



FUN ON THE RUN



Complete the following requirements:

1. Learn and Demonstrate three exercises you can do each day.
2. Have Lions make a nutritious snack for the den.
3. Understand the importance of rest.
4. Participate as a den in the Jungle Field Day.

Resources and Ideas:

1. Learn and Demonstrate three exercises you can do each day:
Easy Exercise Program Suggestion - Just 9 Minutes:
<https://www.youtube.com/watch?v=oc4QS2USKmk>
2. Have Lions make a nutritious snack for the den:
Cub Friendly Recipes: <https://scoutermom.com/20255/recipes-for-cubs-in-the-kitchen/>
3. Understand the importance of rest.
Learn about animal sleep patterns:
<https://scoutermom.com/17835/animal-match-game-when-does-it-sleep/>
4. Participate as a den in the Jungle Field Day.

Work with your Webelos and Arrow of Light Scouts when they build their Stronger Higher Faster obstacle course - They can lead the younger Scouts to try the challenges and both groups complete requirements that way!!

