Carmel Pack 1 Lions Keep Roaring!

Lion Families, To provide our Scouts options during the COVID-19 #AloneTogether time, we are setting this schedule to enable a choice of completing our Adventures via virtual den meetings and/or home-based projects. If you opt for the home activity only, kindly let us know the date of completion. Reach out please if you have questions. Thank you!

<table>
<thead>
<tr>
<th>Date</th>
<th>Adventure</th>
<th>Objective</th>
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</table>
| Mon, April 27th | Fun on the Run     | • Learn to exercise to keep bodies healthy and strong  
                      • Learn about getting the rest needed to stay healthy  
                      • Learn how to make healthy eating choices          |
| Mon, May 11th   | On Your Mark       | • Get ready for our box car derby (date TBD)  
                      • Share time with your parent/adult partner  
                      • Practice being a good sport                    |
| Mon, May 18th   | Rumble in the Jungle| • Physical activity helps to stay healthy and develop physical skills  
                      • Games have rules, and fairness requires all to follow the rules  
                      • Effort and good sportsmanship are more important than score |
| Mon, Jun 8th    | Ready, Set, Grow   | • Demo basic gardening skills and understanding types of gardens  
                      • Explore where some food comes from  
                      • Plant a small container garden               |
| Mon, Jun 22nd   | End-of-Year Party  | CELEBRATE!                                                                                                                                  |
Fun on the Run

- Learn to exercise to keep bodies healthy and strong
- Learn about getting the rest needed to stay healthy
- Learn how to make healthy eating choices

### Virtual Meeting

- Scouts greet each other
- Scout Oath, Scout Law, Pledge of Allegiance
- Gathering: Sing “Lion Jump Rope Chant”
- Activity 1: Group discussion: What exercises have you done while at home to stay healthy?
- Activity 2: Scouts show-and-tell their favorite healthy snack... How do you make it? Why do you like it? Ideas include fruits, veggies & dip, trail mix.
- Activity 3: Explain that rest is important to “recharge” our batteries. Scouts may choose to discuss their bedtime rituals. Rebecca to read a bed-time story. Invite your favorite stuffed animal to join if you want.

### At-Home Activity

- Complete the activities of the virtual meeting.
- With a family/household member, go outside for fun activities. Options include:
  - Do 5 jumping jacks.
  - Race from start to finish walking like a crab
  - Walk on straight line while balancing a bean bag on your head; repeat backwards
  - Using soup cans are similar “weights” do 10 arm lifts and 10 bicep curls
- **Optional:** share photos & videos of the Scouts doing the above.
On Your Mark

- Get ready for a box car derby (date TBD)
- Share time with your parent/adult partner
- Practice being a good sport

<table>
<thead>
<tr>
<th>Virtual Meeting</th>
<th>At-Home Activity</th>
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<tbody>
<tr>
<td>Scout Oath, Scout Law, Pledge of Allegiance</td>
<td>Complete the activities of the virtual meeting (discussion and YouTube videos)</td>
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<tr>
<td>Discuss: This What would make a good obstacle race? How should it be set up? What materials do you need?</td>
<td>After the virtual meeting, create your own box car with a parent/adult partner. Be thrifty and use what you have on hand. The only requirement is that the Scout can “wear” it and run in it safely. We will try to meet late May or June to race together.</td>
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| Watch together and brainstorm designs:  
  o Scouts Box Car Race: [https://youtu.be/87-1Fo8ETq8](https://youtu.be/87-1Fo8ETq8)  
| Scavenger hunt activity: Your den leader will post three things for you to find in your house. You will have 3 minutes to search and show what you found. | |
| Relay cheer: In succession, scouts call out, “Good game!” | |
| Listen and read: Cars 3, [https://youtu.be/dKA-G7LQ8NM](https://youtu.be/dKA-G7LQ8NM) | |
Rumble in the Jungle

- Physical activity helps to stay healthy and develop physical skills
- Games have rules, and fairness requires all to follow the rules
- Effort and good sportsmanship are more important than score

Virtual Meeting

- Scout Oath, Scout Law, Pledge of Allegiance
- Activity 1: We use our Lion voices to express ourselves. Come prepared with a song, poem, or joke to share with the den. Use your voice loud (or soft) and proud.
- Activity 2: Visit a virtual zoo and observe animals. (link TBD)
- Activity 3: Annotate an animal parade. Taking turns, we will design our own animal mask. Each scout will take turns giving instructions to the den leader on how to draw the animal.

At-Home Activity

- Complete the activities of the virtual meeting
- Choose your favorite animal. With family, take a walk while pretending to be that animal. If you can, make that walk a 20-min hike, and don’t forget the six essentials!
- Optional: share photos & videos of the Scouts doing the above.
Ready, Set, Grow

- Demo basic gardening skills and understanding types of gardens
- Explore where some food comes from
- Plant a small container garden

Outing

- Scout Oath, Scout Law, Pledge of Allegiance
- *TO BE CONFIRMED* Visit Kent Countryside Nursery. The owners have agreed to host us for a session to demonstrate plants, how they grow, and how to care for a garden. Note: if social distancing remains in effect, we will plan alternate options.

At-Home Activity

- Choose 2 from:
  - Help your parent or adult partner do garden chores.
  - Play Veggiezilla game: [https://pbskids.org/molly/games/garden](https://pbskids.org/molly/games/garden)
  - Plant a seed, watch it grow, record your observations in a journal
  - Build a model plant using any material; label the parts of the plant.
- Optional: share photos & videos of the Scouts doing the above.
Resources

THE 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.
Prepared. For Life.

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

CUB SCOUT 6 ESSENTIALS
But before you go, what should you bring? Start with the Cub Scout Six Essentials:

- Trail food
- First-aid kit, including adhesive bandages, antibiotic ointment, and other items
- Sun protection
- Whistle
- Filled water bottle
- Flashlight (check the batteries)

[Images of each item]