

# 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



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- 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!



## 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.

### Scout Law

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

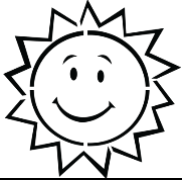
### Scout Oath

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,

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

<b>Pack 72</b> facebook.com/pack72tomball pack72tomball.scoutlander.com
<b>Orion District</b> www.orion.shac.org facebook.com/orionbsa
<b>Sam Houston Area Council</b> www.shac.org facebook.com/shac.bsa

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



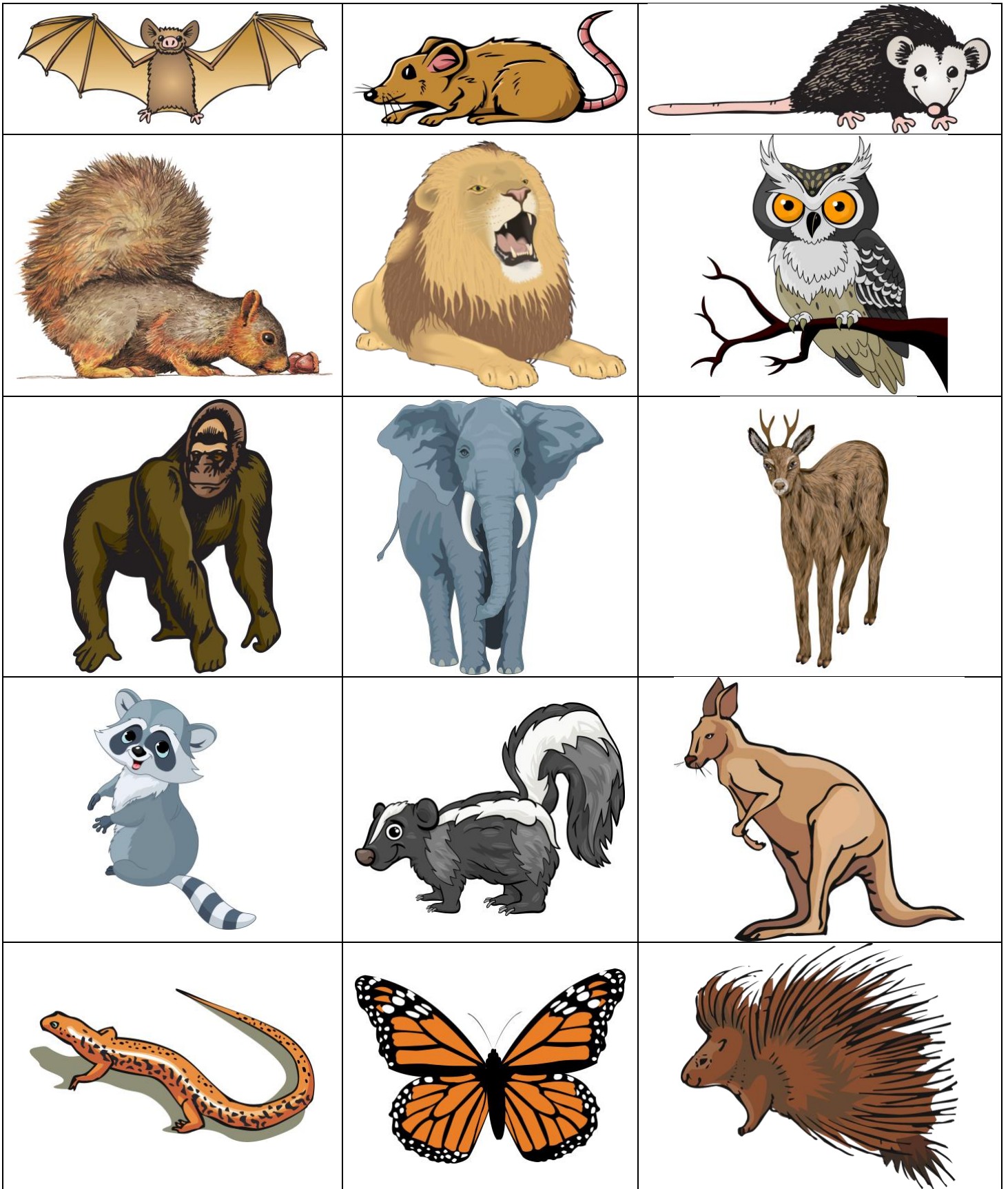
**DIURNAL**  
(day time animals)



**NOCTURNAL**  
(night time animals)

A large, empty rectangular box for writing about diurnal animals.

A large, empty rectangular box for writing about nocturnal 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.*