



## Scouting for Tomorrow Lesson Plan

**Lion(K)**

**Tiger(1)**

**Wolves(2)**

**Bears(3)**

**Webelo(4+5)**

### Opening:

- Boy Scout Oath
- Boy Scout Law

### Lesson Topic:

- Fun on the Run (Nutrition and a Healthy Body)

### Grade Level(s):

- Lion; can be modified for each level of Cub Scouts

### Items needed:

- Items for Snack:
  - Sun Butter
  - Spoons
  - Napkins
  - Gloves
  - Graham Crackers

### Key Concepts addressed, and any specific teaching instructions:

- Explain three exercises that the youth can participate in each day:
  - Examples:
    - Yoga
    - Jumping Jacks
    - Walking Stretches
    - Sit up/Push up/Crunches
  - How does exercising daily affect our bodies?
    - More Energy
    - Better Mood
    - Feel Accomplishment
    - Helps Us Rest at Night
- Explain the Importance of Rest
  - Why is rest important?
    - Helps you concentrate on important tasks
    - Keeps you body and mind healthy
  - What happens when we do not get good rest?
    - Grumpy, sad, mad, etc.
- Negative vs Positive Effects
  - When I go to bed early, I am not grumpy the next day
- How can I go to sleep easily?
  - Create a Routine:
    - Brush your teeth
    - Wash your face
    - Read a book or sing a song
    - Go to bed at the same time each night
  - Turn off Devices
    - Distract you and keep you awake

**Activity or Craft:**

- Make a healthy snack together as a class
  - Graham Crackers and Sun Butter
    - Safe for youth with allergies
    - Something new to try
    - Larger Serving Size compared to Peanut Butter
  - Fruits and vegetables
    - Taking tops off strawberries
    - Breaking broccoli off stalk
    - Anything prep that is easy for kindergarten

**Review:**

Today we learned about our bodies and why it is important to take care of them. We need exercise, proper nutrition, and good rest to keep us physically and mentally fit. Look for new and exciting exercises and foods to try every day. Try it, you might like it!

Remember to dream big, work hard, stay focused, and surround yourself with positive people!

