



## PICK MY PATH

### RATIONALE FOR ADVENTURE

A lion cub begins its life in a pride with other lions. They are its family, whether or not they are related. They all work together and help each other for the greater good of the pride. The decisions the lion cub makes while growing up in the pride will be important in its life as an adult lion. Likewise, the Lion Scout will be growing and making decisions that will affect his relationships with his family and his friends. Helping the Lion Scout understand about making good choices is a big job for all adults, but the end result—a happy, healthy Lion Scout—is worth it!



### TAKEAWAYS

- Learning how to be a friend
- Making choices and understanding how the outcomes affect us
- Learning acceptable responses to emotions
- Learning leadership by teaching a game to someone

### CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Participatory citizenship
- Leadership

### REQUIREMENTS

1. Explain that choices have consequences.
2. Perform a Good Turn for another person.
3. Teach a game to another person. This requirement may be accomplished at home or at the outing.

## MEETING 1 PLAN

### PREPARATION AND MATERIALS NEEDED

- For Emotion Charades: Write or draw on index cards the name of an emotion and the body language needed to convey that emotion.
- For Pick My Path: Prior to the meeting, remind the Lion Scouts to bring their *Lion Adventure Books*, as the grid they will need is in the book. Provide scissors and crayons in several colors.

### GATHERING

- Hot/Cold: An object is hidden prior to the meeting, and the boys must look for it. The hider informs the seeker how near he is to the object, telling him he is cold when he is far from the object (or freezing or if he is extremely far off), and hot when he is extremely close to the object. If the seeker is moving farther from the object, he is told he is getting colder, and if the seeker is moving closer to the object, he is told he is getting warmer.



### OPENING

- Select a Lion to light the Good Conduct Candle.
- Perform a simple flag ceremony and as a group say the Pledge of Allegiance. As a group recite the Scout Oath. Point out to the Lions that when they say the Scout Oath they are promising several things:
  - o To do their best
  - o To help other people
  - o To take care of themselves

### TALK TIME

- Carry out business items for the den:
  - o Dues
  - o Notification/reminder for the upcoming outing
  - o Meeting information: Orient Scouts as to what to expect at this meeting.
- Ask these (or similar) open-ended questions:
  - o What is a friend?
  - o Are your friends the same age as you, or are some different ages?
  - o What does a friend do?
  - o Have you ever been mad at your friend? Is it OK to feel mad at your friend? How did you make the situation better?
  - o Has your friend ever been mad at you? How did this make you feel? How did you fix this situation?
- Tell Scouts that requirement 2 is to do one kind thing for a member of their family or a friend. They can do this act between this den meeting and the outing and share at the outing.

### ACTIVITIES

**Activity 1: Emotion Charades** (See Meeting 1 Resources.)

**Activity 2: Pick My Path** (See Meeting 1 Resources.)

#### Activity Wrap-up

- Have Lions complete the task on the Pick My Path page of the *Lion Adventure Book*.

### CLOSING

- Recite the Scout Law as a group. The leader should reflect on one of these points of the Scout Law: loyal, friendly, courteous, or kind. Ask the boys to give a brief description of what they think the chosen point means. Or ask Lions to give examples of when someone was friendly, courteous or kind to them or they were kind to others.



## AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired.
- Remind the Lion Scouts to accomplish requirement 2 before they meet for the outing.

## MEETING 1 RESOURCES

### • Activity 1: Emotion Charades

Lion adult partners will demonstrate an emotion through nonverbal cues. The Lion Scouts are to choose the emotion they think they are seeing. The emotion and the action can be written or drawn on a card for the adult to refer to.

Begin by explaining to the Lion Scouts that sometimes we know how someone is feeling without them saying a word. We can look at what their body is doing and figure it out.

Ideas:

- Unhappy—frown, long sigh, hunched shoulders, hands in pockets
- Angry—clenched fists, stomping, flailing arms
- Happy—big smile, skipping, waving
- Scared—looking over shoulder, walking fast, breathing rapidly
- Sad—hands wiping eyes, sniffing, holding hands over face
- Embarrassed—ducking head, avoiding eye contact with others, hiding behind something, scuffing toe while standing still
- Surprise—open mouth and eyes, maybe with hands placed on cheeks
- Impatient—tapping a foot, looking at watch, pacing

At the end of the game, do a quick debrief by asking questions such as: Have you ever felt any of these emotions? Did your body tell the story to someone? How long did you feel that way—1 minute? 5 minutes? Longer?

Make a point to tell Lions that our emotions are like flying animals—they fly to us, stay for just a short time, then fly away. The most important thing to remember is that feelings are always OK, but we must be aware of how we react. Some reactions are not OK (if we are angry, we must not hit anyone, etc.). Only we can choose how to respond to our feelings. It is our path to pick.

### • Activity 2: Pick My Path

This activity is designed to give the Lion Scout freedom in making his own choices. At the end of the activity, ask each Lion to share how he felt when he discovered the outcome of his choice.

The Lion Scouts will need a grid and the lion paws as game pieces. These are located in the *Lion Adventure Book*.



Have Lion Scouts choose two crayons to color their game pieces. The Lions should color four pieces in one color and four in the other. Then have Lions cut out the pieces with help from their adult partners, if needed. One set will be used during the meeting, and the other set can be used at home if the Lion would like to play again.

Pair up the Lion Scouts. Have them try to get three in a row (tic-tac-toe).

Allow them to play a couple of times, switching partners if desired.

When finished, ask the Scouts if their choice of where to place their lion paws helped them win or lose the game. Have them share how our decisions can affect what happens to us. For example: If we don't brush our teeth, we can get a cavity, which will cause us pain. Or if we leave our bicycle in the driveway, Mom or Dad might back over it. Our bike will be broken and we won't be able to ride it anymore.

## MEETING 2 PLAN (DEN OUTING)

### PREPARATION AND MATERIALS NEEDED

- Confirm the location of the den outing.

### TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Communicate outing location information to the den members. Families are responsible for their own transportation.

### ACTIVITIES

Hold a Lion Palooza. The outing for this adventure can be held at a local park or in a Lion's large backyard.

Have the Lion Scouts play several games that involve making choices. This is also an opportunity for the Lion Scouts to complete requirement 3 (teach a game to another person).

Examples are:

- Hide and Seek: The choice of where to hide will dictate how the game turns out for the Lion Scout. (If this game is being played in a public place, establish firm boundaries and have adults be watchful.)
- Tag: Choices made in where to run and how fast will dictate the end results for the Lion Scout.
- Bandage Tag: When a player is tagged, he becomes the new "It" and must hold onto the body part where he was tagged to "bandage" it.
- Rock, Paper, Scissors



- **Red Rover:** Two teams stand on parallel lines facing each other. The team going first huddles and selects a member of the other team to call over. Team members hold hands, and the first team calls out, "Red Rover, Red Rover, send (selected person) over." That person must run across and try to break through the linked arms of two people on the opposite team. If he is successful, his team gets to select one person to "steal" for their team. If he does not break through, he must join the other team.
- **Crows and Cranes:** An adult designates one team as Crows and the other as Cranes. The teams line up in the same fashion as above. The adult chooses the chaser team by yelling either "Crows!" or "Cranes!" The identical sounds at the beginning of the words add to the suspense as the teams wait to find out who will chase and who will flee.

#### **AFTER THE OUTING**

- Present thank you notes to those who helped.
- Present Lions with a sticker to designate the completion of the Pick My Path adventure.
- Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

#### **TRANSPORTATION HOME**

- Follow details established during planning phase. Families are responsible for their own transportation.