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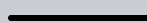

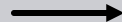


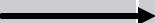
- Program
- Cub Scouts
- (scroll down) Cub Scout Adventures



Personal Fitness Adventure



Fun on the Run	Tiger Bites	Running with the Pack	Bear Strong	Stronger, Faster, Higher	Personal Fitness
1) Identify the five different food groups.	1) Identify the five different food groups.	1) Sample three different foods that are naturally three different colors.	1) Sample food from three of the following food groups: protein, vegetable, dairy and grains.	1) With your den or family, plan, cook, and eat a balanced meal.	1) Plan a balanced meal that you would eat when camping. Prepare that meal using gear you would use on a campout.
2) Practice Hand washing. Point out when you should wash your hands.	2) Practice hand washing. Point out when you should wash your hands..	2) Demonstrate the proper way to brush your teeth.	2) Be active for 30 minutes with your den or at least one other person. That includes both stretching and moving	2) Be active for 30 minutes with your den or at least one other person. That includes both stretching and moving.	2) Examine what it is to be physically fit and incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14 day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically fit.
3) Be active for 20 minutes.	3) Be active for 20 minutes	3) Be active for 30 minutes with your den or at least one other person. That includes both stretching and moving.	3) Be active for 15 minutes by doing personal exercises that boost your heart rate, use your muscles, and work on flexibility.	3) Be active for 15 minutes by doing personal exercises that boost your heart rate, use your muscles and work on flexibility.	3) Be active for 30 minutes with your patrol, a younger den, or at least one other person. That includes both stretching and moving.
4) Practice methods that help you rest.	4) Practice methods that help you rest	4) Be active for 10 minutes doing personal exercises.	4) Do a relaxing activity for 10 minutes.	4) Do a relaxing activity for 10 minutes.	4) Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.
		5) Do a relaxing activity for 10 minutes.	5) Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.	5) Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.	
		6) Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.			

Activity Center	Content	Comments
<p>Prior to Pack Meeting</p>	<p>Lion Den – None</p> <p>Tiger Den – None</p> <p>Wolf Den – Req. 4 – Be active for 10 minutes doing personal exercises. </p> <p>Req. 6 – Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities </p> <p>Bear Den – Req. 5 – Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities</p> <p>Webelos Den – Req. 1 – With your den or family, plan, cook and eat a balanced meal. </p> <p>Req. 5 – Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities </p> <p>AOL Den – Req 1. – Plan a balanced meal that you would eat when camping. Prepare that meal using gear you would use on a campout. </p> <p>Req. 2 – Track number of times you are active for 30 minutes or longer over a 14 day period. </p> <p>Req. 4 – Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities </p>	<p><i>Can be done as a den before pack meeting or at home.</i></p> <p><i>At home</i></p> <p><i>At home</i></p> <p><i>Can be done as a den before pack meeting or at home.</i></p> <p><i>At home.</i></p> <p><i>Can be done as a den before pack meeting or at home.</i></p> <p><i>At home.</i></p>

Activity Center	Content	Comments
Gathering	Taste Test	
Opening	Flag Ceremony, Scout Oath & Scout Law	
Station 1	Food	Lion, Tiger, Wolf, Bear
Station 2	Cleanliness/Exercises	Lion, Tiger, Wolf (Cleanliness) Bear, Webelos, AOL (Exercises)
Station 3	Active	All
Station 4	Relax	All except AOL
Award Presentation	Personal Fitness Adventure Presentation	All
Closing	Cubmaster Minute & Retire the Colors	

Physical Fitness Gathering Activity

Taste Test

Premix a dozen different flavors in liquid form and have them in small sampling jars, such as mason jars or baby food jars. Flavors can include extracts (like vanilla and almond), drink flavors (like cherry and grape juices), diluted vinegar, etc. Place the flavors at numbered stations and hand out cards with the numbers next to blank lines. Have plenty of toothpicks at each station so that each person can use a different toothpick for the flavors. Let everyone try each flavor and identify as many as they can. The winners are those that identify the most flavors.

Opening: Cubmaster Opening Remarks & Activity Song

Cub Scout Song Book pg. 29 (purchasable)

Need to hear what a song sounds like or need song ideas?

<https://soundcloud.com/user-973700341/sets/cub-scout-song-book>

For a fun variation, do lyrics in reverse: "Toes, knees and shoulders, head, shoulders, head, etc.

Song Tune: 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

Activity Center	Content	Comments
Gathering	Taste Test	
Opening	Flag Ceremony, Active Song “Head, Shoulders, Knees & Toes”	
Station 1	Food Station	Lions, Tigers, Wolves & Bears
Station 2	Cleanliness/Exercise Station	Lions, Tigers & Wolves (Cleanliness) Bears, Webelos, AOL (Exercise)
Station 3	Active Station	All
Station 4	Relax Station	All except AOL
Award Presentation	Personal Fitness Award Presentation	All
Closing	Cubmaster Minute & Retire the Colors	

Rotation	Station 1: Food	Station 2: Cleanliness/ Exercise	Station 3: Active	Station 4: Relax
1	Lion, Tiger	Wolf	AOL, Bear	Webelos
2	Bear	Lion, Tiger	AOL, Webelos	Wolf
3	-	Bear, Webelos	AOL, Wolf	Lion, Tiger
4	Wolf	AOL	Lion, Tiger, Webelos	Bear

Station 1 – Food

	Lions & Tigers	Wolves	Bears
Requirement	1) Identify the five different food groups	1.) Sample three different foods that are naturally different colors. The food must be a protein, vegetable, fruit, dairy or a grain.	1.) Sample food from three of the following food groups: protein, vegetable, fruit, dairy & grain.
Supplies Needed	<ul style="list-style-type: none"> - 3 each plastic or toy foods that are vegetables, fruits, proteins, grains, dairy. - 5 small boxes - pillowcase 	<ul style="list-style-type: none"> - Plates, napkins, serving ware - Sliced strawberries - Bananas - Cheddar Cheese Squares - Sliced Avocados - Cooked Brown Rice - Alternative foods of similar colors 	<ul style="list-style-type: none"> - Apples, bananas, Nutella, yogurt, granola, strawberries, honey - Plates, napkins - Apple corer

Station 1 – Food

Lions & Tigers

1.) Identify the five different food groups

- 3 each plastic or toy foods that are vegetables, fruits, proteins, grains, dairy.
- 5 small boxes
- pillowcase

From Scouting.org Den Meeting Resources (Lion)

Snapshot of Activity

Use play food to help Cub Scouts identify the five different food groups.



Indoor



4



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If you want to know more about The Adventure Activity Key [click here](#).

Supply List

Based on the number of Cub Scouts and adult partners in our den you may want to adjust the amount of supplies for this activity.

- 3 plastic or toy foods that are vegetables
- 3 plastic or toy foods that are fruits
- 3 plastic or toy foods that are proteins
- 3 plastic or toy foods that are grains
- 3 plastic or toy foods that are dairy
- 5 small boxes, approximately 2"x2"x2"
- Black marker
- Pillowcase
- Stopwatch

Directions

Before the meeting:

1. Using the USDA MyPlate, become familiar with the types of food that are in the five different food groups.
2. Set up an area clear of obstacles to conduct a relay race.
3. Label one box for each food group: vegetables, fruits, proteins, grains, and dairy.
4. Line up the five boxes in a row.

During the meeting:

1. Introduce the five different food groups and what types of food are in each group.
2. Each Cub Scout and their adult partner will form a team. The objective is to properly sort each food item into the correct box in the fastest time. For every incorrect item 3 seconds will be added to their time.
3. Place all the play food into the pillowcase. Have the first team stand in front of the five boxes. Tell them that when you hand them the pillowcase you will start the timer. They must pick one food item out of the pillowcase at a time and name the food group it belongs to and place it in the correct box. Remind them if they get a good item incorrect (either by naming it out loud or placing it in the wrong box) 3 seconds will be added to their time.
4. Have each Cub Scout and adult partner team compete for the best time.

Station 1 – Food

Wolves

1.) Sample three different foods that are naturally three different colors

- Plates, napkins, serving ware
- Sliced strawberries
- Bananas
- Cheddar Cheese Squares
- Sliced Avocados
- Cooked Brown Rice
- Alternative foods of similar colors

From Scouting.org Den Meeting Resources
(Wolf)

Snapshot of Activity

Experience a burst of deliciousness with natural-colored foods.



Indoor



2



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If you want to know more about The Adventure Activity Key [click here](#).

Supply List

- Plates
- Napkins
- Sliced strawberries (or another red food)
- Bananas (or another yellow food)
- Cheddar cheese squares (or another orange food)
- Sliced avocados/lime juice (or another green food)
- Cooked brown rice (or another earth tone food)
- Serving ware

Directions

Before the Meeting:

1. Wash and slice strawberries (or wash and slice all fruits and vegetables).
2. Cut and slice avocado (store with lime juice to prevent browning).
3. Cook brown rice.
4. Cut cheese into cubes.
5. Store food appropriately.

During the Meeting:

1. Give Cub Scouts a plate and napkin.
2. Allow each Cub Scout to select strawberries, banana, cheese squares, avocados, and a spoonful of rice. Encourage them to select at least three different colored foods.
3. Allow each Cub Scout to try the foods.

Station 1 – Food

Bears

1.) Sample food from three of the following food groups: protein, vegetable, fruit, dairy and grains

- Apples, bananas, Nutella, yogurt, granola, strawberries, honey
- Plates, napkins
- Apple corer

From [Scouting.org](https://www.scouting.org) Den Meeting Resources (Bear)

Snapshot of Activity

Prepare easy apple snacks.



Indoor



2



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2

If you want to know more about The Adventure Activity Key [click here](#).

Supply List

- Plate for each Cub Scout
- Napkins for each Cub Scout
- One apple for every 3 Cub Scouts
- One banana for every Cub Scouts
- 1/2 cup Nutella for every 3 Cub Scouts
- 1/2 cup yogurt for every 3 Cub Scouts
- 1/2 cup granola for every 3 Cub Scouts
- 1/2 cup strawberries for every 3 Cub Scouts
- 3 tablespoons honey for every 3 Cub Scouts
- Apple corer

Directions

Before the Meeting:

1. Gather ingredients.
2. Store food appropriately.
3. Core the apples using the apple corer or slice apples to remove the core.
4. Slice bananas and strawberries.

During the Meeting:

1. Tell Cub Scouts they're going to make a yummy apple treat.
2. In a small bowl, ask Cub Scouts to mix the yogurt with the honey. Ask them what food group does the yogurt belong to? (Dairy) Honey is considered a fat.
3. Encourage Cub Scouts to add a thin banana slice to the center of the apple so the ingredients won't run through the hole. They can also use a very thin apple slice to cover the hole. Ask them what food group are bananas and apples? (Fruits) Ask them what makes them a fruit. (They have seeds on the inside)
4. Have the Cub Scouts then add the peanut butter or Nutella, then top with yogurt, bananas, and strawberries. Ask the Cub Scouts what food group is peanut butter or Nutella? (Protein).
5. Enjoy the snacks!

Station 2 – Cleanliness

	Lion/Tiger	Wolves
Requirement	2.) Practice hand washing. Point out when you should wash your hands	2.) Demonstrate the proper way to brush your teeth
Supplies Needed	<ul style="list-style-type: none">- Bubbles with wands- Sink- Hand soap- Paper towels- CDC Wash Your Hands poster- CDC Know When to Wash Your Hands at School poster	<ul style="list-style-type: none">- Sidewalk chalk- Broom- Large cardboard box- Sand or dirt- Place to draw (concrete or asphalt)

Station 2 – Cleanliness

Lion/Tiger

2.) Practice hand washing. Point out when you should wash your hands.

- Bubbles with wands
- Sink
- Hand soap
- Paper towels
- CDC Wash Your Hands poster
- CDC Know When to Wash Your Hands at School poster

From Scouting.org Den Meeting Resources (Lion)

Snapshot of Activity

Cub Scouts pop bubbles and wash their hands.



Outdoor



4



2



3

If you want to know more about The Adventure Activity Key click [here](#).

Supply List

- 4-ounce container of bubbles with wand, one for each Cub Scout and adult partner
- Sink
- Hand soap
- Paper towels
- Print out of 11"x17" Wash Your Hands poster from the CDC
- Print out of 11"x17" Know When to Wash Your Hands at School poster from the CDC

Directions

Before the meeting:

1. Confirm a meeting location that has a sink for Cub Scouts to wash their hands.
2. Identify a safe area free of obstacles where you can blow bubbles for the Cub Scouts to pop.
3. Review the article [Clean Hands Save Lives](#) from the CDC.
4. Set up a handwashing station with soap and paper towels.
5. Print the Wash Your Hands poster and place it at the handwashing station.
6. Print the Know When to Wash Your Hands at School poster and place it at the handwashing station.

During the meeting:

1. Gather the Cub Scouts and adult partners outside and hand each adult partner the bubbles. Have adult partners blow bubbles and have Cub Scouts pop the bubbles with their hands. After they have done this for a while, the Cub Scouts rub their hands and ask them what they notice.
2. Share with Cub Scouts that bubbles are just a type of soap, this makes playing with bubbles good clean fun.
3. Gather Cub Scouts and adult partners inside and ask when you should wash your hands. Give everyone who wants to share a chance to answer. Review any item that wasn't mentioned.
 - After you go to the bathroom
 - After you play with a dog, a cat, or other animal
 - After you blow your nose, sneeze, or cough
 - After you touch garbage
 - Before and after you help to prepare food
 - Before you handle plates, utensils, or cups
 - Before you eat
 - When your hands have dirt on them
 - When your hands have been touching a lot of things that others have touched
4. Bring Cub Scouts over to the handwashing station to demonstrate how to wash your hands.
 - Put your hands under clean, running water. Put soap on your hands. Turn off the water.
 - Rub your hands together palm to palm. They should get soapy.
 - With your left palm facing down, place your right hand on top of your left and interlock your fingers. Scrub vigorously to clean the space between your fingers. Switch hands and repeat.
 - With your right hand, grab your left thumb and rotate your hand around it. Switch hands and repeat.
 - Take the tips of your fingers and press them into your opposite palm, rotating them around the palm in a circular motion. Switch hands and repeat.
 - Rinse the soap from your hands, grab a towel or paper towel and then use it to turn the faucet off.
5. After you have demonstrated the steps to washing hands inform Cub Scouts and adult partners that the time it takes to do all these steps should be the time it takes for you to sing the Happy Birthday song.
6. Have each Cub Scout take a turn washing their hands following the steps as they sing the Happy Birthday song.

Station 2 – Cleanliness

Wolves

2.) Demonstrate the proper way to brush your teeth.

- Sidewalk chalk
- Broom
- Large cardboard box
- Sand or dirt
- Place to draw (concrete or asphalt)

Snapshot of Activity

Draw a giant a mouth and use a broom to practice brushing teeth.



Outdoor



4



3



2

If you want to know more about The Adventure Activity Key [click here](#).

Supply List

- Sidewalk chalk
- Broom(s)
- Place to draw
 - Concrete and asphalt surfaces work best.
 - Large cardboard box
- Sand or dirt

Directions

Before the meeting:

1. Find a location to draw teeth.
2. Draw top and bottom row of teeth, one set per Cub Scout. Make each tooth no less than 6" by 6".
3. Place sand or dirt on the teeth.

During the meeting:

- Demonstrate the proper way to brush teeth.
- Using that technique, each Cub Scout should brush away the sand from the giant teeth.

From [Scouting.org](https://www.scouting.org) Den Meeting Resources (Wolf)

Station 2 – Exercise

	Bears/Webelos	AOL
Requirement	3.) Be active for 15 minutes by doing personal exercises that boost your heart rate, use your muscles, and work on flexibility	2.) Examine what it is to be physically fit and how to incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically fit.
Supplies Needed	<ul style="list-style-type: none">- Tennis shoes- Water bottle for each scout- Scout Fit Challenge worksheet found in Additional Resources- Pen or pencil for each Cub Scout- Printer	<ul style="list-style-type: none">- 14 day completed Activity Log (Found in Additional Resources)

Station 2 – Exercise

Bears/Webelos

3.) Be active for 15 minutes by doing personal exercises that boost your heart rate, use your muscles and work on flexibility.

- Tennis shoes
- Water bottle for each scout
- Scout Fit Challenge worksheet found in Additional Resources
- Pen or pencil for each Cub Scout
- Printer

Snapshot of Activity

Cub Scouts create a short workout to explore different exercises.

Indoor 5 2 2

If you want to know more about The Adventure Activity Key [click here](#).

Supply List

- Tennis shoes
- Water bottle for each Cub Scout
- Scout Fit Challenge worksheet found in Additional Resources
- Pen or pencil for each Cub Scout
- Printer

Directions

Before the Meeting:

1. Contact the Cub Scouts' parents or legal guardians and tell them that they and their Cub Scouts should wear comfortable closed toe shoes and bring a water bottle.
2. Print one copy of Scout Fit Challenge worksheet for each Cub Scout.

During the Meeting:

1. Have Cub Scouts brainstorm exercises that include cardio, muscular strength, and flexibility. These could include walking between two points, jogging, and then sprinting or doing five push-ups on your knees, then regular push-ups.
2. Tell Cub Scouts to draw the activities on the worksheet.
3. Have Cub Scouts complete the exercises and rate the different levels of intensity for each.

CUB SCOUT EXERCISES

Draw exercises that match the level of intensity.

5 PUSH-UPS

HIGH INTENSITY

MEDIUM INTENSITY

MEDIUM INTENSITY

LOW INTENSITY

WEBELOS | Stronger Faster Higher / Requirement 3

From Scouting.org Den Meeting Resources (Webelos)

Station 2 – Exercise

AOL

2.) Examine what it is to be physically fit and how to incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically fit.

- 14 day completed Activity Log (Found in Additional Resources)

PERSONAL FITNESS ACTIVITY LOG

DAY	1	2	3
ACTIVITY			
DURATION			
DAY	4	5	6
ACTIVITY			
DURATION			
DAY	7	8	9
ACTIVITY			
DURATION			
DAY	10	11	12
ACTIVITY			
DURATION			
DAY	13	14	
ACTIVITY			
DURATION			

ARROW OF LIGHT | Personal Fitness / Requirement 2

Snapshot of Activity

Cub Scouts track their physical fitness for 14 days.



Indoor



5



2



1

If you want to know more about The Adventure Activity Key [click here](#).

Supply List

- Arrow of Light handbook or Personal Fitness Activity Log found in Additional Resources
- Pencils, one for each Cub Scout

Directions

Before the meeting:

1. Remind Cub Scouts to bring their Arrow of Light handbook or print a copy of the Personal Fitness Activity Log for each Cub Scout.

During the first meeting:

1. Remind Cub Scouts that being physically fit is one of the Scout Laws. Explain that they will be using a log to write down activities that keep them fit and the duration of the activity for the next 14 days. Let them know that they must do the activity or exercise for at least 30 minutes.
2. Discuss with Cub Scouts the types of activities or exercises that they might choose. Some ideas to help them:
 - Running
 - Basketball
 - Swimming
 - Dancing
 - Skateboarding

3. Ask Cub Scouts to open their Arrow of Light handbook to the activity log. Explain that this is where they should write their activity each day along with the time.
4. Let them know the date of the next den meeting and that they should complete their activity log by that date.

Before the second meeting:

1. Send a reminder for Cub Scouts to bring their activity log to the meeting.

During the second meeting (held 14 days or more after the first meeting):

1. Ask the following questions to Cub Scouts:
 - What kind of activities did you do during the 14 days?
 - Was it easy to track your progress?
 - Why is it important to remain physically active?
 - What is your favorite way to stay active?

From Scouting.org Den Meeting Resources (AOL)

Station 3 – Active

All Dens:

Be Active for 20 minutes (Lions) –
30 minutes (All Others)
Wolves – AOL include both stretching
And moving

PLAY GAMES

Multiple options in each Den's Meeting
Resources

Outside Websites

- Cubscoutideas.com
- Scoutermom.com
- Facebook groups

From Scouting.org Den Meeting Resources (All Levels)

Den	Activity	Location	Duration	Participants	Description	
Tiger - 1st Grade	Tiger Obstacle Course	Outdoor	5	5	4	Obstacle Course.
Tiger - 1st Grade	Tiger Red Light Green Light	Indoor	5	1	1	Play Red Light / Green Light.
Tiger - 1st Grade	Tiger Soccer	Outdoor	5	2	2	Play Soccer with the Den.
Bear - 3rd Grade	Basketball Challenge	Travel	5	3	2	Play a game of "HORSE."
Bear - 3rd Grade	Tennis Titans	Travel	5	3	2	Play a game of tennis.
Bear - 3rd Grade	Ultimate Frisbee	Outdoor	5	2	2	Play a game of ultimate frisbee.
Arrow of Light - 5th Grade	Cycling Fun	Outdoor	5	3	5	Cub Scouts go on a bike ride.
Arrow of Light - 5th Grade	Exploring Sports	Indoor	1	1	1	Cub Scouts participate in a school or extracurricular sport.
Arrow of Light - 5th Grade	Kickball Madness	Outdoor	5	3	2	Cub Scouts play kickball.

Station 4 – Relax

	Lion/Tiger	Wolf/Bear/Webeles
Requirement	4.) Practice methods that help you rest	5/4.) Do a relaxing activity for 10 minutes.
Supplies Needed	<ul style="list-style-type: none">- Music playlist with different beats- Smart device with music and speakers	<ul style="list-style-type: none">- Water bottle- Yoga Salutation Poses found in Additional Resources

Station 4 – Relax

Lion/Tiger


2.) Practice methods that help you rest.


- Music playlist with different beats
- Smart device with music and speakers


From Scouting.org Den Meeting Resources (Lion)


Snapshot of Activity

Learn how music can influence your ability to rest and relax.

**Indoor**

**2**

**3**

**3**

If you want to know more about The Adventure Activity Key [click here](#).

Supply List

- Age-appropriate music playlist with different beats
 - Ideas for the playlist for upbeat music
 - 'Y'all Ready for This (Space Jam Theme)
 - We Will Rock You (Queen)
 - Ideas for the playlist for dramatic music
 - Theme for the movie Jaws
 - The Imperial March (Star Wars)
 - Ideas for the playlist for soothing music
 - 5 Lieder, Op. 49: No. 4, Wiegenlied (Brahms's Lullaby)
 - Piano Sonata No. 14 In C-Sharp Minor, Op. 27 No. 2 "Moonlight Sonata"
- Smart device with music and speakers to play music

Directions

Before the meeting:

1. Set up a playlist with music that is upbeat, music that is dramatic, and music that is soothing. Set up the speaker with your smart device.

During the meeting:

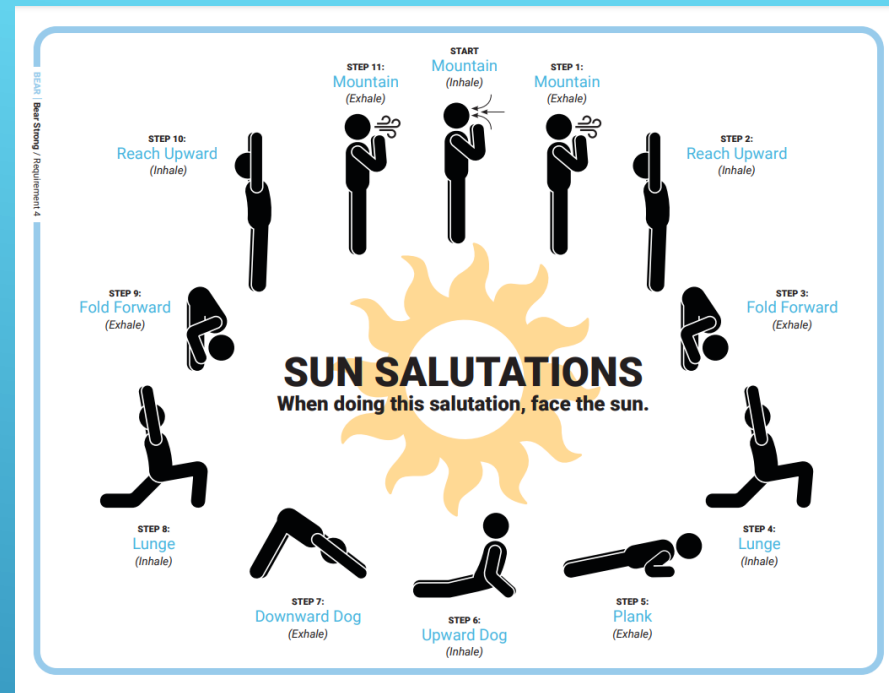
1. Gather the Cub Scouts and adult partners and share with them that it is important that we not only eat foods that will keep us healthy and to stay active to exercise our muscles it is also important to give our body a chance to rest and to sleep.
2. One way to rest and relax is to listen to music, however not just any music can help you relax. Music can really affect your mood. For example, how do you feel when you hear this? Play an upbeat song.
3. Allow Cub Scouts and adult partners to reflect on how the song made them feel.
4. Play each type of song and ask the Cub Scouts and adult partners to reflect on how the song makes them feel.
5. Discuss how some songs can get you energized, and some are little scary, and some can really help you relax or even fall asleep.
6. Play relaxing music for the den and have everyone close their eyes as they listen to one soothing piece of music.

Station 4 – Relax

Wolf/Bear/Webelos

5/4.) Do a relaxing activity for 10 minutes.

- Water bottle
- Yoga Salutation Poses found in Additional Resources



Snapshot of Activity

Practice yoga.



If you want to know more about The Adventure Activity Key [click here](#).

Supply List

- Water bottle
- Yoga Salutation Poses found in Additional Resources

Directions

Before the meeting:

1. Contact parents/legal guardians to let them know Cub Scouts need to wear comfortable clothes and bring a water bottle.
2. Ensure access to the Yoga Salutation Poses worksheet, either by printing or on a digital device.
3. Practice the model and movements.

During the meeting:

1. Tell Cub Scouts to sit in a circle and explain that they will be practicing yoga as a way to relax their mind.
2. Demonstrate breathing when exercising:
 - Inhale through the nose and when going into a pose
 - Exhale through the mouth and when coming out of a pose
 - When holding a pose, use deep breaths, filling your lungs and letting out your breath slowly.
3. Using the Salutation Poses worksheet, lead each pose and have the Cub Scouts copy you to their ability.

From Scouting.org Den Meeting Resources (Bear)

Personal Fitness Adventure Presentation (Large and Small Packs)

Suggestion: For a larger Pack, ask Parents/Legal Guardians of each den to come up, grab their Cub Scout's bling and award to their own Cub Scout while Cubmaster talks about what they've earned. Eliminate individual name reading.

Will be posted with this episode.

Recognition of Cub Scouts

- Call each Den forward individually and do the following for each Den.
- Say Cub Scout's name, hand them the belt loop/pin and do the Cub Scout Handshake.
- After all Cub Scouts have received their adventure, say the following for each Rank:
 - Lions have earned the Fun on the Run Adventure! They have learned about ways to keep their bodies fit and healthy. Let's all Congratulate our Lions with a great big lion roar!

Fitness Cubmaster Minute

Cubmaster Minute

“Cub Scouts, I hold in my hand a pocketknife. This is a valuable tool because it can be used for many useful things. It is a dependable tool as long as the blade is kept sharp and free from rust and the working parts are in good condition. But, if it is neglected and becomes dull and rusty, it can be a dangerous tool.

The same principle can be applied to ourselves. We have a body, which when kept in good condition, will serve us well. If we get plenty of exercise, eat the proper foods, and have good health habits, we will be able to enjoy to the fullest the things we do. But if we fail to take care of ourselves, we can become rusty and dull like the neglected knife. Do your best to keep fit!”

Will be posted with this episode.

Resources to Check Out

Cub Scout Den Meeting Resources: <https://www.scouting.org/programs/cub-scouts/adventures/>

Cub Scout Ideas: www.cubscoutideas.com

Scoutermom: www.scoutermom.com

Facebook Groups:

- Cub Scouting Tips and Tricks
- Cub Scout Volunteers
- Cub Scout Leaders Scouting Cubmasters Den Leaders