



Pick My Path Requirements

- Explain that choices have consequences.
- Perform a Good Turn for another person.
- Teach a game to another person. This requirement may be accomplished at home or at the outing.

Ideas for Adventure Requirements

- Emotion Charades: Write or draw on index cards the name of an emotion and the body language needed to convey that emotion. Lion adult partners will demonstrate an emotion through nonverbal clues. The Scout will choose the emotion they think that they are seeing. Begin by explaining to the Lion Scout that 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.
 - Unhappy – frown, long sigh, hunched shoulders, hands in pockets
 - Angry – clenched fists, stomping, flailing arms
 - Happy – big smile, skipping, waving
 - Scared – looking over shoulder, walking fast, breathing rapidly
 - Sad – hands wiping eyes, sniffing, holding hands over face
 - Embarrassed – ducking head, avoiding eye contact with others, hiding behind something, scuffing toe while standing still
 - Surprise – open mouth and eyes, maybe with hands placed on cheeks
 - Impatient – tapping a foot, looking at a watch, pacing

At the end of the game, do a quick debrief by asking questions such as: Have you ever felt any of these emotions? Did your body tell the story to someone? How long did you feel that way – 1 minute? 5 minutes? Longer? Make a point to tell you Lion that our 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 (if we are angry, we must not hit anyone, etc.) Only we can choose how to respond to our feelings. It's our path to pick.

- Have your Lion Scout play several games that involve making choices. This is also an opportunity for them to complete requirement 3 (teach a game to another person)
 - Examples are:
 1. Hike & Seek: The choice of where to hide will dictate how the game turns out for the Scout. (establish firm boundaries and have adults be watchful)

2. Tag: Choices made in where to run and how fast will dictate the end results for the Scout
3. Bandage Tag: When a player is tagged, he becomes the new "it" and must hold onto the body part where they were tagged to "bandage" it.
4. Rock, Paper, Scissors