting Plan – LION (Kindergarten)

This ***Assembled* Den Meeting Plan** combines activities from Lion Adventures Den Meeting Resources found at Scouting.Org or from the requirements themselves, into the parts of a quality Den Meeting, which are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, followed by a series of activities, ideally alternating quiet and energetic fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) …

Lion – Kindergarten

Fun on the Run



A "Personal Fitness" Adventure

REQUIRED (An Adventure "Required" to earn the Rank of Lion)

Snapshot of Adventure. In this Adventure, Lions will explore the different food groups, have fun being active, and review the importance of rest.

The QR Code above takes you to scouting.org/cub-scout-adventures/fun-on-the-run/ ↑

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas. For more, see Adventure Resources at the end of this Plan for a menu of activity options at that link.

Requirements from the Lion Handbook

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

Meeting Plan

Does this take one Meeting to complete? Easy to do as "One and Done". But more games are fun!

PREPARATION (and materials needed): Read the Fun On The Run Adventure in the Lion Handbook.

- Decide whether you like any "Activity Card" options for the Requirements or the suggested activities below or some other way to deliver this Adventure. When you decide, check the materials + supplies needed.
- You'll need soap and a water supply for the hand washing activity.
- Key Advance Decisions are: how to do the food part and what kinds of group activities.
  - For Activity 1 (Requirement 1, or "*Identify the five different food groups*"), you could talk or show pictures (like what we have below), or you might bring, share and eat some of each.
    - Don't forget plates, napkins and serving tools (toothpicks work), and a knife for you to slice foods.
  - For Activity 3 (Requirement 3, or *"Be active for 20 minutes"*), pick what activity you'll do. Could be dance, hula hoop, soccer, kickball, catch, jump rope, disc … or what you like. If that activity needs gear … bring it.
  - The Relaxing Activity (Req. 4) could be done with no materials – but a music player might be good.

A Tip About Den Meetings for Kindergarten Kids:



- Which is better? Classroom or Playground? ***Yes, Playground!***
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "*A Game with a Purpose*", maybe Lion Dens are "*A Play Date with a Purpose*" – and there's nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – different adult partners can host.

GATHERING: A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources*.

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

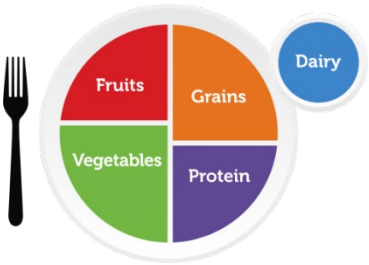
OPENING: (Parent leader: _____) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

ACTIVITIES (See also other Activities linked at Adventure Resources – use those if you like them):

◆**Activity Intro:** (Parent leader: _____) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆**Activity 1: Five Food Groups (Requirement 1: "***Identify the five different food groups.***")** (Parent leader: _____)



- *Good:* quality discussion about Fruits, Vegetables, Grains, Protein, Dairy.
- *Better:* discussion plus bring pictures of items from each food group.
- *Best:* bring actual examples of Fruits, Vegetables, Grains, Protein, Dairy.
- *Even Better than Best:* **share Fruits, Vegetables, Grains, Protein, Dairy to eat!**



◆Activity 2: Wash Your Hands! (Requirement 2: "*Practice hand washing. Point out when you should wash your hands.*") (Parent leader: _____)



Notes about when you should wash your hands:

- Before and after preparing food or eating
- After using the toilet
- After sneezing, coughing or using a tissue.
- After touching an animal or animal waste
- After handling shared objects
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After touching garbage

◆Activity 3: Get Active! (Requirement 3: "*Be active for 20 minutes.*") (Parent leader: _____)

- As noted above, your activity could be from the Adventure Resources which has tips for Dance, Freeze Tag, and "Lion Says", but the den might want to do something different, like kickball, soccer, frisbee, basketball, baseball, jump rope, obstacle course, badminton, pickleball, or others.





- Whatever you do, be sure you have the gear to do it plus necessary safety gear (biking? Helmets!) and if your Scouts need instruction, be ready to provide!

◆Activity 4: Relax (Requirement 4: "*Practice methods that help you rest.*") (Parent leader: _____)

- As noted above, your activity could be from the Adventure Resources which has tips for relaxing by listening to Music. But it could be lie on your back in the grass and watch the clouds.

CLOSING: A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a "Living Circle".

AFTER THE MEETING: Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

ADVENTURE RESOURCES: Den Meeting Resources and "Activity Card" options for this Adventure are found at https://www.scouting.org/cub-scout-adventures/fun-on-the-run/. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

1. **Identify the five different food groups.**
   - Snack Time (Indoor; **2** of 5 Energy; **4** of 5 Supplies; **5** of 5 Prep Time)
   - That Food is in the Wrong Group (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - What Food Group Do I Belong To? (Indoor; **4** of 5 Energy; **4** of 5 Supplies; **3** of 5 Prep Time)
2. **Practice hand washing. Point out when you should wash your hands.**
   - Bubbles Good Clean Fun (Outdoor; **4** of 5 Energy; **2** of 5 Supplies; **4** of 5 Prep Time)
   - Happy Birthday Clean Hands (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **1** of 5 Prep Time)
   - Steps To Washing Your Hands (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **3** of 5 Prep Time)
3. **Be active for 20 minutes.**
   - It's Time for Lions to Dance (Indoor; **4** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Lion Freeze Tag (Outdoor; **5** of 5 Energy; **2** of 5 Supplies; **1** of 5 Prep Time)
   - Lion Says (Indoor; **3** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
4. **Practice methods that help you rest.**
   - Animals Sleep Just Like Me (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **1** of 5 Prep Time)
   - Music Can Soothe the Savage Beast (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)
   - What Time is Bedtime? (Indoor; **1** of 5 Energy; **2** of 5 Supplies; **1** of 5 Prep Time)