

Tiger Required Adventure

Games Tigers Play



Videos for this adventure are at
the link below



Each of the requirements in this Adventure should take around 15-20 minutes and should function as the Activity portion of a Den Meeting. Adventure also includes one outside of Den Meeting activity. If a Den meets once a week, this Adventure can be completed in one month (four den meetings and one monthly outing).



Games Tigers Play

What You Will Need:

Large beach ball
Thin Rope or Twine (will need 12 feet or more)
Card Game
Scissors



1. Team Building Games

Instructions for Caring Adult or Leader

Watch the videos associated with this Adventure at the *Tiger Adventures Playlist* on Youtube. The QR code to this playlist is in the front of this book.

Game Setup

- Locate a large beach ball
- Cut 6 pieces of rope or twine to be 1 ft long each.
- Tie a knot in each piece of string to form a circle. You should have 6 string circles.
- Place 3 circles of string in a straight line several feet apart. Save the other 3 circles for the next game.
- Divide your group into teams (you can also have 1 team if you den is small!)

Rules of the Game

The team has to move the ball from hoop to hoop with the following rules:

- They can not use their hands or feet to hold the ball.
- All team members must be touching the ball at all times
- The ball must be placed on the ground inside each hoop and then moved to the next hoop.



Check out the Bingo game on the next page.

Questions to answer:



How did you figure out how to move the ball as a team?



Could you play this game by yourself?



Was it difficult to not use your hands or feet?

Team Building Bingo

Go around and find someone who answers "yes" to one of these statements, and have them write down their initials. Be sure to get a different person to answer every time. Once you get 4 in a row, yell out "bingo"!

| | | | |
|------------------------------|--|-----------------------------------|--|
| Is left-handed | Has traveled outside of the country | Plays video games | Is allergic to nuts |
| Is the youngest child | Has a pet dog | Does not like chocolate | Has never traveled outside of the country |
| Likes reading | Has a brother | Can speak another language | Is the oldest child |
| Plays an instrument | Has been on a roadtrip | Has a pet cat | Has broke a bone |

What You Will Need:

Thin Rope or Twine (will need 12 feet or more)
Rope or bandanas



1. Team Building Games Continued

Games Tigers Play

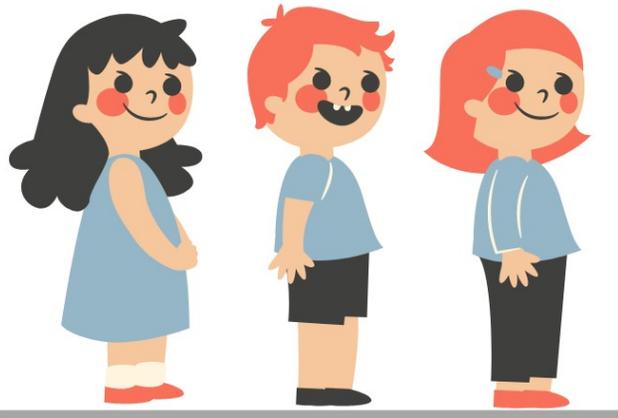
Instructions for Caring Adult or Leader

Watch the videos associated with this Adventure at the *Tiger Adventures Playlist* on Youtube. The QR code to this playlist is in the front of this book.

Play Teambuilding Caterpillar

- Use the 6 circles of rope or twine you created for the previous game.
- Place the circles in a straight line about a 6-8" apart. (You may need to adjust depending on the size of your Tiger scouts.)
- Divide into teams of 3-5 people.
- Use bandanas or rope to attach two youth at the ankles. (Any team members in the middle of the line should have both ankles attached to 2 different team members.)

The object of the game is for the team to move as a group from one circle to the next without stepping outside of a circle. Continue until the group comes to the end of the line of circle.



Team Building Tips:



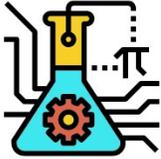
Get to know the members of your team



Trust each other



Be cheerful and courteous



STEM Connection



TEAM BUILDING WITH LEGOS



**THIS ACTIVITY IS A GREAT WAY TO LEARN HOW TO
WORK TOGETHER AND INTERACT WITH YOUR
FRIENDS!**

MATERIALS:

- **LEGOS OR ANY BUILDING BLOCKS**

INSTRUCTIONS:

- BREAK UP INTO GROUPS OF 5 AND GATHER IN A CIRCLE (YOU CAN ALSO PLAY IN ONE BIG GROUP!)
- SET A GOAL OF WHAT YOU WANT TO BUILD, SUCH AS A BUILDING OR VEHICLE
- START WITH ONE PIECE. THEN, AS YOU PASS THE PIECE AROUND, EVERYONE SHOULD ADD A PIECE OF LEGO UNTIL YOU HAVE COMPLETED BUILDING YOUR OBJECT OF CHOICE.
- TO MAKE THIS MORE CHALLENGING, TRY TO DO THIS ACTIVITY WITHOUT TALKING TO EACH OTHER!

What You Will Need:

Food Go Fish Cards (from
USDA, Food and Nutrition Services)
Scissors



2. Strong and
Active

Games Tigers Play

Instructions for Caring Adult or Leader

Print out the Food Go Fish Cards.
Cut the cards on the lines.

Play in groups of 3-5 youth.

The dealer shuffles the cards and deals
out 4 cards to each person and places
the rest in the middle.

The first person to start asks the person
on their left if they have a type of card,
for example, fruit. If that person has a
fruit, they respond "Yes I Do," and hands
the card to the person asking. The person
who asks places their pair of cards on the
table. They then ask another person for a
card.

If a person doesn't have the type of card
requested, they respond "No, I don't
have one. Go fish." The person asking
takes a card from the pile in the middle.
It is then the turn of the person that
didn't have the card requested.

When a player has no cards remaining,
the game ends. The person with the
most pair wins.

Fruits



Banana



What food type do you
like the most?



What food do you have a
hard time eating?

What You Will Need:

MyPlate Coloring Sheet
MyPlate Maze
Crayons, markers, colored pencils



2. Strong and Active Continued

Games Tigers Play

Instructions for Caring Adult or Leader

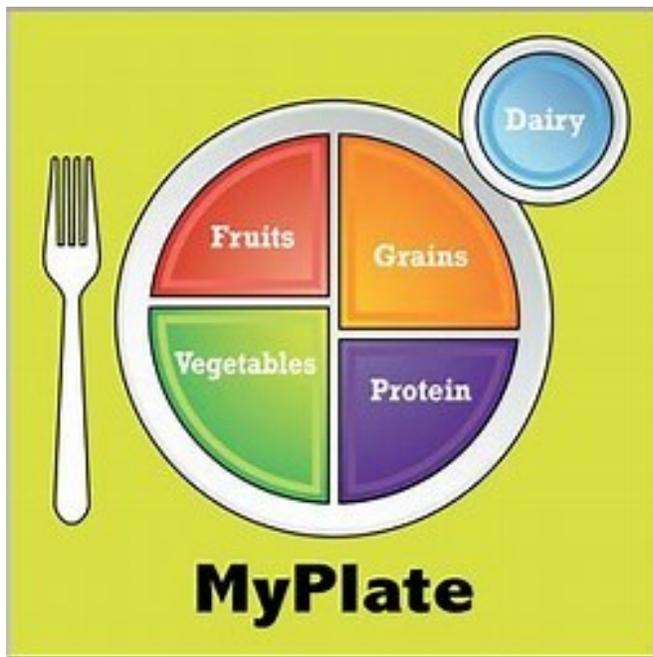
Discuss the MyPlate diagram on this page. It shows the types of food that is recommended to build strong bodies.

Color the MyPlate coloring sheet on the next page of your book.

Complete the MyPlate maze in your book.

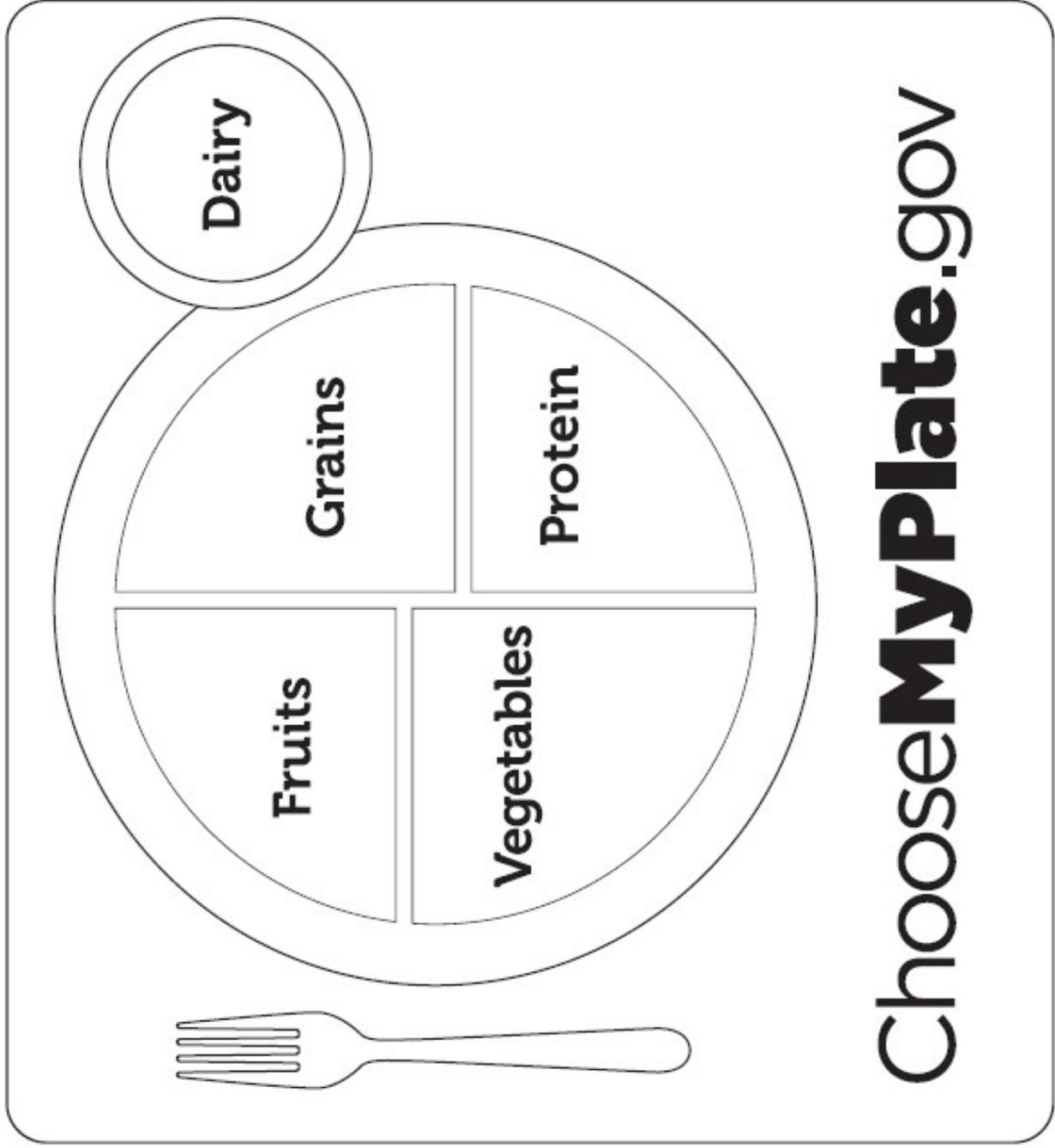
Look in your Tiger Cub Scout Handbook for suggestions for nutritious snacks.

With your family make a healthy snack to share with your den or family.



Did you know that exercising can help you make better food choices? When you exercise, you will start choosing foods that are more nutritious for you to help your body grow stronger!



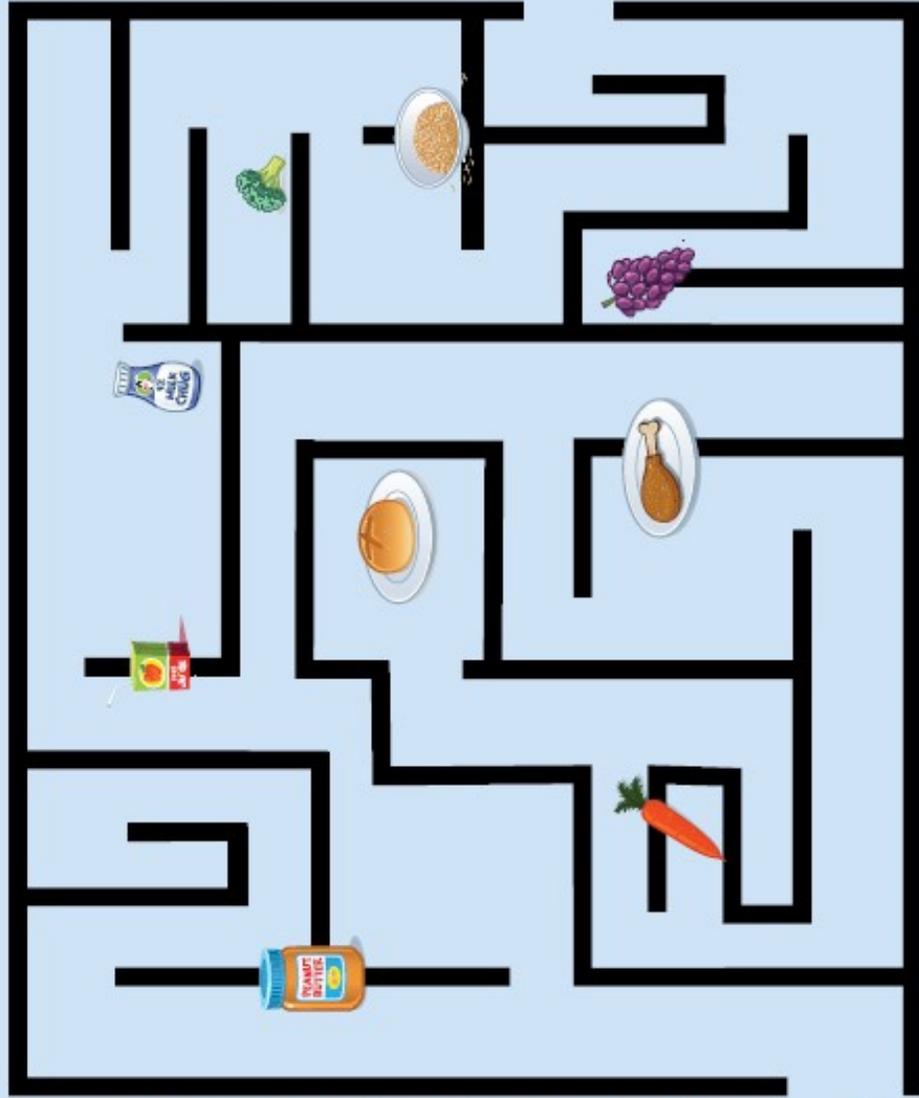


ChooseMyPlate.gov

MyPlate Maze

• • • • • MyPlate for Kids. • • • • •

• • • • • and help her find foods from each food group on the way to • • • • •



• • • • • Lead the pal from MyPlate through the maze • • • • •



ChooseMyPlate.gov



Adapted from
Team Up At Home Team Nutrition Activity Book

What You Will Need:

Beach ball
None



4. Make up a New Game

Games Tigers Play

Instructions for Caring Adult or Leader

With the beach ball from your box, help youth make up a new game with the members of the den or family and play it.

After playing the game, discuss everyone's experience. Would the youth change any of the rules the next time you play?



Write down or draw the rules of your new game?

What You Will Need:

A sporting event to attend
Tickets

Remember your sunscreen,
water and a hat!



5. Sporting Event

Games Tigers Play

Instructions for Caring Adult or Leader

With the family or den, find a sporting event to attend.

Before attending the event, look up the rules of the sport with your family or den. (One suggestion is to find information on the internet or on YouTube on the referee signals.)

Attend / watch the event.

As a den or family, discuss what everyone liked about the event.



What type of sport or activity would you like to do to keep yourself fit?



Here is a simple log that you can use to keep track of the sports or events you play throughout the week!
Regular exercise is a great habit to stay healthy so be sure to keep up with the log!



| Date | Sport or Activity |
|------|-------------------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Scout Law Connection

A Scout is Brave

It can be scary to share your ideas with others. But your den and family will help you feel comfortable trying something new. Remember to tell an adult if you are scared or worried.

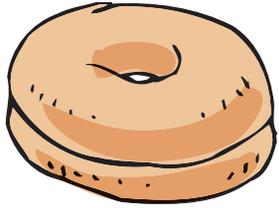


Games Tigers Play

Complete Requirements 1 and 2 plus at least two others.

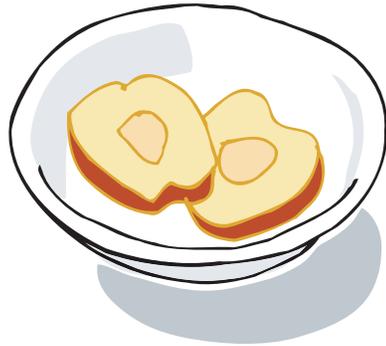
1.
 - A. Play two initiative or team-building games with the members of your den.
 - B. Listen carefully to your leader while the rules are being explained, and follow directions when playing.
 - C. At the end of the game, talk with the leader about what you learned when you played the game. Tell how you helped the den by playing your part.
2. Talk with your den or family about why good nutrition helps you to be strong and active. Bring a nutritious snack to a den meeting. Share why you picked it and what makes it a good snack choice.
3. Make up a game with the members of your den, and play it with den members. After playing the game, talk with your den about the experience.
4. Make up a new game, and play it with your family or members of your den or pack. Then talk with the group about the experience.
5. Do the following:
 - A. Attend a sporting event with your den or family.
 - B. Before or after the event, talk with a coach or athlete about what it is like to participate in the sport. OR Find out more about the sport and share what you've learned with your den or family members before or after the event.

Grains



Bagel

Fruits



Baked Apple

Meat & Beans



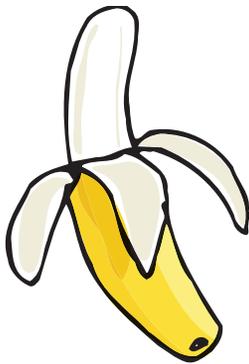
Baked Beans

Vegetables



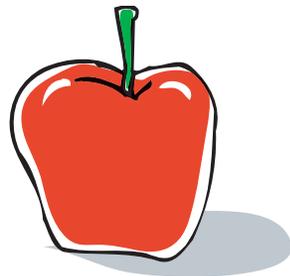
Baked Potato

Fruits



Banana

Fruits



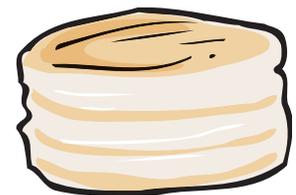
Apple

Meat & Beans



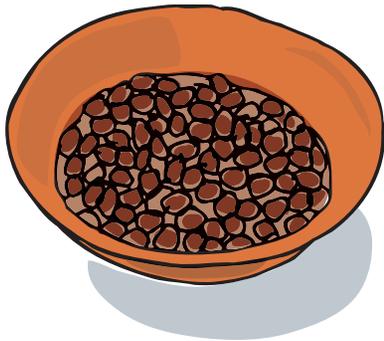
Beef Jerky

Grains



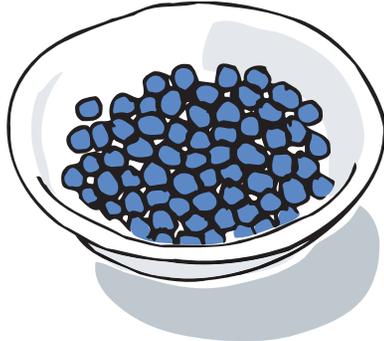
Biscuit

Meat & Beans



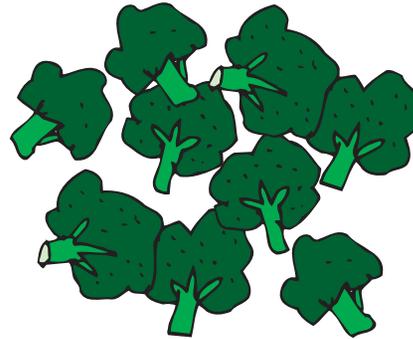
Black Bean Soup

Fruits



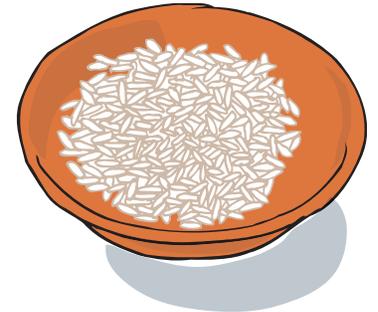
Blueberries

Vegetables



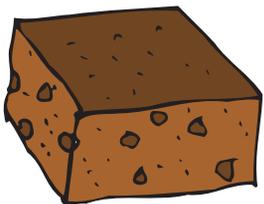
Broccoli

Grains



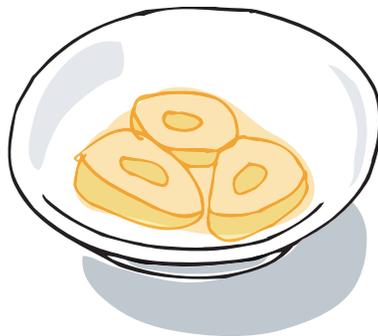
Brown Rice

Grains



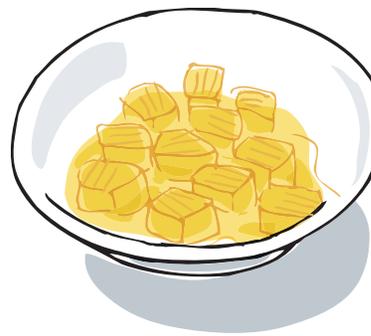
Brownie

Fruits



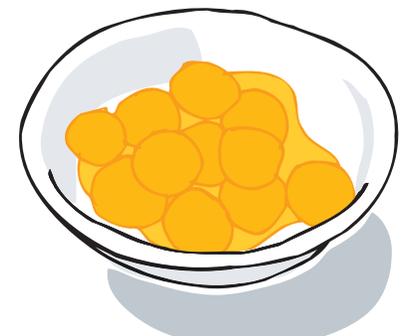
Pears

Fruits



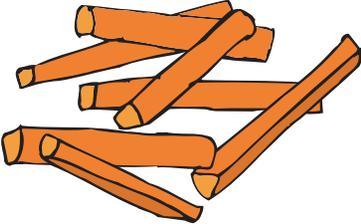
Pineapple

Fruits



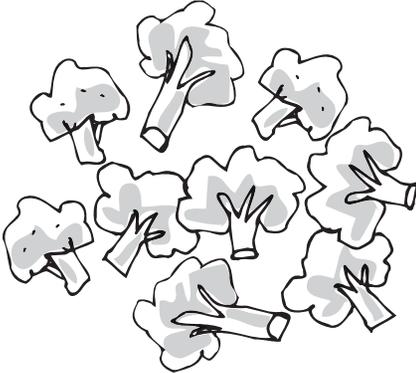
Cantaloupe

Vegetables



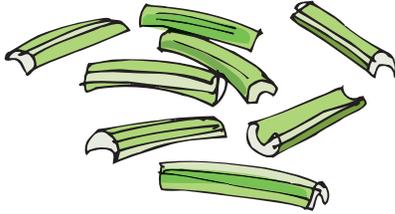
Carrot Sticks

Vegetables



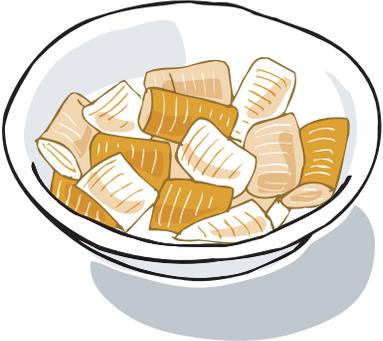
Cauliflower

Vegetables



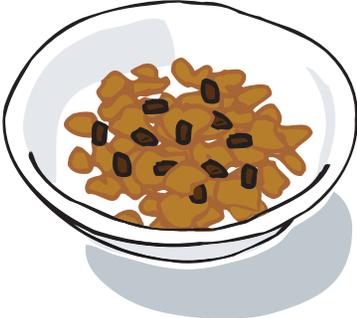
Celery

Grains



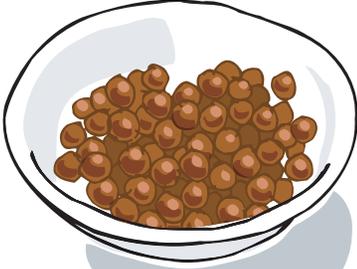
Cereal

Grains



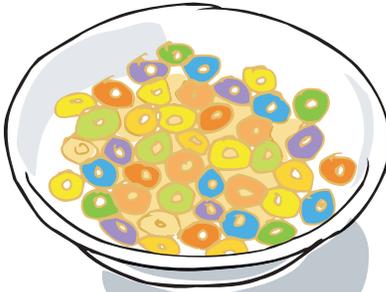
Cereal

Grains



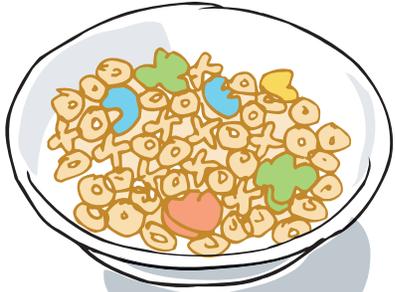
Cereal

Grains



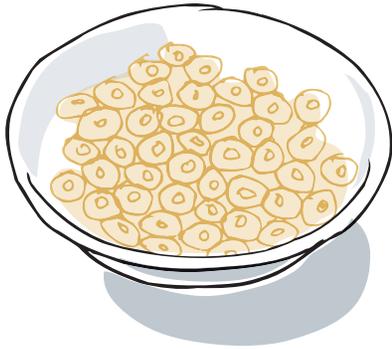
Cereal

Grains



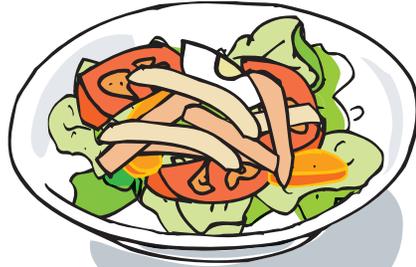
Cereal

Grains



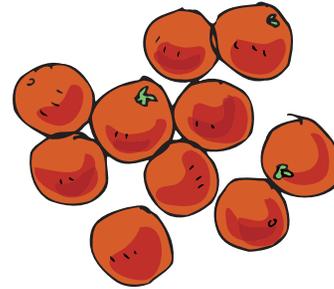
Cereal

Vegetables



Chef Salad

Vegetables



Cherry Tomatoes

Grains



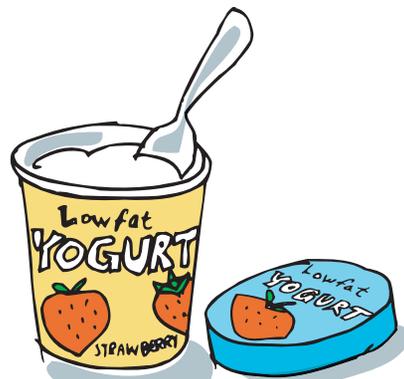
Chex Mix

Grains



Wild Rice

Milk



Yogurt

Grains



Chocolate Chip Muffin

Milk



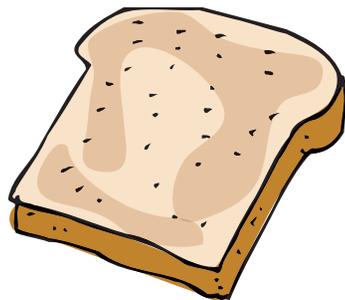
Chocolate Pudding

Vegetables



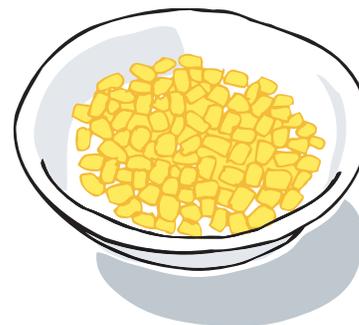
Collard Greens

Grains



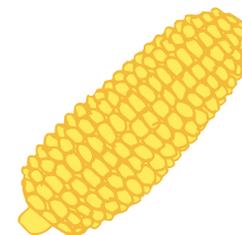
**Whole Wheat
Toast**

Vegetables



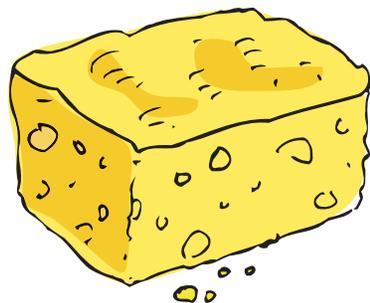
Corn

Vegetables



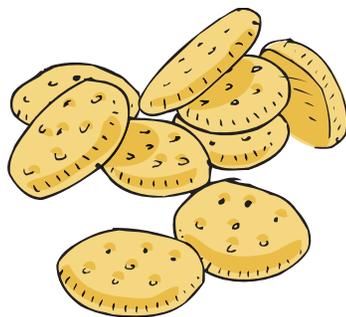
Corn

Grains



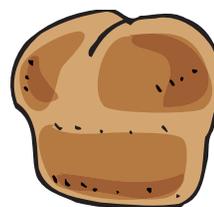
Cornbread

Grains



Crackers

Grains



**Whole Wheat
Dinner Roll**

Fruits



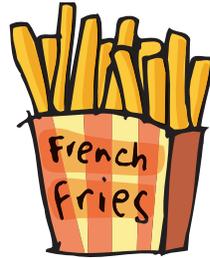
Dried Apricots

Grains



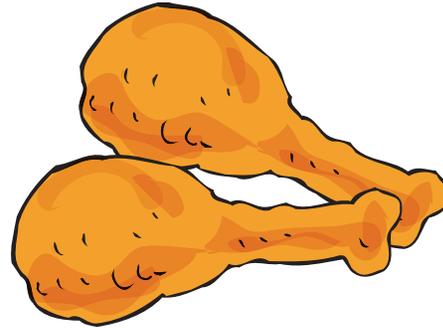
English Muffin

Vegetables



French Fries

Meat & Beans



Fried Chicken

Fruits



Fried Plantains

Fruits



Applesauce

Fruits



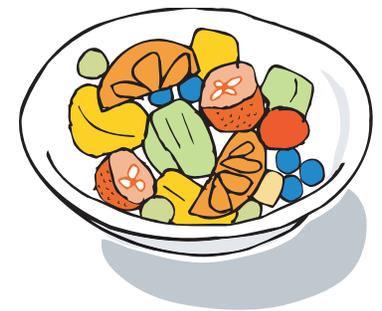
Frozen Fruit
Juice Bar

Milk



Frozen Yogurt

Fruits



Fruit Salad

Fruits



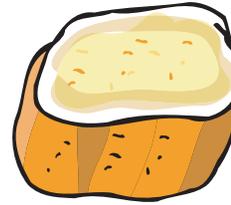
Fruit Leather

Fruits



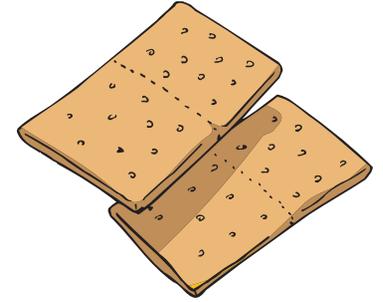
Apple Juice

Grains



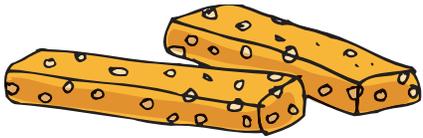
Garlic Bread

Grains



Graham Crackers

Grains



Granola Bar

Fruits



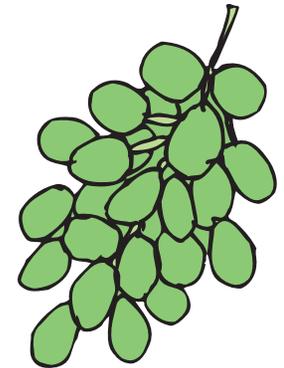
Grape Juice

Vegetables



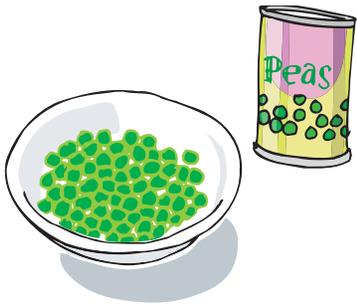
Green Beans

Fruits



Green Grapes

Vegetables



Green Peas

Meat & Beans



Grilled Chicken

Meat & Beans



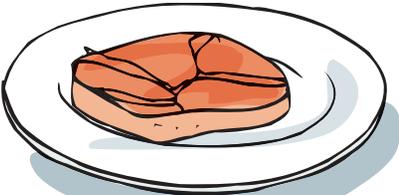
Grilled Fish

Grains



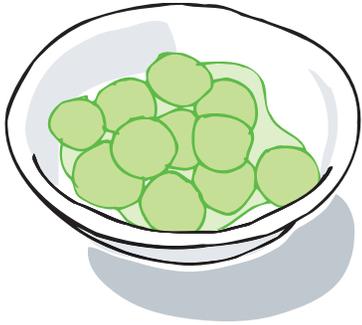
Grits

Meat & Beans



Ham

Fruits



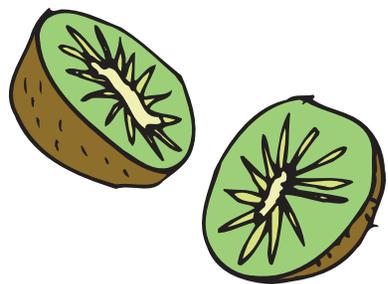
Honeydew

Milk



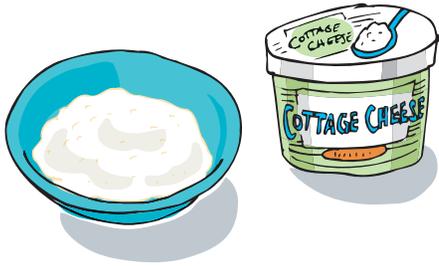
Ice Cream

Fruits



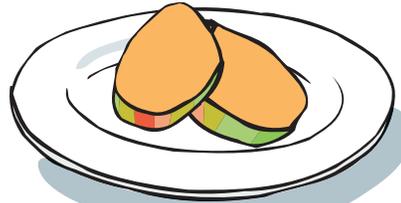
Kiwi

Milk



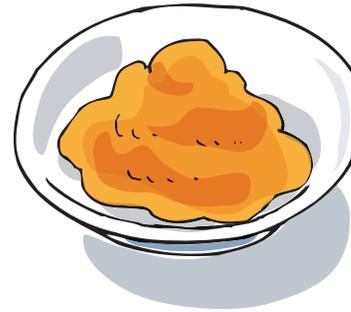
Cottage Cheese

Fruits



Mango

Vegetables



Mashed Sweet Potatoes

Milk



2% Milk

Milk



Chocolate Fat Free Milk

Milk



2% Milk

Milk



Fat Free Milk

Milk



Fat Free Milk

Milk



**Strawberry
Fat Free Milk**

Milk



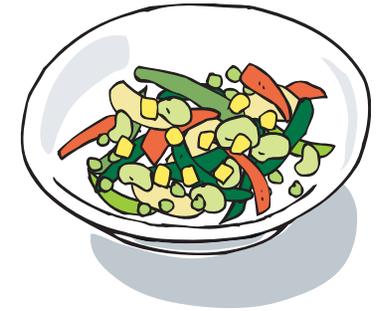
Whole Milk

Milk



Milkshake

Vegetables



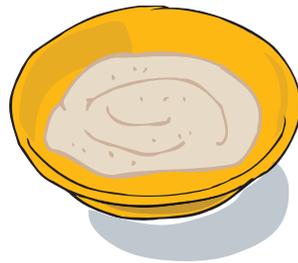
Mixed Vegetables

Grains



Animal Crackers

Grains



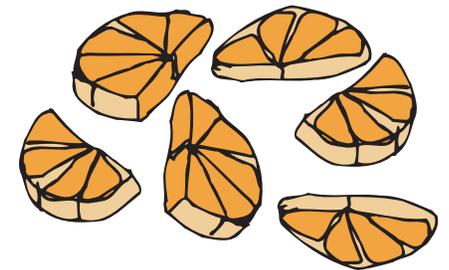
Oatmeal

Fruits



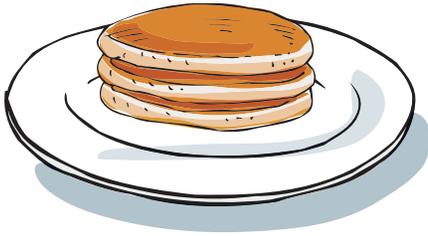
Orange Juice

Fruits



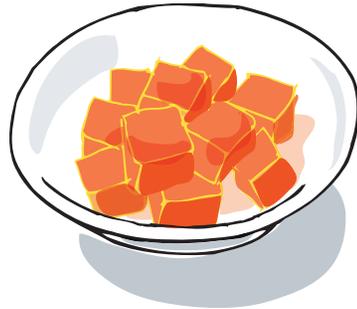
Orange Slices

Grains



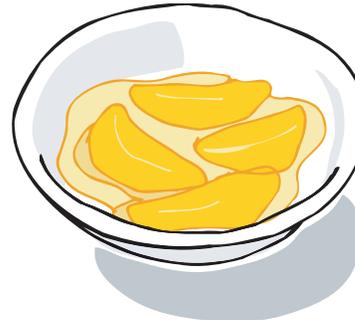
Pancakes

Fruits



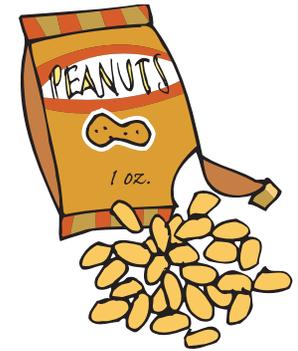
Papaya

Fruits



Peaches

Meat & Beans



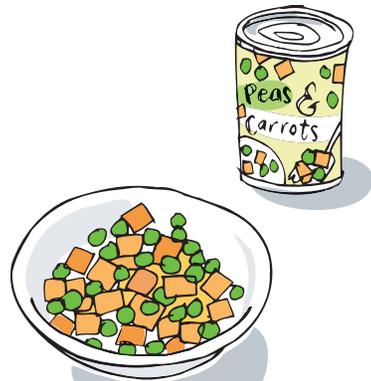
Peanuts

Fruits



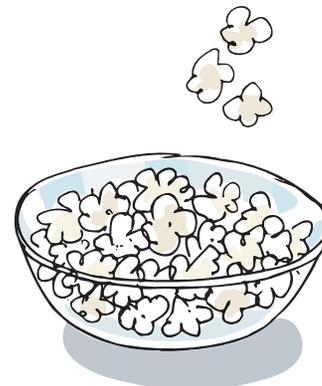
Pear

Vegetables



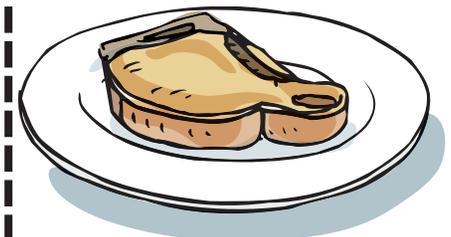
Peas & Carrots

Grains



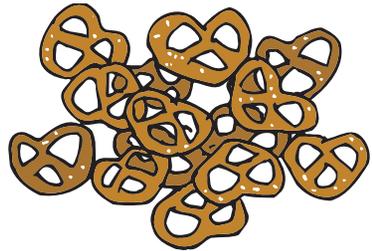
Popcorn

Meat & Beans



Pork Chop

Grains



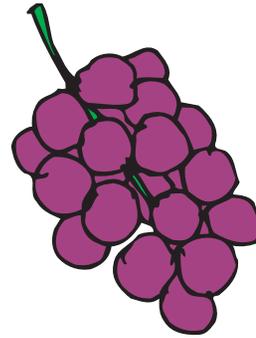
Pretzels

Fruits



Raisins

Fruits



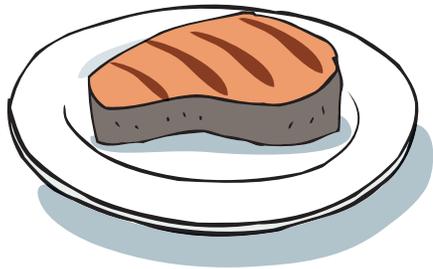
Red Grapes

Vegetables



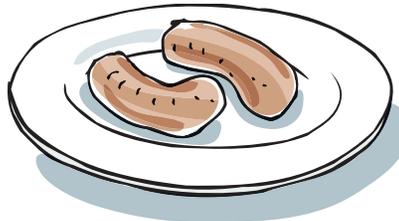
**Red & Green
Pepper Slices**

Meat & Beans



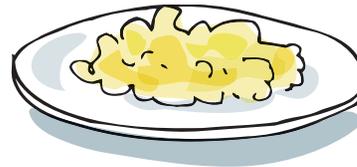
Salmon

Meat & Beans



Sausage Links

Meat & Beans



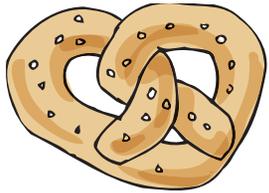
Scrambled Eggs

Vegetables



Side Salad

Grains



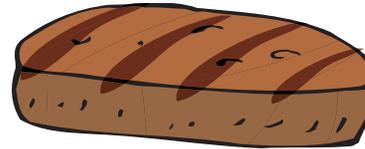
Soft Pretzel

Vegetables



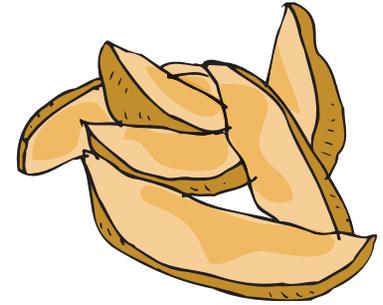
Spinach Salad

Meat & Beans



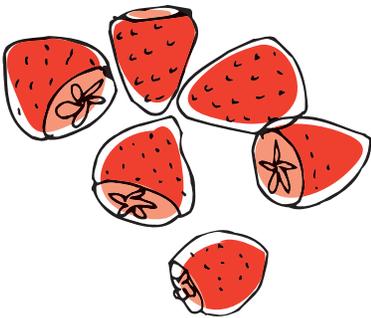
Steak

Vegetables



Steak Fries

Fruits



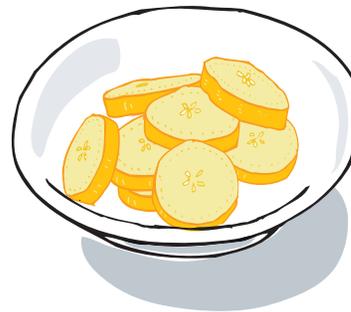
Strawberries

Milk



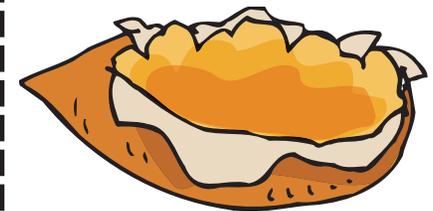
String Cheese

Vegetables



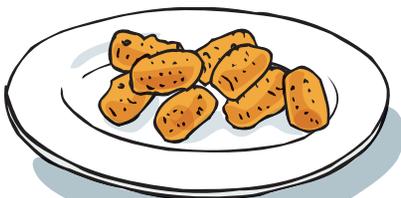
Summer Squash

Vegetables



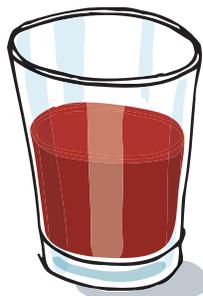
**Baked
Sweet Potato**

Vegetables



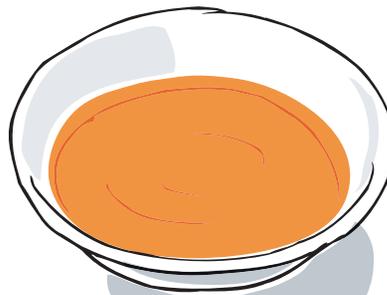
Tater Tots

Vegetables



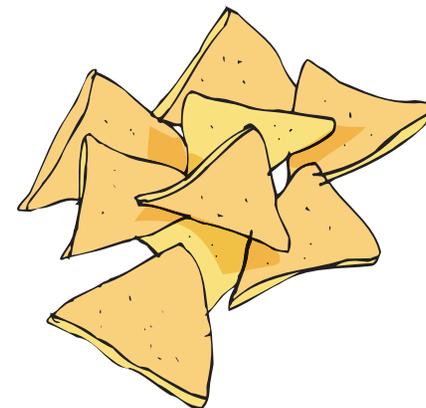
Tomato Juice

Vegetables



Tomato Soup

Grains



Tortilla Chips

Vegetables



Tossed Salad

Meat & Beans



Trail Mix

Milk



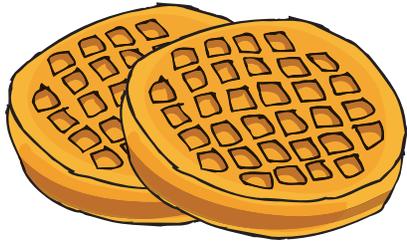
Vanilla Pudding

Vegetables



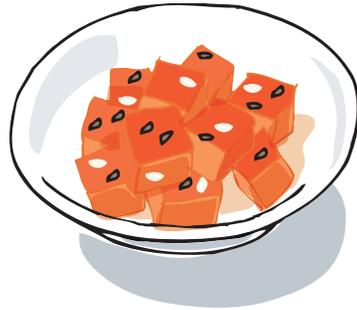
Vegetable Soup

Grains



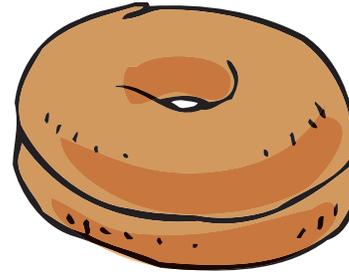
Waffles

Fruits



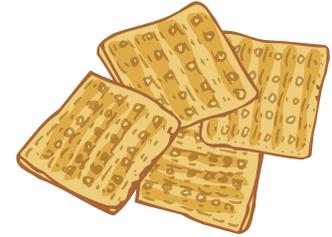
Watermelon

Grains



Whole Wheat
Bagel

Grains



Whole Wheat
Crackers

