

Adventure: Pick My Path

Objective Scout will Achieve:	Learning how to be a friend, making choices and understanding how the outcomes affect us, learning acceptable responses to emotion, learning leadership by teaching a game to someone
Characteristics Scouts will Learn:	Character development, participatory citizenship, leadership
Materials for Virtual Meeting:	<ul style="list-style-type: none"> • 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: Lion Adventure Book-grid in the book is needed. • Scissors • Crayons in several colors
Activities during meeting:	Gathering Hot/Cold, Emotion Charades, Pick My Path
Instruction for Activity 1	Gathering Hot/Cold: An object is hidden and your Scout must look for it. The hider (you) informs the seeker how near they are to the object, telling him/her he/she is cold when he/she is far from the object (or freezing if he/she is extremely far off), and hot when he/she is extremely close to the object. If the seeker is moving farther from the object, he/she is told he/she is getting colder, and if the seeker is moving closer to the object, he/she is told he/she is getting warmer.
Instruction for Activity 2	Emotion Charades: See attached picture
Instruction for Activity 3	Pick My Path: See attached picture- partner up with your Scout.
Instruction for Activity 4	
Additional Requirements needed to complete the Adventure (These requirements will not be on the Virtual Cub Scout Video):	N/A

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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.