

Cub Scout Adventure In a Box



November Adventure

Running With The Pack

Dear Parents/Leaders,

INTRODUCTION

Be sure to read this section (below) to or with your scouts to introduce this month's adventure and what you will be learning and doing.

Welcome scouts to the November Adventure In a Box. We are super excited about our theme this month which is *YOU ARE WHAT YOU EAT!* Do you know the part of the scout oath where we promise to do our best to keep ourselves physically strong? What do you think that means? What are some of the ways you keep yourself physically strong? Did you say exercise? Yes, that's part of it. Did you also say eating healthy? If so, then YES! You're right. A healthy well balanced diet is a BIG part of keeping ourselves physically strong! Our bodies need the right fuel to give us the energy we need for all our scouting adventures!

As scouts one of the skills we learn is how to plan a nutritious meal, and we even learn skills to help us prepare or cook a snack or a meal for our den or our family! This month we are working on our *RUNNING WITH THE PACK* adventure. We will learn more about eating healthy and will even help plan a meal! If all this talk about food is making you hungry, then grab a snack and a water bottle and let's get started!

RATIONALE FOR ADVENTURE

This adventure will promote physical fitness and good health through games and other fun activities.

TAKEAWAYS FOR CUB SCOUTS

- A Scout is Friendly.
- Activities increase our level of fitness and make us feel better about ourselves.
- Good sportsmanship is just as important as skills in sports and active games.
- Choosing nutritious foods will help you live an active life.

ADVENTURE REQUIREMENTS

Dear Parents/Leaders,

Below is a list of the requirements your scout(s) will need to complete in order to earn the Running with the Pack belt loop. The requirements will have an activity they will need to do and an opportunity to go on an optional outing. Detailed instructions for the activities and guidance for the outing are included later in this guide.

Complete the following Requirements.

1. Play catch with someone in your den or family who is standing five steps away from you. Play until you can throw and catch successfully at this distance. Take a step back and see if you can improve your throwing and catching skills.
2. Practice balancing as you walk forward, backward and sideways.
3. Practice flexibility and balance by doing a front roll, a back roll and a frog stand.
4. Play a sport or game with your den or family, and show good sportsmanship.
5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop or crab wa
6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your den or family. Make a shopping list of the food used to prepare the meal.

Tips from an Akela!



This adventure can be completed in 1 day and most activities outdoors while the weather is nice. The stretches and exercises may be new to you, but can be lots of fun. If your scout can't master the exercises, have him or her do their best. Your scout will also help plan a meal; encourage him or her to help make the meal.

MATERIALS LIST

Dear Parents/Leaders,

*The following supplies will be needed to complete the activities in this kit. Most of the items will be included in the kit. Any items marked with an * are items that you may find around the house and are not included in the kit.*

- Tennis Ball
- Dice Game Cardstock
- Dice Game Checklist
- My Plate Coloring Sheet
- Menu Planning Sheet
- My Plate Tip Sheet
- Balloon
- Scissors*
- Tape*
- Masking Tape*
- Chalk*

ACTIVITES

Meeting #1 - At home

Intro: For this meeting you are going to focus on balance, flexibility and meal planning. A couple of the activities can be done either outside or inside. If you cannot complete the balancing or flexibility outside, find an area inside to complete them. You can also visit choosemyplate.gov for a balanced meal.

Activity One: Let's go outside. Requirements 1, 2, 3, & 5

Assemble your dice using scissors and tape. Cut along the solid black lines. Fold at the dotted lines and make 2 dice. Grab these along with your tennis ball, chalk, masking tape and exercise sheets and head outside. Start by playing catch with your tennis ball. Stand about 5 steps away with your friend, sibling or parent and throw the ball back and forth.

Count how many throws you can make without dropping the ball. Take steps backward and challenge yourself by throwing further apart. Once done, draw a straight line on the cement with chalk or place masking tape and practice balancing. You will practice walking in a straight line by stepping on the line. Go forward, backward and side to side. Next practice a front roll, back roll, frog stand, frog leap, inchworm walk, kangaroo hop and crab walk. Once done roll the dice and keep a tally of the different exercises. Move to the grass or indoors for the front roll or back roll if need be.

ACTIVITIES

◆ Activity 1: Balance and Flexibility Exercises

Front Roll



Back Roll



The front roll, back roll, and frog stand will help Wolf Scouts in testing and improving their ability to keep their balance and be flexible. Some may have a little difficulty with these exercises, but they should "do their best."

Frog Stand



Frog



GATHERING

Inchworm Walk

- Have Cub Scouts support their bodies on their hands and feet with their legs extended behind them. Keeping their hands in place, they walk on their toes with short steps until their feet are near their hands.
- Then, without moving their feet, they walk forward on their hands with short steps until their original position is attained.
- Repeat the exercise, having Scouts alternately walking on their toes and hands.



Kangaroo Hop

CRAB WALK

From a squatting position, Cub Scouts reach backward and put their hands on the floor without sitting down. They walk forward, keeping their heads and body in a straight line.



Activity Two: Let's go inside (Requirement 4 & 6)

(Note, playing the game can be done outside as well, but because you are using a balloon it may be easier done inside). Once done doing all the crazy fun outdoor activities, move inside and continue the fun. Blow the balloon up and play a game of volleyball. You can place tape on the floor or have an invisible line, either way bop the balloon back and forth

until you are tired. Practice good sportsmanship by having fun and playing nicely with your opponent. Next you will sit and plan a healthy meal with your family. Follow the guidelines from choosemyplate.gov to have a balanced meal. Make a shopping list and head to the store (optional).

Activity Three: (Optional) Shopping trip to the grocery store.

Go to the store with your parents and get the items for your meal.

Activity Four: (Optional) Make the meal

Help your family prepare the meal and sit down and eat the meal.

Tips from an Akela!



If you cannot do the activities outside, find a safe place indoors that accommodates. Using the Scout Motto; “Do your best” with all the activities. It’s okay to not do the exercises perfectly. As long as your scout attempts and has fun doing so.

Congratulations! If you have completed all of the activities and finished all the requirements, you are all done working on this adventure! For scouts that do this on their own or with their family, they can share the adventure with their den at a future meeting. If your den is not able to meet in person, consider scheduling a virtual meeting and giving each scout a chance for show and tell. Remember a Scout is Friendly and your scout(s) should have made sure to include all their friends in the activities.

AFTER YOU HAVE COMPLETED YOUR ADVENTURE

Once you have completed your adventure make sure to let your Den Leader or Advancement Coordinator know! They will mark the requirements complete and prepare the appropriate recognition device for awarding.