

Fun on the Run

Required adventure • Personal Fitness

If you read nothing else

Two 45-minute meetings. Meeting 1 is food groups and handwashing; meeting 2 is twenty minutes of hard running followed by ten minutes about rest.

Meeting 1 needs a room with a working sink and a safe outdoor space for bubbles. Confirm both before you schedule it.

Meeting 2 needs a clear, obstacle-free space about 60 by 60 feet, coned at the corners. Adjust the size to the number of Lions in your den.

Adult partners play the games too. A den of kindergarteners playing freeze tag with their grown-ups is the most fun anyone will have all month, and the adults are also how you keep it from turning into a pile.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Identify the five different food groups.
- ☐ 2. Practice hand washing. Point out when you should wash your hands.
- ☐ 3. Be active for 20 minutes.
- ☐ 4. Practice methods that help you rest.

Meeting 1: Five food groups and clean hands

Goal: Lions can name the five food groups and can wash their hands properly, and can say when hands need washing.

Covers requirements 1 and 2

Before the meeting

- Look at USDA MyPlate at myplate.gov and get familiar with what goes in each of the five groups, so you are not guessing in front of the den.
- Confirm the meeting location has a sink the Lions can reach. A hallway bathroom works; a locked kitchen does not.
- Set up a handwashing station with soap and paper towels.

- Print the CDC Wash Your Hands poster and the Know When to Wash Your Hands poster at 11x17 and put them both at the station.
- Read the CDC Clean Hands Save Lives article at [cdc.gov/clean-hands/about/](https://www.cdc.gov/clean-hands/about/) so you can answer the questions the adult partners will ask.
- Find a safe outdoor area free of obstacles where you can blow bubbles and Lions can chase them.
- Buy a 4-ounce container of bubbles with a wand for each Lion and adult partner pair.

Supplies

- Lion handbooks — page 13
- Crayons of various colors, enough to share
- Bubbles with wand, one 4-ounce container per pair
- A sink, hand soap, paper towels
- CDC Wash Your Hands poster, 11x17
- CDC Know When to Wash Your Hands poster, 11x17
- MyPlate diagram printed large

Run of show

Time	What happens
5 min	Gathering: sort the food pictures
5 min	Opening: Pledge, Scout Oath, Scout Law
12 min	Activity 1: That Food is in the Wrong Group
15 min	Activity 2: Bubbles, Good Clean Fun
8 min	Closing

Gathering — Sort the food pictures (5 min)

Put out food pictures cut from a grocery flyer and five paper plates labeled with the food groups. Arriving pairs sort a few pictures onto plates. Nobody checks the answers yet.

It takes thirty seconds to set up from a flyer you already have and it points every arriving family at the subject.

Activity 1 — That Food is in the Wrong Group (12 min)

That Food is in the Wrong Group — scouting.org/cub-scout-activities/that-food-is-in-the-wrong-group/

Introduce the five food groups and what kind of food goes in each: fruits, vegetables, grains, protein, dairy. Hold up the MyPlate diagram and point.

Then go back to the gathering plates and check them together as a den. The corrections are where the learning is — a tomato, a potato, cheese, and peanut butter will all cause an argument, and every one of those arguments teaches the group better than the poster does.

Adult partners then work with their Lion on the activity on page 13.

Do not turn this into a lecture about bad food. Ask what they actually ate yesterday and work from there. A Lion who says pizza is not wrong — ask which groups are on a pizza, and then what could go next to it.

Also works: Snack Time — scouting.org/cub-scout-activities/snack-time/ · What Food Group Do I Belong To — scouting.org/cub-scout-activities/what-food-group-do-i-belong-to/

Activity 2 — Bubbles, Good Clean Fun (15 min)

Bubbles Good Clean Fun — scouting.org/cub-scout-activities/bubbles-good-clean-fun/

Start outside. Hand each adult partner a container of bubbles and have them blow while their Lion pops the bubbles with their hands. Let it run a couple of minutes — this is the fun and it earns you the next ten.

Then have the Lions rub their hands together and ask what they notice. Slippery. Soapy. Tell them why: bubbles are just a kind of soap, which is what makes playing with bubbles good clean fun.

Bring everyone back inside and ask when you should wash your hands. Let everyone who wants to answer have a go, then fill in whatever they missed:

- After you go to the bathroom
- After you play with a dog, a cat, or another animal
- After you blow your nose, sneeze, or cough
- After you touch garbage
- Before and after you help 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 other people have touched

Now take them to the sink and demonstrate the whole thing yourself, slowly, before anyone else touches the tap:

- Hands under clean running water. Soap on. Water off.
- Rub palm to palm until it is sudsy.
- Left palm down, right hand on top, fingers interlocked — scrub between the fingers. Switch hands and repeat.
- Grab your left thumb with your right hand and twist around it. Switch and repeat.
- Press your fingertips into the opposite palm and rotate them in a circle. Switch and repeat.
- Rinse, take a paper towel, and use the towel to turn the faucet off.

Then tell them the timer: all of that should take about as long as singing Happy Birthday. Every Lion takes a turn at the sink doing the steps while they sing it. Every one of them, not a volunteer — this is the “practice” in requirement 2.

Also works: Happy Birthday Clean Hands — scouting.org/cub-scout-activities/happy-birthday-clean-hands/ · Steps to Wash Your Hands — scouting.org/cub-scout-activities/steps-to-wash-your-hands/

Closing (8 min)

Tell families what meeting 2 needs: running shoes, clothes they can move in, and a water bottle. Say it and text it.

Living Circle, and out.

Send home with families

Sing Happy Birthday at the sink at home. Once your Lion is timing it themselves, the habit has stuck.

At one meal this week, name the food groups on the plate together.

Send running shoes and a water bottle to the next meeting.

Meeting 2: Twenty minutes of running, ten minutes of rest

Goal: Lions are actively moving for a full twenty minutes, and then practice what helps their bodies rest.

Covers requirements 3 and 4

Before the meeting

- Find a safe area free of obstacles for freeze tag and mark the corners with a sports cone. Sixty by sixty feet is a good starting size — shrink it for a small den, grow it for a large one.
- Learn the freeze tag rules well enough to explain them in three sentences. If your explanation takes longer than the first round, you have lost them.
- Read up on nocturnal, diurnal, and crepuscular animals. You need owls, opossums, dogs, birds, and cats.
- Have water available and a shaded or indoor spot to cool down in.
- Set up quiet table space for the page 15 activity after the running, so there is a physical change of place between hard and calm.

Supplies

- Four sports cones
- A timer
- Lion handbooks — page 15
- Crayons, enough to share
- Water for everyone
- Den first aid kit

Run of show

Time	What happens
5 min	Gathering: free play in the coned area

Time	What happens
3 min	Opening: Pledge and Scout Law
20 min	Activity 1: Lion Freeze Tag
12 min	Activity 2: Animals Sleep Just Like Me
5 min	Closing

Activity 1 — Lion Freeze Tag (20 min)

Lion Freeze Tag — scouting.org/cub-scout-activities/lion-freeze-tag/

Gather the Lions and adult partners and tell them why they are about to run: part of being healthy is staying active and moving around. It helps your muscles, including your heart, and it is good for your brain.

Then the tagging rule, before the game and demonstrated, not described: a light tag from the waist up only. Anyone who hits, tackles, or roughhouses sits out the rest of that round and the next one. Say the consequence out loud once and then apply it the first time without a discussion.

The rules: pick two Lions to be It. When the round starts, the two who are It work together to tag and freeze everybody else. A tag is a tap plus the word FREEZE. Everyone else runs, dodges, and hides — and can unfreeze a frozen friend by tapping them and saying UNFREEZE. Three minutes per round. It wins if everyone is frozen; everyone else wins if at least one Lion is still moving when time runs out.

Run rounds back to back for the full twenty minutes, rotating who is It so every Lion gets a turn. Adult partners play. A den where the grown-ups are running is a den where nobody sits down.

Water breaks between rounds, and watch for the Lion who has gone quiet and red-faced. Twenty minutes is the requirement, but a Lion who needs to walk a round is still being active.

Also works: It's Time for Lions to Dance — scouting.org/cub-scout-activities/its-time-for-lions-to-dance/ · Lion Says — scouting.org/cub-scout-activities/lion-says/

Activity 2 — Animals Sleep Just Like Me (12 min)

Animals Sleep Just Like Me — scouting.org/cub-scout-activities/animals-sleep-just-like-me/

Move indoors or to a shaded spot and sit down. The change of place is what makes the change of pace work; trying to go calm on the same field you just ran on does not.

Tell them that eating well and moving are only two thirds of it. Your body also needs a chance to rest and sleep. Then teach it through animals, which is the reason this activity beats a lecture on bedtime:

- Owls and opossums are nocturnal — they sleep in the day and are awake at night. Owls hunt mice at night because most other birds are asleep, so there is less competition. Opossums are out at night to avoid the animals that hunt them, and because the things they eat are out then too.
- Dogs and most birds are diurnal — awake in the day, asleep at night, the same as us. Dogs are domesticated and rely on people, so they keep the same hours as the family they live with.

- Ask the Lions whether cats are diurnal or nocturnal, and make them say why. Then tell them cats are neither: cats are crepuscular, which means they are busiest right when the sun comes up and right when it goes down. It is a big word and kindergarteners love it.

Adult partners then work with their Lion on the activity on page 15.

When they finish, have each adult partner talk with their Lion about when they go to bed and when they wake up. Do they feel rested in the morning? Are they getting enough? A Lion-aged Cub Scout needs about ten hours of sleep a night — say that number to the adults, because it is usually news.

Also works: Music Can Soothe the Savage Beast — scouting.org/cub-scout-activities/music-can-soothe-the-savage-beast/ · What Time is Bedtime — scouting.org/cub-scout-activities/what-time-is-bedtime/

Closing (5 min)

Say something like

Today you learned how to take care of your body in simple but powerful ways — choosing healthy foods, washing your hands to stay clean, moving and playing to stay strong, and giving your body time to rest. When you practice these habits every day, you are not just having fun — you are building a healthy Lion ready for every adventure. Keep making good choices, keep moving, and keep taking care of yourself.

Living Circle. Then the den leader and assistant den leader talk through next week while the host adult partner and the Lions put the room back in order.

Send home with families

Set a bedtime that gives your Lion about ten hours. Then hold it for two weeks and see what changes.

Play freeze tag in the yard. Twenty minutes of running is easier to repeat at home than anything else in this adventure.

Pick a rest routine and keep it the same every night — lights down, a book, no screen. Practicing rest is requirement 4 and it does not stop when the meeting ends.

Leader notes

- Every Lion moves at their own level. A Lion who walks a round of freeze tag is being active. Never compare Lions out loud, never weigh them, and never comment on body size.
- The tagging rule has to be demonstrated and then enforced the very first time. Kindergarteners test it once. If you let it slide, you will spend the rest of the twenty minutes refereeing instead of playing.
- Do not schedule the running meeting on a hot afternoon without shade and water. Lions overheat faster than you expect and they do not tell you until it is bad.
- Requirement 4 says practice, not discuss. The handbook page plus a real conversation about their own bedtime is the practice.
- If a family raises a concern about food, weight, or eating, listen, do not diagnose, and refer them to their own doctor.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, plus each Lion's adult partner. If your den includes girls, one of those adults must be a registered female 21 or over.

Annual Health and Medical Record parts A and B on file before the activity meeting. Know which Lions have asthma or another condition, and where the inhaler is.

Water available throughout the freeze tag meeting and real breaks between rounds. Watch for overheating on a warm day.

Ask families in writing about food allergies before any snack or food activity, including bubbles for a child with a soap sensitivity.

Check the play area for holes, sprinkler heads, and glass before the Lions run on it.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4