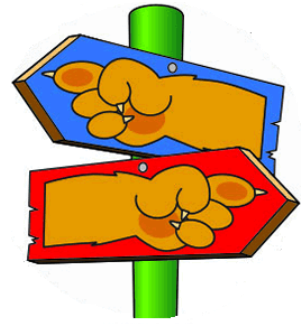


# Pick My Path – Materials Needed

*Parent and Leader Guidebook: page 54*  
*Lion Adventure Book: pages 12 and 19*



## Materials

- Copies of Pick My Path handout, one per adult
- Copy of Den Meeting Plan, one for leader(s)
- Name tags and Sharpie
- Cub Scouts Poster Set with Scout Law, Scout Oath and Den Code of Conduct (#621086 from Scout Shop)
- Blue tape or something to hang posters on wall

## Optional

- Snack and water
- Activities for siblings (e.g., coloring books)

## Gathering: Hold/Cold Game

- Object hidden before meeting

## Activity 1: Emotion Charades

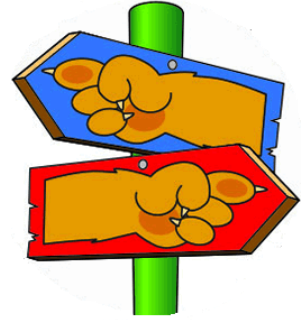
- Printed emotion pictures, one copy cut apart

## Activity 2: Pick My Path

- Few extra copies of *Lion Adventure Book* page 12 and 19 (for those who forget book).
- Colored pencils, crayons or markers (two colors; color four pieces in one color and four in the other)
- Scissors, one per Scout

# Den Meeting Plan

## Pick My Path



### Gathering

- Hot/Cold Game

### Opening

- Good conduct candle, pledge, Scout Oath, Scout Law

### Talk Time

- Den business
- Sharing time
  - What is a friend?
  - Are your friends the same age as you, or are some different ages?
  - What does a friend do?
  - Have you ever been mad at your friend? It is OK to feel mad at your friend? How did you make the situation better?
  - Has your friend ever been mad at you? How did this make you feel? How did you fix this situation?
- Assign Homework: Do one kind thing for a member of your family or a friend.

### Activities

- **Activity 1: Emotion Charades** (page 56)
  - Before: 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. This is called body language or nonverbal cues. The adults will pick an emotion and demonstration through nonverbal cues. Lions choose the emotion they think they are seeing.
  - After: Ask Lions: Have you ever felt any of these emotions? Did your body tell the story to someone How long did you feel that way – 1 min? 5 min? Longer?
  - 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 (e.g., if we are angry, we must not hit anyone). Only we can choose how to respond to our feelings. It is our path to pick.
- **Activity 2: Pick My Path** (instructions: page 56)
  - Step 1: Color game piece on Lion Adventure Book, page 19 – need two colors: color four pieces in one color and four in another color*
  - Step 2: Use Lion Adventure Book, page 12 to play tic tac toe – switch up partners*
  - After: Ask the Lions 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. (e.g., if we don't brush our teeth, we get cavities which will cause us pain or if we leave our bike it will rust or might get run over by parents in driveway).*
- **Activity 3: Games** (page 57)
  - Hide and Seek
  - Bandage Tag
  - Tag
  - Rock, Paper, Scissors

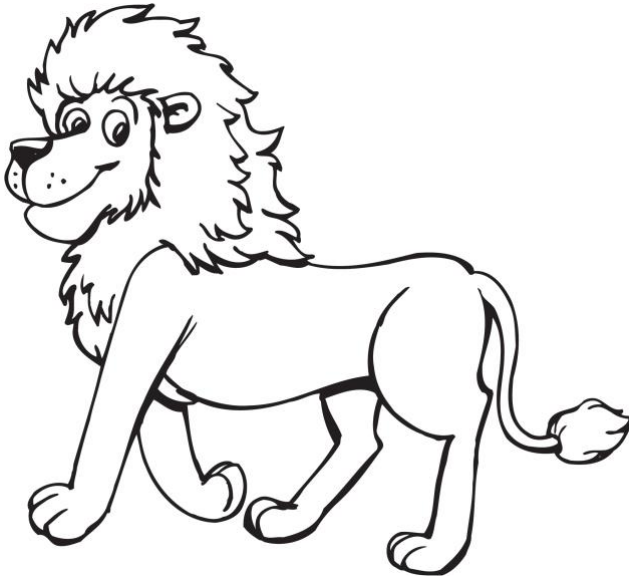
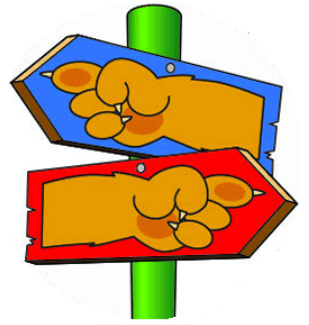
### Closing

- Scout Law. Leader reflect on one of the points of Scout Law: Kind. Ask Lions to give examples of when they were kind.

# Pick My Path Adventure

## Home Assignment:

Do one kind thing for a member of your family or a friend.



### Scout Law

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, reverent.

### Scout Oath

On my honor, I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

### Upcoming Events

- Feb 23 – Check in Pinewood Derby car
- Feb 24 Pinewood Derby
- Feb 28 Pack Meeting
- Mar 7 Den Meeting
- Mar 24-25 Family Campout, optional
- April 4 Den Meeting at Spring Creek Park
- April 14 Scout Fair at NRG, optional  
[www.shac.org/scout-fair](http://www.shac.org/scout-fair)
- May 2 Den Meeting at TBD
- May 19 Pack Meeting / Banquet
- June 12-15 Twilight Camp, recommended  
[orion.shac.org/day-camp](http://orion.shac.org/day-camp)

### Pack 72

[facebook.com/pack72tomball](https://facebook.com/pack72tomball)  
[pack72tomball.scoutlander.com](http://pack72tomball.scoutlander.com)

### Orion District

[www.orion.shac.org](http://www.orion.shac.org)  
[facebook.com/orionbsa](https://facebook.com/orionbsa)

### Sam Houston Area Council

[www.shac.org](http://www.shac.org)  
[facebook.com/shac.bsa](https://facebook.com/shac.bsa)



**Angry**

(clenched fists, stomping, flailing arms)



**Confused**

(scratching head, cocks head, shrugged shoulders)



**Embarrassed**

(ducking head, avoiding eye contact, hiding behind something)



**Happy**

(big smile, skipping, waving)



**Hungry**

(licking lips, rubbing tummy)



**Impatient**

(tapping foot, looking at watch, pacing)



**Scared**

(looking over shoulders, walking fast, breathing rapidly)



**Surprised**

(open mouth and eyes, eyebrows up, hands on cheeks)



**Unhappy**

(frown, long sigh, hunched shoulders, hands in pockets)