



ADVENTURE WORKSHEET

Tiger's Roar

Cub Scouts · Required · Tiger rank

Name

Started

Completed

Tiger's Roar teaches you how to keep yourself safe. You'll learn the Protect Yourself Rules, practice Shout, Run, Tell, and know what to do in an emergency or if you get lost. Being prepared helps you feel confident.

Requirements

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

- ☐ 1 With your parent's or legal guardian's permission, watch the Tiger Protect Yourself Rules video

Tip: Watch the video with your parent or guardian and talk about the rules afterward.

- ☐ 2 With your adult partner, practice Shout, Run, Tell the way the video shows

Tip: Practice Shout, Run, Tell with your adult until you can do it quickly and loudly.

Example: Your adult says, "Pretend someone you don't know asks you to come help find a puppy." You shout "No" in a big voice, run to a safe grown-up, and tell them what happened.

- ☐ 3 With your adult partner, show how to reach emergency services

Tip: Practice on a pretend phone how to call 911 and say your name and address.

Example: With a toy phone, pretend to dial 911. Say your name, what's wrong, and where you are, like "My grandma fell and can't get up. I'm at 12 Oak Street." Then stay on the line.

☐ **4** With your adult partner, show what you would do if you got lost or separated

Tip: Make a plan with your adult for stores or parks, like staying put and asking a worker or a parent with kids for help.

Example: If you're separated at a store, stay where you are, then ask a worker at the counter or a parent with kids for help. Say your name and your grown-up's name and phone number.