



Fun on the Run

Cub Scouts · Required · Lion rank

Name

Started

Completed

Fun on the Run is about taking care of your body. You'll learn about healthy food, clean hands, moving around, and resting. Good habits you start now can help you feel great every day.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/fun-on-the-run/). Tips and examples are ideas, not extra requirements.

☐ 1 Name the five food groups

Tip: Look at your plate at dinner and name which food groups you see. Can you find all five in one day?

Example: The five food groups are fruits, vegetables, grains, protein, and dairy. Make a pretend plate from paper and draw one food for each: an apple, carrots, bread, beans, and a glass of milk.

☐ 2 Practice washing your hands and point out times when you should wash them

Tip: Sing a short song while you scrub your hands. Talk about times to wash, like before eating and after the bathroom.

Example: Scrub your palms, the backs of your hands, between your fingers, and under your nails. Then name times to wash: after the bathroom, before eating, after playing outside, and after sneezing.

☐ 3 Be active for 20 minutes

Tip: Play tag, dance, or ride a scooter for 20 minutes. Count it as fun, not exercise.

Example: Turn 20 minutes into a game: five minutes of freeze dance, five of animal walks (hop like a frog, crawl like a bear), five of tag, and five of jumping jacks with your grown-up.

☐ **4** Practice ways that help you rest

Tip: Try slow belly breaths or stretching like a lazy lion before bedtime.

Example: Try "smell the flower, blow out the candle": breathe in slowly through your nose, then blow out slowly. Or stretch tall like a giraffe and curl up small like a sleepy lion cub.