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

Lion's Roar

A "Personal Safety" Adventure

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

Snapshot of Adventure. In partnership with the Barbara Sinatra Children's Center Foundation, Lions will learn about the "Protect Yourself Rules" and other skills needed to stay safe. This Adventure may be completed at home or as a den. Prior to the meeting inform parents, legal guardians, and adult partners of the Adventure and content. See Lion's Parent Notification for a way to notify.

The QR Code above takes you to scouting.org/cub-scout-adventures/lions-roar/ ↑

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

Meeting Plan

Does this take one Meeting to complete? This is easily done in a single 60 minute session.

PREPARATION (and materials needed): Read the Lion's Roar Adventure in the Lion Handbook.

- Determine how to do the Video parts (Req 1 + 2), at home or at the Den Meeting.
  - Let the parents know if you're watching this at a Den Meeting (some may want to opt out and do it at home) or tell the parents to watch this at home.
  - For help with messaging the parents, see this from the Adventure Resources.

A Tip About Den Meetings (especially dens of younger Scouts):



- Which is better? Classroom or Playground? ***Yes, Playground!***
  - Better for the Scouts – they know what to do at a Playground. Yes, if you watch the video, you'll need to do that inside … but then go to a Playground!
  - Better for Parents – as Scouts play you can plan the next part of your meeting.
- If Scouting is "*A Game with a Purpose*", maybe Lion Dens are "*A Play Date with a Purpose*" – combining fun with meaning + values is Cub Scouting!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners can host at new playgrounds.

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: Protect Yourself! (Requirement 1: "***With permission from your parent or legal guardian watch the Protect Yourself Rules video for the Lion rank.***")** (Parent leader: _____)

- The video is found at https://vimeo.com/325064485





◆**Activity 2: Shout, Run, and Tell (Requirement 2: "***With your Lion adult partner, demonstrate Shout, Run, Tell as explained in the Protect Yourself Rules video.***")** (Parent leader: _____)

- You can do this as a discussion in reaction to the video.
  - Maybe say the following: "*In the video we just watched, we learned about what parts our bodies are considered private parts. A private part is one that is covered by a bathing suit.*"
- If anyone tries to touch your private body parts or wants you to touch their private body parts:
  - **Shout** at them to "Stop!" Don't be afraid to get as loud as you can.
  - **Run** Away, and
  - **Tell** an Adult you trust. You can tell your parents, a teacher or another grown up what happened. A trusted adult is someone that both you and your parents know, and a trusted adult would never ask you to keep secrets from your parents.

Here's a way for Scouts to demonstrate **Shout, Run, and Tell.**



  - During this activity, allow each Lion to come up with what they want to shout – something like "Help!" or "Don't Touch Me!" or "Help! I don't know this person!" or "I don't want to be touched!"
  - Have the Scouts line up single file with each Scout about 10 yards away from an adult partner.
  - When the den leader signals "Go," the first Lion in line will yell their "Help!" yell.
  - The first Lion will then run to their adult partner. When this is done, the next Lion gets a turn.
  - Repeat until all the Lions have had a chance to practice how they would shout, run, and tell.
- If Scouts raise questions or concerns that you can or want to answer or comment on, do so.

- If Scouts raise concerns that you cannot or do not want to comment on, take down and thank them for their comment, and – if appropriate – tell them you'll follow up with their parent or guardian.
- In some cases (here, or in other settings during your time as a leader), you may need to counsel the Scout personally but with another leader present for Youth Protection Rules and follow Youth Protection protocols. See https://www.scouting.org/training/youth-protection/.

◆Activity 3: Get Emergency Help (Requirement 3: "*With your Lion adult partner, demonstrate how to access emergency services.*") (Parent leader: _____)

- Have the Scouts make a list of emergency numbers. There is a page in the Lion Handbook for this.
- Have the Scouts show that they know how to call for help in an emergency. (No actual 911 calls!)
  - Have the Scouts identify people who could help if a parent is not available.

◆Activity 4: Cross The Street / Cross The Parking Lot (Requirement 4: "*With your Lion adult partner, demonstrate how to safely cross a street or walk in a parking lot.*") (Parent leader: _____)

- There's a connect the dots in the Lion Handbook, and some games in Adventure Resources, but this is more interesting and meaningful if you go outside and practice safely crossing the street and the lot.
- How you do your demonstration will depend on your local streets, crosswalks, and parking lot spaces. Tips:
  - Do Not Cross Busy Streets Alone – Stay Together
  - Find a Safe Place to Cross (Go to the Crosswalk!) – Stop at the Edge of the Street
  - Look and Listen for Traffic (Left, Right, Left) – Cross Quickly and Safely – Be More Cautious when it's Dark!



◆Activity 5: [*OPTION*: Fun Game We Like (Parent leader: _____):

If this meeting is too dry or the games in the Activity Cards in Adventure Resources don't resonate with you as something your Scouts will like, you can turn up the "Fun Meter" and play a game or some other Fun Activity you like. Some ideas here.



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/lions-roar/. 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. **With permission from your parent or legal guardian watch the Protect Yourself Rules video for the Lion rank.**
   - Protect Yourself Rules Video Lion (Indoor; **1** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
2. **With your Lion adult partner, demonstrate Shout, Run, Tell as explained in the Protect Yourself Rules video.**
   - Shout, Run, Tell Relay Lion (Indoor; **4** of 5 Energy; **2** of 5 Supplies; **5** of 5 Prep Time)
3. **With your Lion adult partner, demonstrate how to access emergency services.**
   - Home Security Emergency Services (Indoor; **2** of 5 Energy; **5** of 5 Supplies; **1** of 5 Prep Time)
   - Practice 911 and Five Trusted Adults (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **1** of 5 Prep Time)
4. **With your Lion adult partner, demonstrate how to safely cross a street or walk in a parking lot.**
   - Green Means Go Red Means Stop (Indoor; **4** of 5 Energy; **2** of 5 Supplies; **1** of 5 Prep Time)
   - Make Believe Parking Lot (Outdoor; **3** of 5 Energy; **3** of 5 Supplies; **4** of 5 Prep Time)