**** Fun on the Run**

|  |
| --- |
| *Parent and Leader Guidebook:* pages 37-40 *Lion Adventure Book*: page 7   * Learn and demonstrate three exercise you can do each day. * Have Lions make a nutritious snack for the den. * Understand the importance of rest. * Participate as a den in Jungle Field Day. |

**Materials**

* Copies of Fun on the Run handout, one per adult
* Copy of Den Meeting Plan, one for leader(s)
* Name tags and Sharpie
* Copies of pack calendar
* ****Cub Scouts Poster Set with Scout Law, Scout Oath and Den Code of Conduct  
  (#621086 from Scout Shop)
* Blue tape or something to hang posters on wall

**Optional**

* Snack and water
* Activities for siblings (e.g., coloring books)

**Activities**

* **Gathering: Red Light, Green Light – flag version:**
* Red flag
* ****Green flag
* **Activity 1: Exercise**
* Jump rope
* **Activity 2: Nutritious Snack**
* Nutritious Snack (see page 39). For example, trail mix, ants on a log, Lion’s teeth.
* **Activity 3: Animal Match Game**
* Cards with pictures of different animals
* Cards with sun or moon
* **Jungle Field Day Activities:**
* Crab walk: Start/finish line
* Balancing: bean bag, rope
* Weight: full soup cans
* Three-legged race: ribbon or streamer

**Wrap Up Game**

* Colored pencils, crayons or markers
* Few extra copies of *Lion Adventure Book* page 9(for those who forget book)

****Den Meeting Plan**

**Fun on the Run**

|  |
| --- |
| *Parent and Leader Guidebook:* pages 37-40 *Lion Adventure Book*: page 7   * Learn and demonstrate three exercise you can do each day. * Have Lions make a nutritious snack for the den. * Understand the importance of rest. * Participate as a den in Jungle Field Day. |

**Gathering**

* ****Red Light, Green Light game – flag version (page 32)
* Game: Lion, May I (page 39)

**Opening**

* Pledge, Scout Oath, Scout Law

**Activities**

* Activity 1: Exercises
  + Basic exercises (jumping jacks, leap, hop, skip, jump)
  + Jump rope
  + Marching
  + Running
  + Jump Rope Chant
* Activity 2: Nutritious Snack
* Activity 3: Animal Match Game
* Jungle Field Day (page 40)
* Station 1 – Jumping Jacks
* Station 2 – Crab Walk
* Station 3 – Balancing (beanbag on head, walking on rope)
* Station 4 – Weights
* Station 5 – Three-legged race with adult partner

**Wrap Up**

* *Lion Adventure Book*, page 7

**Fun on the Run**

**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!





**Scout Law**

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, reverent.

**Scout Oath**

On my honor, I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

**Jump Rope 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.

****

**Upcoming Events**

**Dec 6** Den Meeting

**Dec 20** Pack Meeting   
(bring food to donate)

**Jan 10** Den Meeting

**TBD** Outing

**Feb 7** Den Meeting

**Feb 24** Pinewood Derby

**Feb 28** Pack Meeting

**Pack 72**

facebook.com/pack72tomball

pack72tomball.scoutlander.com

**Orion District**

www.orion.shac.org  
facebook.com/orionbsa

**Sam Houston Area Council**

www.shac.org

facebook.com/shac.bsa

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **DIURNAL**  (day time animals) |  |  | **NOCTURNAL**  (night time animals) |
|  | |  |  | |

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Nocturnal:** bat, kangaroo, lion, mouse, owl, porcupine, possum, raccoon, skunk

**Diurnal:** butterfly, deer, elephant, gorilla, lizard, squirrel

***Nocturnal*** *animals are active at nighttime and then sleep during the day. Examples: aardvarks, armadillo, beaver, cockroach, cougar, coyote, firefly, hamster, hedgehog, hermit crab, hyena, jaguar, koala, leopard, lion, scorpion, tarantula, tiger.* ***Diurnal*** *animals are those that are active mainly during the day. Examples: deer, domesticated dogs and cats, elephants, gorillas, hawks, honeybees, humans, lizards, songbirds, and most mammals.*