



LION

Requirements:

The Lion rank is an introduction to scouting and is not designed to be done on a weekly basis. Lion's may move at a pace of one "adventure" per month, bi-weekly or weekly. There are additional adventures to fit your child's pace and the time available.

The Lion rank is earned by completing the five adventures as described below. There are twelve total adventures but only the five below must be completed in any order. It is recommended that the Lion's Honor adventure be done first.

- Lions Honor
 - Fun on the Run
 - Animal Kingdom
 - Mountain Lion
 - King of the Jungle
1. Each adventure has associated activities to help Lion's relate to the adventure in a fun way. You may complete one or all the activities during the adventure.
 2. With a parent, guardian or caring adult, complete the exercises in the online pamphlet – How to Protect Your Children From Child Abuse: A Parent's Guide (found here <https://filestore.scouting.org/filestore/ypt/pdf/100-014.pdf>).
 3. You may wish to complete the Cyber Chip award. Cyber Chip may be waived by a parent or guardian if internet access is not available (found here for grades 1st – 3rd <https://www.scouting.org/training/youth-protection/cyber-chip/grades-1-3/>).

Leaders Guide: <https://tampabayscouting.org/wp/wp-content/uploads/2018/08/Lion-Meeting-Guide.pdf>

Intro Video: <https://www.scouting.org/programs/cub-scouts/den-meeting-resources/den-leader-tips-tricks-video-series/#video-gallery-d5791a3-9>

September, Week 1 – We will go more in depth with this Adventure as it contains the opening and closing and what happens during most meetings.



Lion's Honor Adventure

The animals in the jungle, including the lion, have traditions that they share. The lion is strong and protects his family. When the lion talks the animals of the jungle listen. The Lion Scout will learn the traditions of the den and their pack.

Requirements:

- 1. Show the Cub Scout sign. Tell what it means.**
- 2. Repeat the Cub Scout motto. Tell what it means.**
- 3. Show the Cub Scout salute. Tell what it means.**
- 4. Show teamwork and good sportsmanship by playing a game with your den.**
- 5. Participate in an outing.**

This Adventure can be completed at home with the family – Requirement 4 involves “playing a game with your den”, which could be in person or virtual. For this Plan, we’re going to assume that each family does the game and outing as a family. Then possibly shares video, pictures and stories with the rest of the den at a den or pack meeting if face to face is not available.

You can break up the Activities to be standalone sessions, and introduce the Sign, Motto and Salute elements when you do a game, and then review when you do an outing. Or do game and outing and all in one session.

PREPARATION AND MATERIALS NEEDED

- Read the Lion's Honor adventure in the Lion Handbook.
- Determine where you will conduct the Lion's Honor outing and what game you will play. The outing could be to a Cub Scout Pack event – or any interesting place (like a park or playground).
- You'll need one dice for the Sign, Motto + Salute Game. 2 Lion's Honor Family-Led Adventure Plan

OPENING: (doing a simple “Opening Ceremony” sets the tone – “Now We’re doing Scouting”)

A simple opening is to recite the Scout Law. Suggestion: Say “The Scout Law is, A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent. “Then say “Now let’s repeat the 12 points of the Scout Law. I’ll say a piece, and you repeat it back: Loyal...”

TALK TIME: Introduce the Lion’s Honor adventure by describing the adventure and activities.

ACTIVITIES: Activity 1: Sign, Motto + Salute (Requirements 1: “Show the Cub Scout sign. Tell what it means.”, 2: “Repeat the Cub Scout motto. Tell what it means.” 3: “Show the Cub Scout salute. Tell what it means.”)

<p>Show the Cub Scout sign.</p> <p>Tell what it means.</p>	<p>Make the sign with your right hand. Hold your arm straight up.</p> <p>The two raised fingers look like the attentive ears of a wolf, listening carefully.</p> <p>The Cub Scout sign means everyone should stop what he or she is doing and pay attention to the leader.</p>	
<p>Repeat the Cub Scout motto.</p> <p>Tell what it means.</p>	<p>The Cub Scout motto is “Do Your Best.”</p> <p>A motto is like a slogan. It reminds us of something important.</p> <p>“Do Your Best!” is a great motto for life.</p>	
<p>Show the Cub Scout salute.</p> <p>Tell what it means.</p>	<p>Salute with your right hand. Hold your first two fingers close together. Touch your fingertips to your cap. If you aren’t wearing a cap, touch your right eyebrow.</p> <p>We salute the flag to show respect to our country. Always use the Cub Scout salute when you are in your Lion uniform, both indoors and outdoors. If you are not in uniform, salute the flag by placing your right hand over your heart.</p>	

Activity 2: Sign, Motto + Salute Game (Requirement 4: “Show teamwork and good sportsmanship by playing a game with your den or family”)

This is “Roll of the Dice Review” – a Team Game for Parent and Scout.

The Scout rolls the dice and either the Scout or the Adult Partner needs to show each other the Sign, Motto or Salute, as follows: 1, 2 and 3 mean the Scout does what’s below. 4, 5 and 6 mean the Adult does what’s below.

- 1 = Cub Scout sign. Tell what it means.
- 4 = Cub Scout sign. Tell what it means.
- 2 = Cub Scout motto. Tell what it means.
- 5 = Cub Scout motto. Tell what it means.
- 3 = Cub Scout salute. Tell what it means.
- 6 = Cub Scout salute. Tell what it means.

Activity 3: Outing (Requirement 5: “Participate in an outing.”). This outing can be done as family outing and shared with the pack or den using pictures, video or stories.

Activity 4: (Optional) Sing A Song! “If You’re A Lion and You Know It” (Sung to the tune of “If You’re Happy and You Know It”)

If you're a Lion and you know it, show your claws. (All use hands to make claws.)
If you're a Lion and you know it, show your claws. If you're a Lion and you know it, then your claws will surely show it. If you're a Lion and you know it, show your claws.
If you're a Lion and you know it, show you're strong. (All make a muscle.) If you're a Lion and you know it, show you're strong. If you're a Lion and you know it, then your strength will surely show it. If you're a Lion and you know it, show you're strong.

If you're a Lion and you know it, give a roar. (All give a lion's roar.) If you're a Lion and you know it, give a roar. If you're a Lion and you know it, then roaring will surely show it. If you're a Lion and you know it, give a roar.

If you're a Lion and you know it, give a do all three. (All make claws, make a muscle, and give a lion's roar!) If you're a Lion and you know it, give a do all three. If you're a Lion and you know it, then you really want to show it. If you're a Lion and you know it do all three.

CLOSING: (doing a simple "Closing Ceremony" is a celebration and says, "we're done!")

- Congratulate your Scout for a job well done and confirm that the Adventure Loop will be awarded soon.
- Maybe "Let's all give a Lion's Roar". Both Scout and Adult Partner: "grraaaauuuu!"

***Use this format for preparing your Lion for future in person den and pack meetings.**

September, Week 2

The remaining requirements will now be a condensed version – for full activities and meeting resources visit <https://www.southfultonscouting.com/node/4205>



Fun on the Run Adventure

If you see 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 stay strong and healthy as well.

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**

ACTIVITIES

Activity 1: Exercises Demonstrate several basic exercises and have Lions 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:

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

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 Resources.)

Activity 3: Match Game Guide Lions 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."