



TIGER



REQUIRED ADVENTURES



BOBCAT REQUIREMENTS

1 Learn and say the Scout Oath, with help if needed.

On my Honor I will do my best to do my duty to God and my country and to obey the Scout Law; To help other people at all times; To keep myself physically strong, mentally awake, and morally straight.

2. Learn and say the Scout Law, with help if needed.

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent.

3. Show the Cub Scout sign. Tell what it means.

4 Show the Cub Scout handshake. Tell what it means.

5. Say the Cub Scout motto. Tell what it means. "Do your Best"

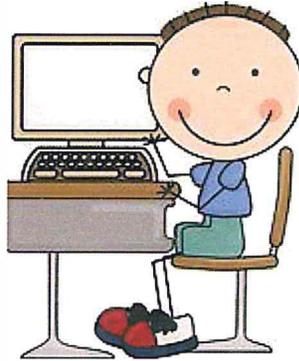
6. Show the Cub Scout salute. Tell what it means.

7. With your parent or guardian, complete the exercises in the pamphlet "How to Protect Your Children From Child Abuse: A Parent's Guide."

What You Will Need:

Internet access

BSA Cyber Chip blue card
(available from your Unit Leader)



Cyber Chip

Instructions

- 1.) With your den or family, read the Internet Safety Pledge
- 2.) Sign the Internet Safety Pledge on the BSA Cyber Chip blue card
- 3.) Grades 1-3 Watch the video produced by Great Rivers Council:
<https://www.youtube.com/watch?v=iaGwgG0IqEQ>

Internet Safety Pledge

1. I will tell my trusted adult if anything makes me feel sad, scared, confused, or uncomfortable.
2. I will ask my trusted adult before posting photos or sharing information like my name, address, current locations, or phone number.
3. I won't meet face-to-face with anyone I meet in the digital world.
4. I will respect the online property of others.
5. I will always use good "netiquette" and not be rude or mean online.



Tiger Adventure: Games Tigers Play

Complete Requirements 1 and 2 plus at least two others.

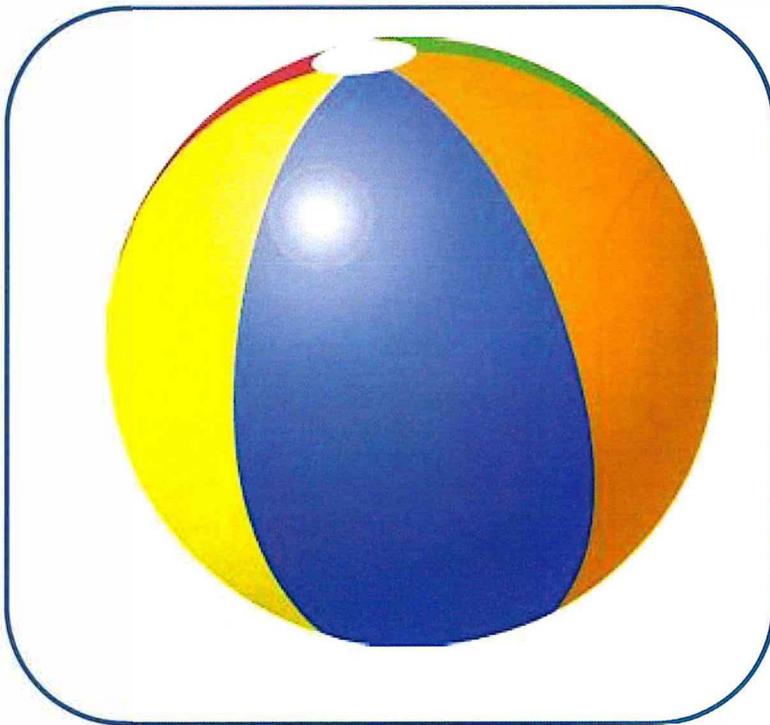
1. Do the following:
 - A. Play two initiative or team-building games with the members of your den.
 - B. Listen carefully to your leader while the rules are being explained, and follow directions when playing.
 - C. At the end of the game, talk with the leader about what you learned when you played 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 have learned with your den or family members before or after the event.

What You Will Need:

Large beach ball
12' String
Scissors



1. Team Building Games



Games Tigers Play

Instructions

Play Moving the World and listen carefully while the rules are being explained. Follow directions when playing.

- With your parent cut the string into 6 equal pieces
- Tie knots in each piece of string to form a circle
- 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 have 1 team!)
- The team has to move the ball from hoop to hoop without using their hands or feet to hold the ball.
- All team members must be touching the ball at all times on its way from one circle to another circle.
- The ball must be placed on the ground inside each hoop and then moved to the next hoop.
- Remember—you cannot touch the ball with your hand and feet!

Reflection:

- ◇ How did you figure out how to move the ball as a team?
- ◇ Was it difficult not to use your hands and feet?
- ◇ Could you play this game by yourself?

Achievements

1. Do the following:
 - 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.

* Due to COVID—19 Restrictions games may be played with family members.

What You Will Need:

12' String
Duct tape
Rope or Bandannas



1. Team Building Games Continued



Team Building Tips

- ◇ Get to know the members of your team.
- ◇ Trust each other.
- ◇ Spend time together.
- ◇ Be cheerful and courteous.

Achievements

1. Do the following:
 - 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.

* Due to COVID-19 Restrictions games may be played with family members.

Games Tigers Play

Instructions

Watch the videos associated with this Adventure at the Tiger Required Adventures Box Playlist [HERE](#)

Play Teambuilding Caterpillar

Use the 6 circles of string you created for the game Moving the World. Place the circles in a straight line with about a foot between each circle. You may need to adjust depending on the size of your Tiger scouts.

Divide into teams of 3-5 people.

Use duct tape, bandanas or rope to attach one ankle to the ankle of another person. 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. When moving between circles your feet must be in a circle until you come to the end of the line of circles.

What You Will Need:

In this book
**My Plate Go Fish
Cards**

Scissors



2. Strong and
Active

Games Tigers Play

Instructions

Print the My Plate Go Fish Cards on the following pages. Cut the cards on the lines.

Play in groups of 3-5.

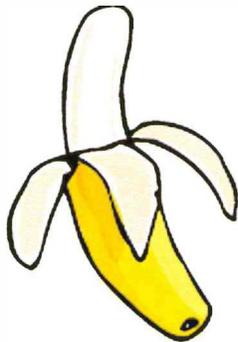
The dealers shuffles the card and deals out 4 cards to each person and places the rest in the middle.

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 card 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 pairs wins.

Fruits



Banana

What food type do you like the best?

What food type do you have a hard time eating?

Achievements

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.

* Due to COVID-19 restrictions id Den Meetings are virtual the snack can be showed to members of the Den.

Games also counts towards Tiger Bites #1.

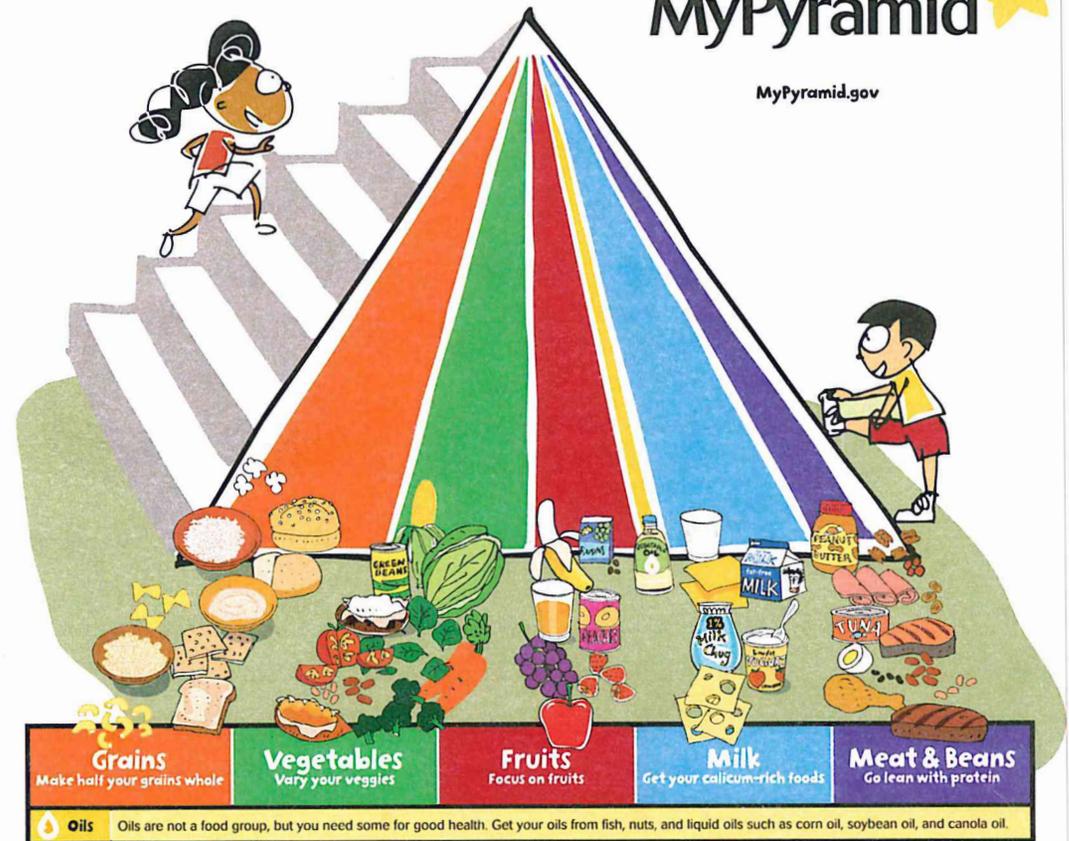
Pyramid Go Fish Instructions

Getting Ready

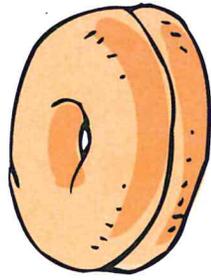
Print copies of the Pyramid Go Fish food cards. At least two sets of cards are needed for a class of 25 students; one set is adequate for a class of 10 – 12 students. Cut out the cards along the dotted lines. To make the cards sturdier, print onto card stock, laminate the cards, or paste the printed cards onto index cards or playing cards.

Playing Pyramid Go Fish

- Divide the students into groups of four.
- Give each group 30 cards.
- The dealer shuffles the cards and deals out four cards to each student, and places the rest in the middle.
- The first student (let's call him Michael) asks the student sitting to his left, "Kayla, do you have a fruit?" If Kayla has a fruit she says, "Yes, I do," and hands it to Michael, who then places his pair on the table. Michael is then able to ask the next student a question.
- If Kayla doesn't have a fruit, she replies, "No I don't have a fruit. Go fish," and Michael can take a card from the pile in the middle. It is then Kayla's turn to ask the student on her left for a card. The students continue to ask questions and match cards until all the pairs are found.
- The student with the most pairs wins.

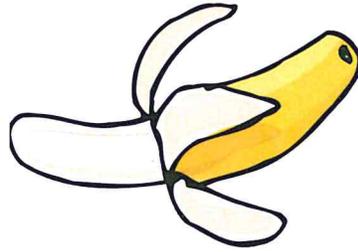


Grains



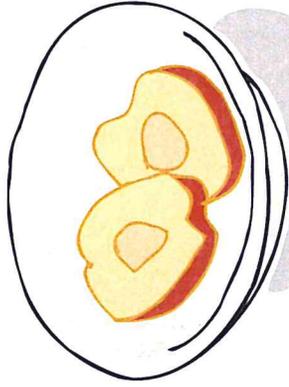
Bagel

Fruits



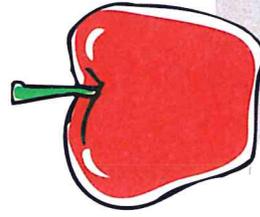
Banana

Fruits



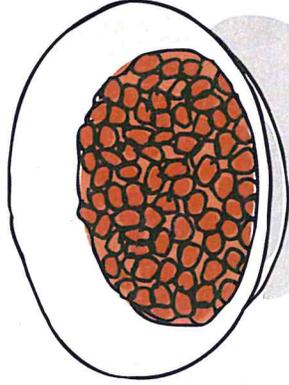
Baked Apple

Fruits



Apple

Meat & Beans



Baked Beans

Meat & Beans



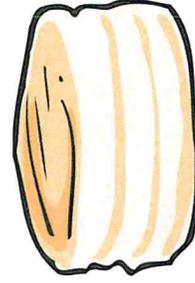
Beef Jerky

Vegetables



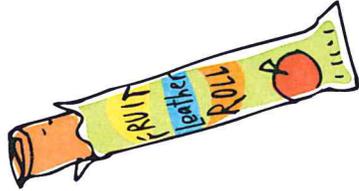
Baked Potato

Grains



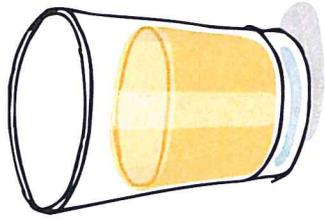
Biscuit

Fruits



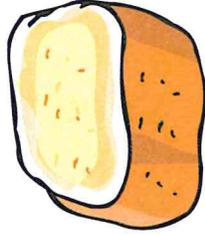
Fruit Leather

Fruits



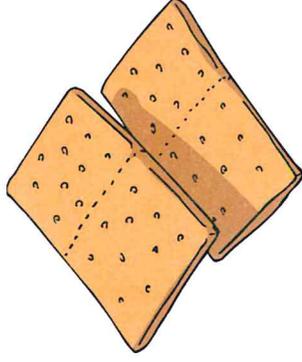
Apple Juice

Grains



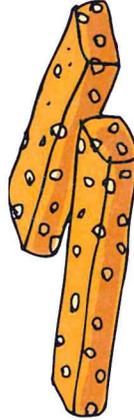
Garlic Bread

Grains



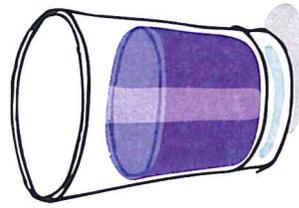
Graham Crackers

Grains



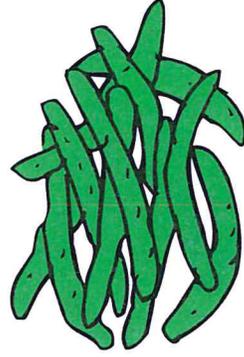
Granola Bar

Fruits



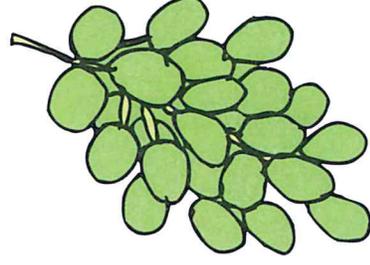
Grape Juice

Vegetables



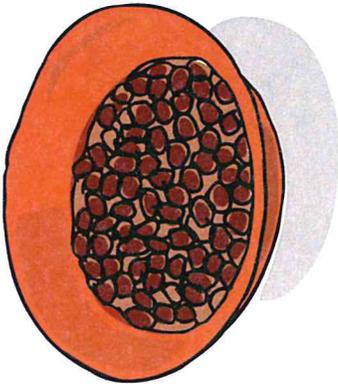
Green Beans

Fruits



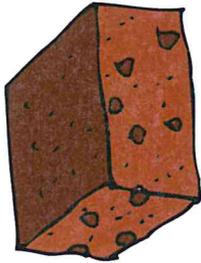
Green Grapes

Meat & Beans



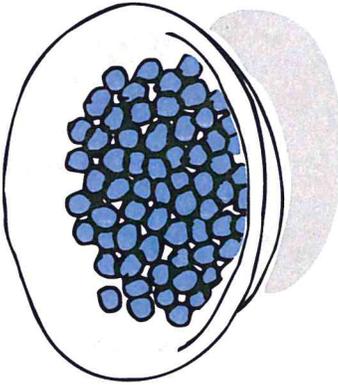
Black Bean Soup

Grains



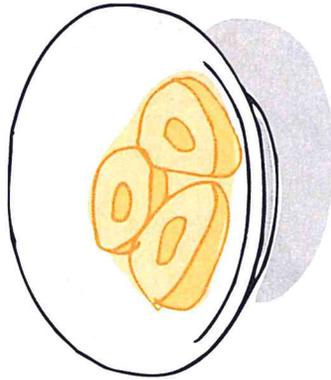
Brownie

Fruits



Blueberries

Fruits



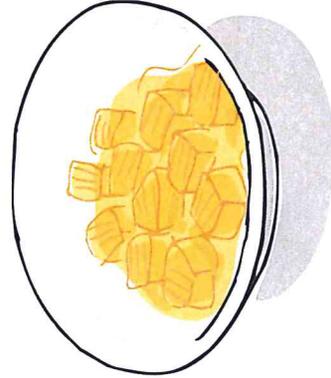
Pears

Vegetables



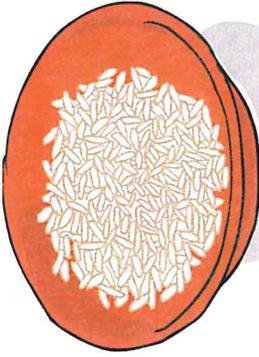
Broccoli

Fruits



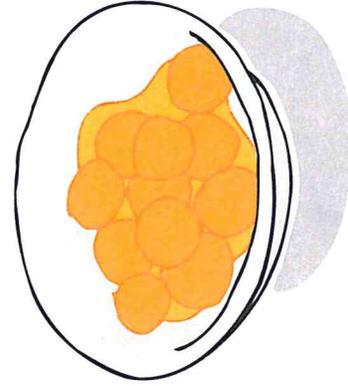
Pineapple

Grains



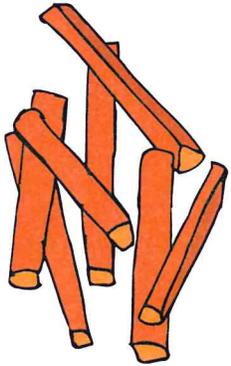
Brown Rice

Fruits



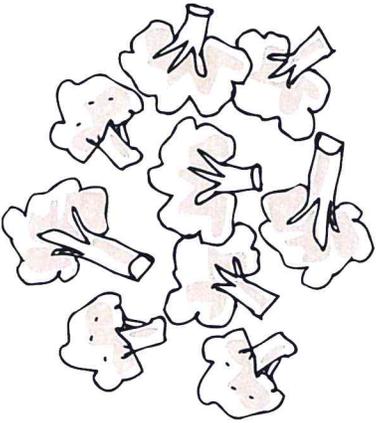
Cantaloupe

Vegetables



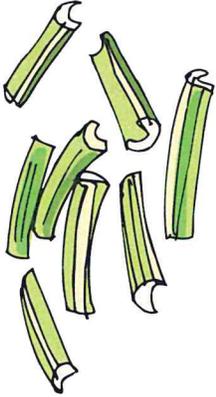
Carrot Sticks

Vegetables



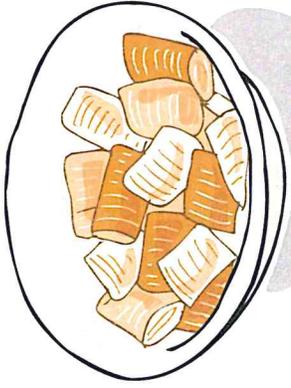
Cauliflower

Vegetables



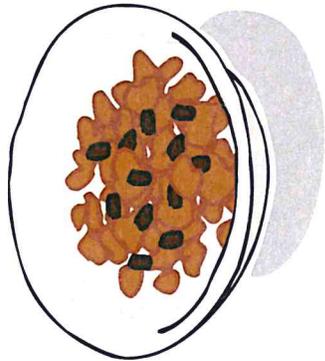
Celery

Grains



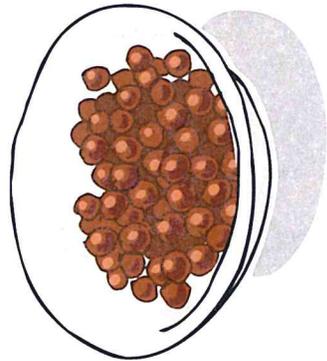
Cereal

Grains



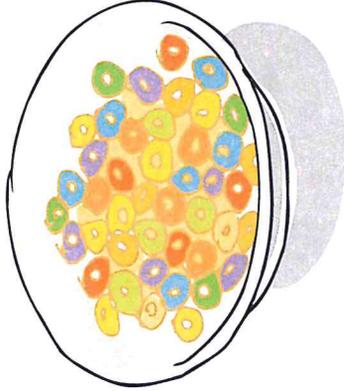
Cereal

Grains



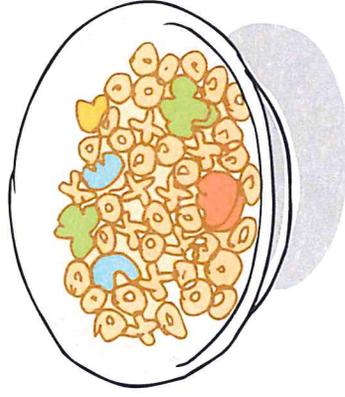
Cereal

Grains



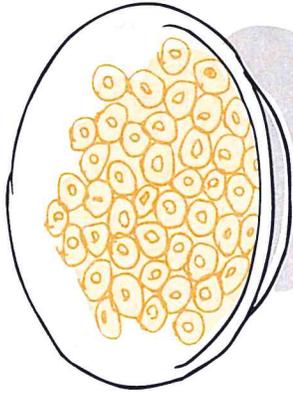
Cereal

Grains



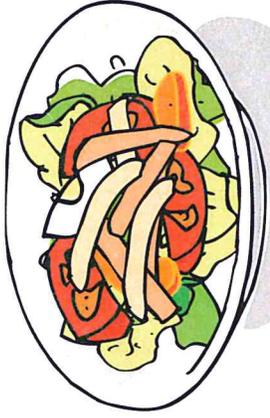
Cereal

Grains



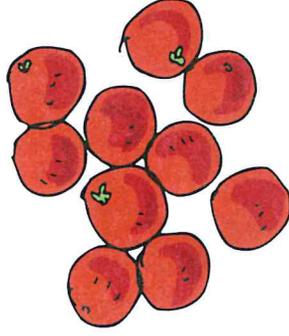
Cereal

Vegetables



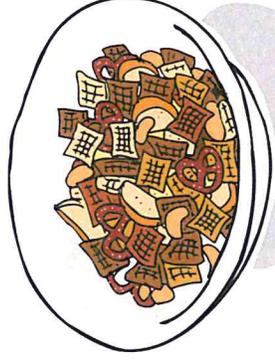
Chef Salad

Vegetables



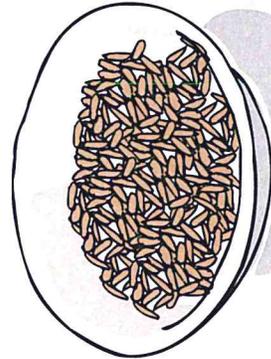
Cherry Tomatoes

Grains



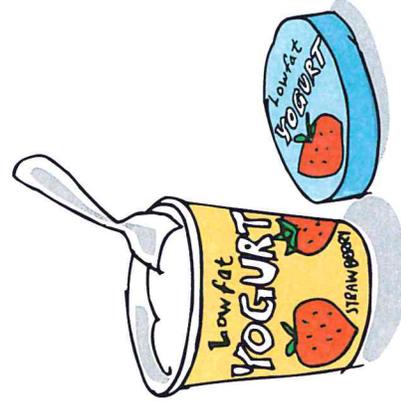
Chex Mix

Grains



Wild Rice

Milk



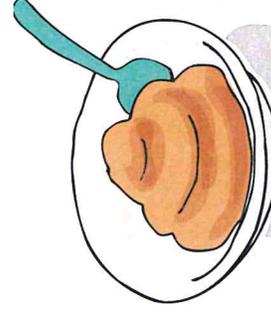
Yogurt

Grains



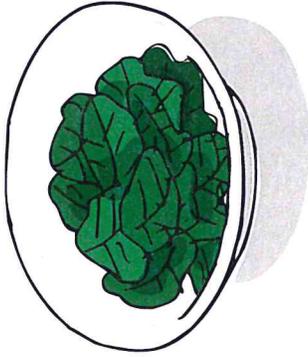
Chocolate Chip Muffin

Milk



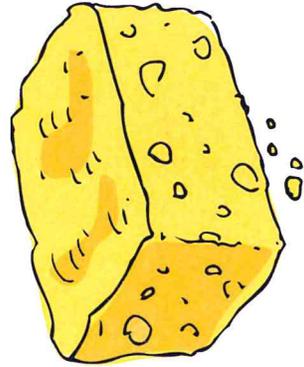
Chocolate Pudding

Vegetables



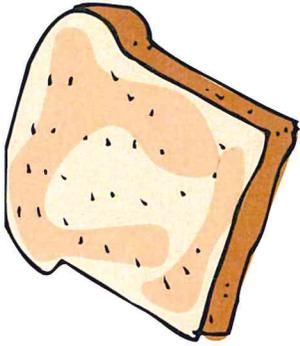
Collard Greens

Grains



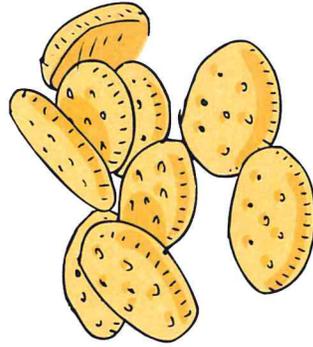
Cornbread

Grains



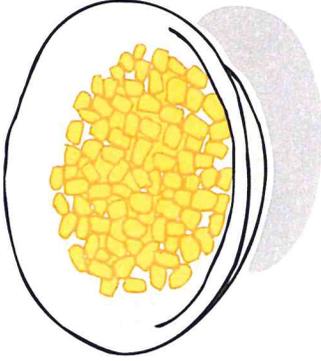
**Whole Wheat
Toast**

Grains



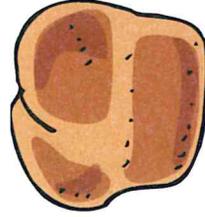
Crackers

Vegetables



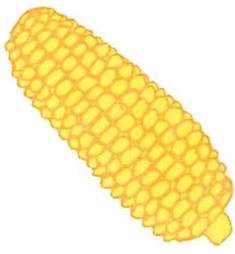
Corn

Grains



**Whole Wheat
Dinner Roll**

Vegetables



Corn

Fruits



Dried Apricots

Grains



English Muffin

Fruits



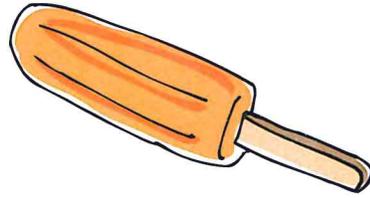
Applesauce

Vegetables



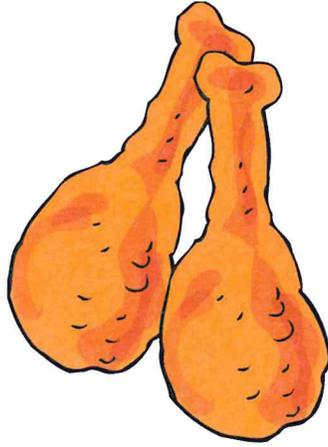
French Fries

Fruits



**Frozen Fruit
Juice Bar**

Meat & Beans



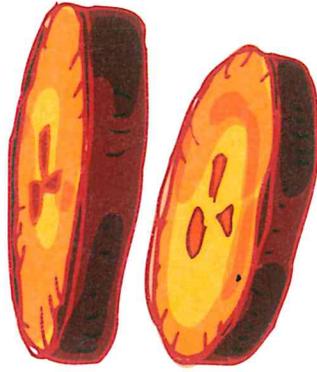
Fried Chicken

Milk



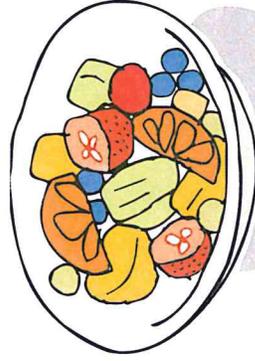
Frozen Yogurt

Fruits



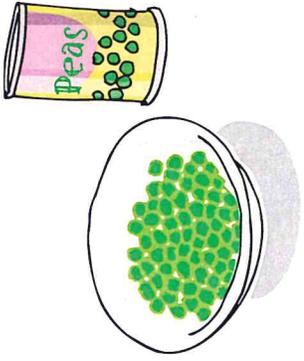
Fried Plantains

Fruits



Fruit Salad

Vegetables



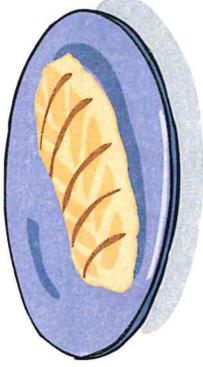
Green Peas

Meat & Beans



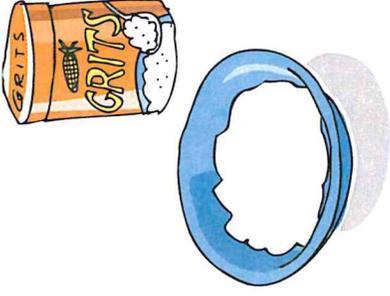
Grilled Chicken

Meat & Beans



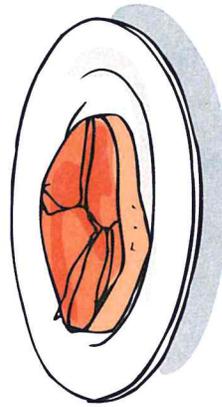
Grilled Fish

Grains



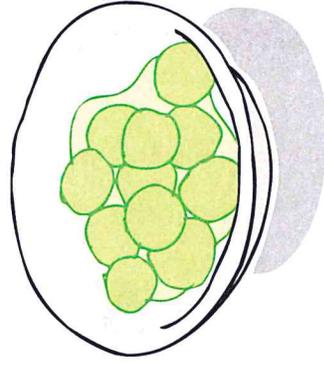
Grits

Meat & Beans



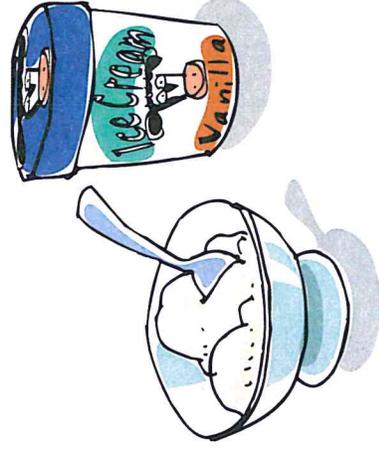
Ham

Fruits



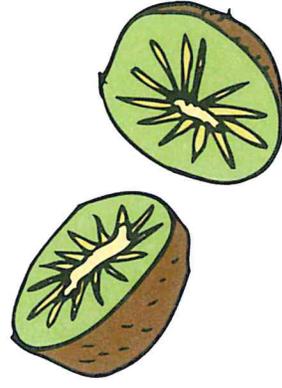
Honeydew

Milk



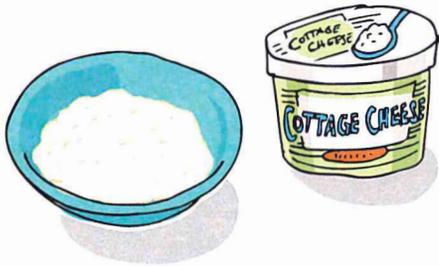
Ice Cream

Fruits



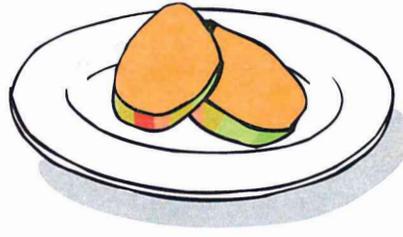
Kiwi

Milk



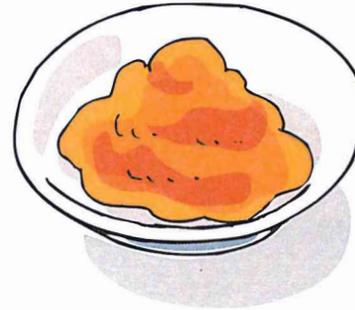
Cottage Cheese

Fruits



Mango

Vegetables



Mashed Sweet Potatoes

Milk



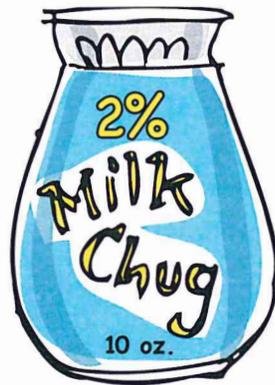
2% Milk

Milk



Chocolate Fat Free Milk

Milk



2% Milk

Milk



Fat Free Milk

Milk



Fat Free Milk

Milk



**Strawberry
Fat Free Milk**

Grains



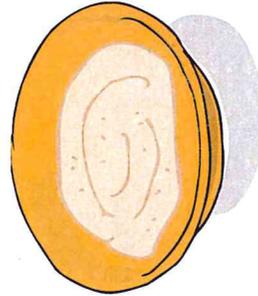
Animal Crackers

Milk



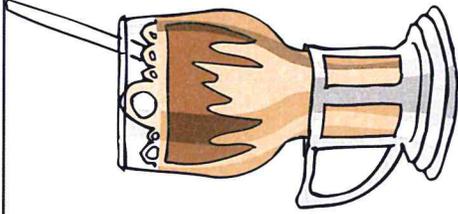
Whole Milk

Grains



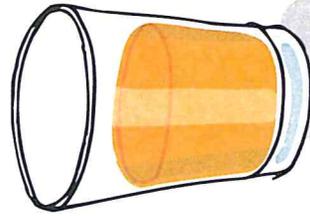
Oatmeal

Milk



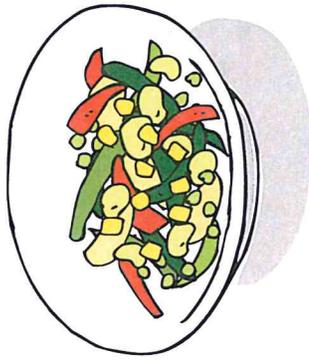
Milkshake

Fruits



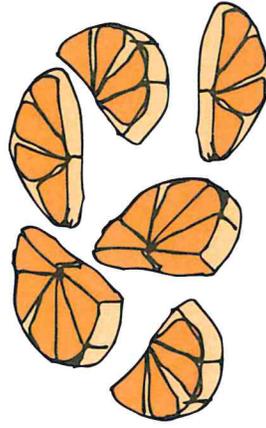
Orange Juice

Vegetables



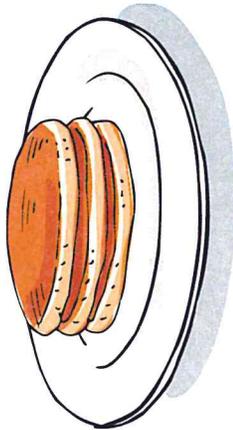
Mixed Vegetables

Fruits



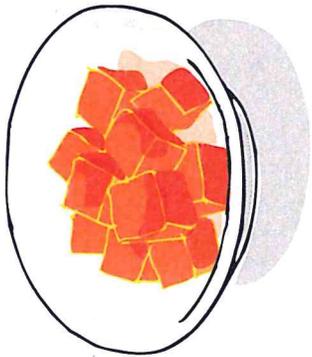
Orange Slices

Grains



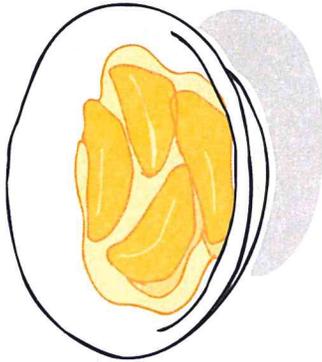
Pancakes

Fruits



Papaya

Fruits



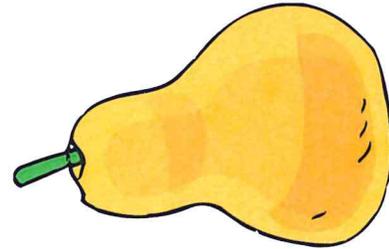
Peaches

Meat & Beans



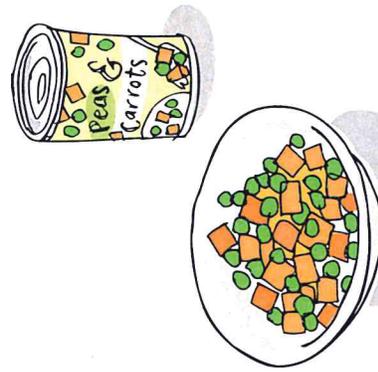
Peanuts

Fruits



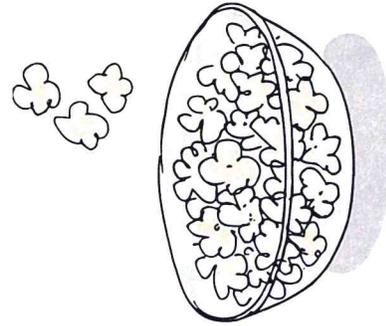
Pear

Vegetables



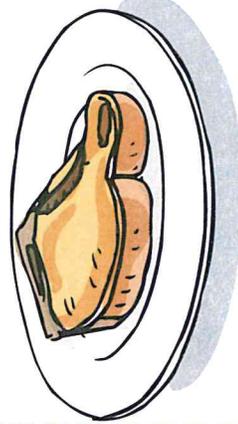
Peas & Carrots

Grains



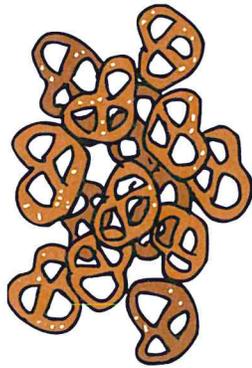
Popcorn

Meat & Beans



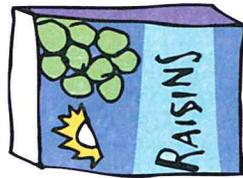
Pork Chop

Grains



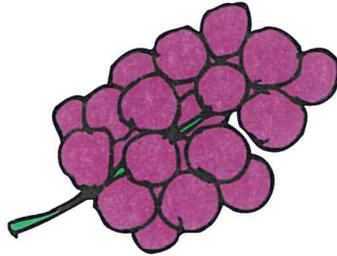
Pretzels

Fruits



Raisins

Fruits



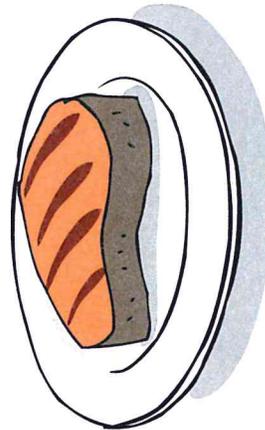
Red Grapes

Vegetables



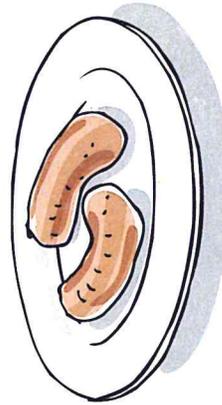
**Red & Green
Pepper Slices**

Meat & Beans



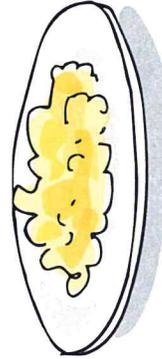
Salmon

Meat & Beans



Sausage Links

Meat & Beans



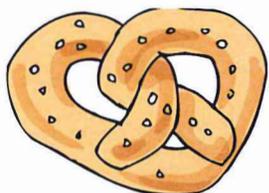
Scrambled Eggs

Vegetables



Side Salad

Grains



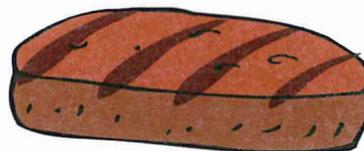
Soft Pretzel

Vegetables



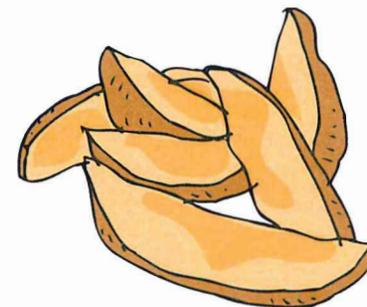
Spinach Salad

Meat & Beans



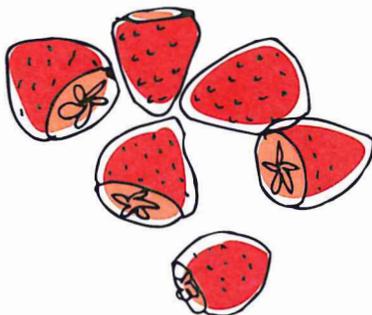
Steak

Vegetables



Steak Fries

Fruits



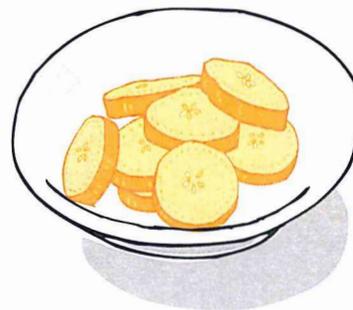
Strawberries

Milk



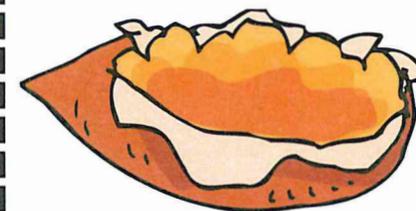
String Cheese

Vegetables



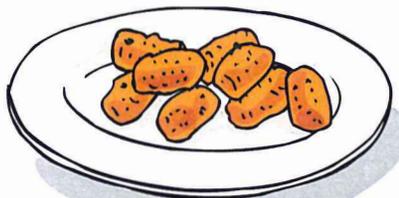
Summer Squash

Vegetables



**Baked
Sweet Potato**

Vegetables



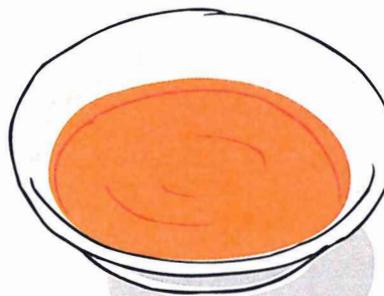
Tater Tots

Vegetables



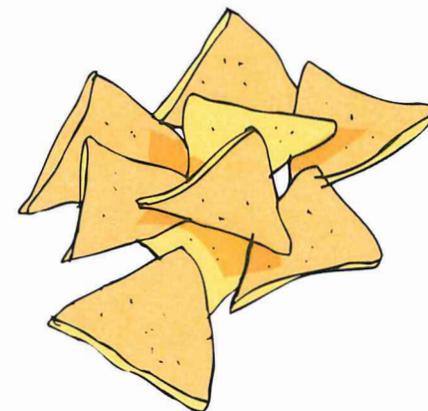
Tomato Juice

Vegetables



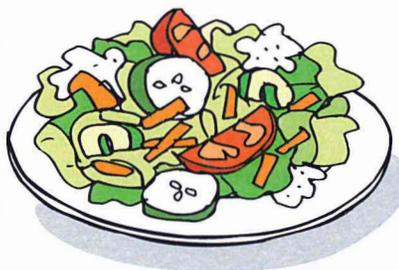
Tomato Soup

Grains



Tortilla Chips

Vegetables



Tossed Salad

Meat & Beans



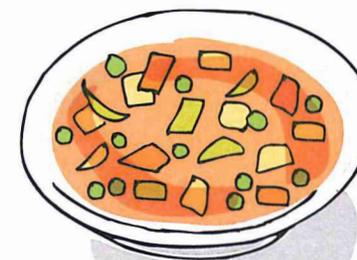
Trail Mix

Milk



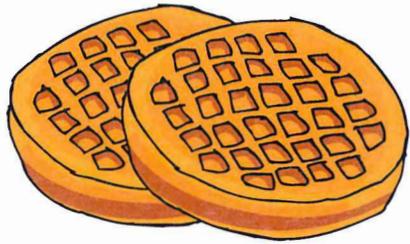
Vanilla Pudding

Vegetables



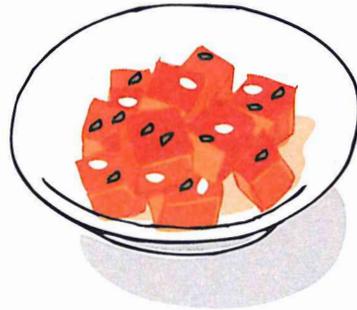
Vegetable Soup

Grains



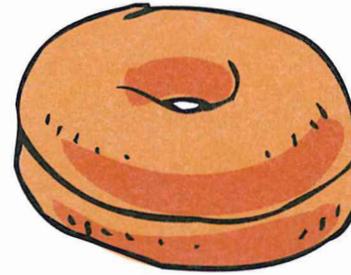
Waffles

Fruits



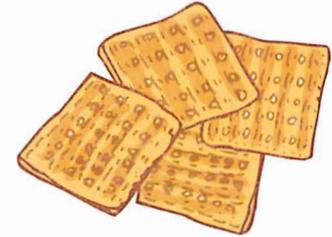
Watermelon

Grains



**Whole Wheat
Bagel**

Grains



**Whole Wheat
Crackers**



What You Will Need:

In this Book

My Plate Coloring Sheet
My Plate Maze

Crayons, markers, colored pencils



2. Strong and Active Continued

Games Tigers Play

Instructions

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

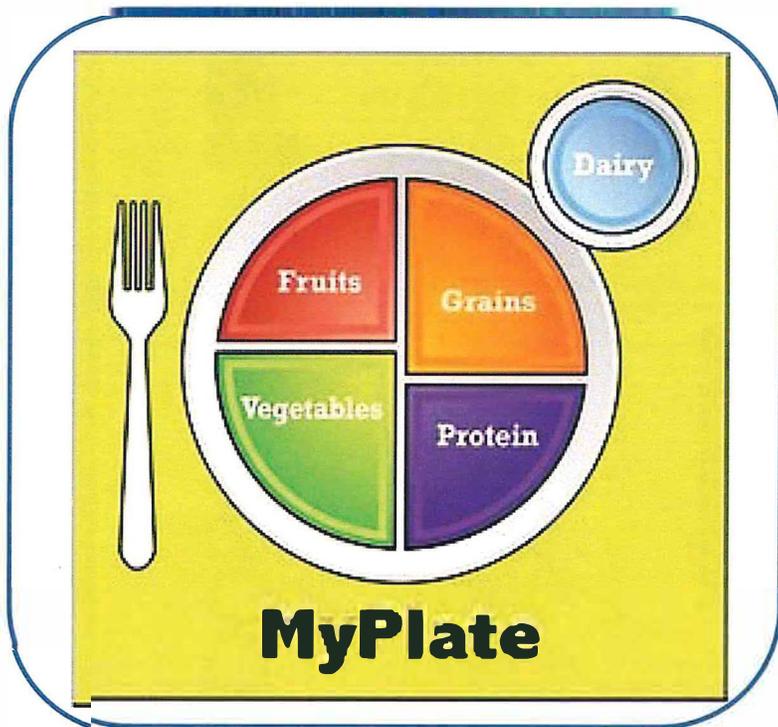
Color the MyPlate coloring sheet on the next page of your book.

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.

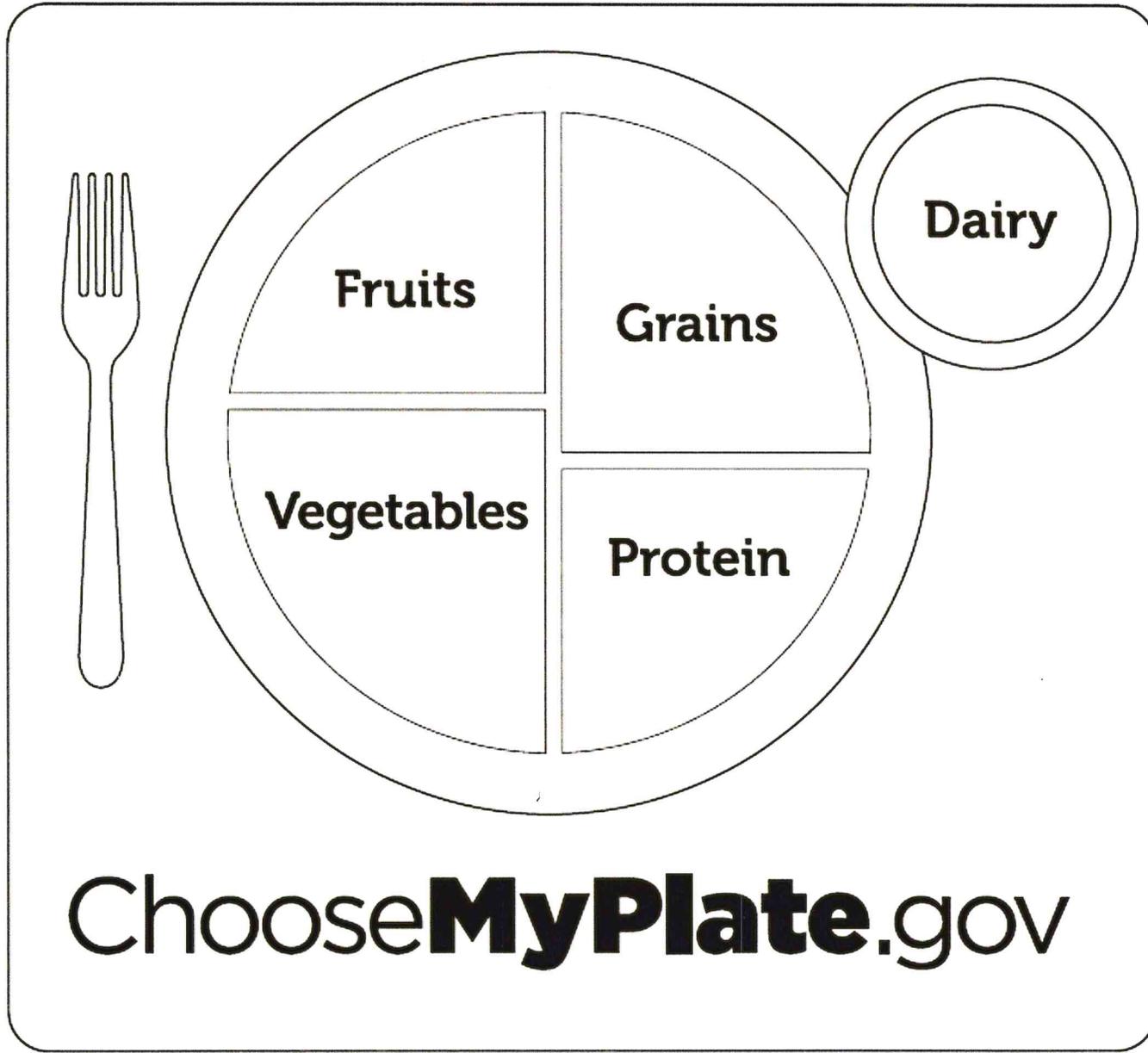


Did you know that exercise can help you change what you eat? When you exercise often, you will start choosing foods that are good for you. Your body will want good foods that help it grow stronger. Those foods can include protein (such as meat, eggs, or nuts), fruit, vegetables, and whole grains.

Achievements

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.

* Due to COVID-19 restrictions if Den Meetings are virtual the snack can be showed to members of the Den.



What You Will Need:

Beach ball



4. Make up a New Game

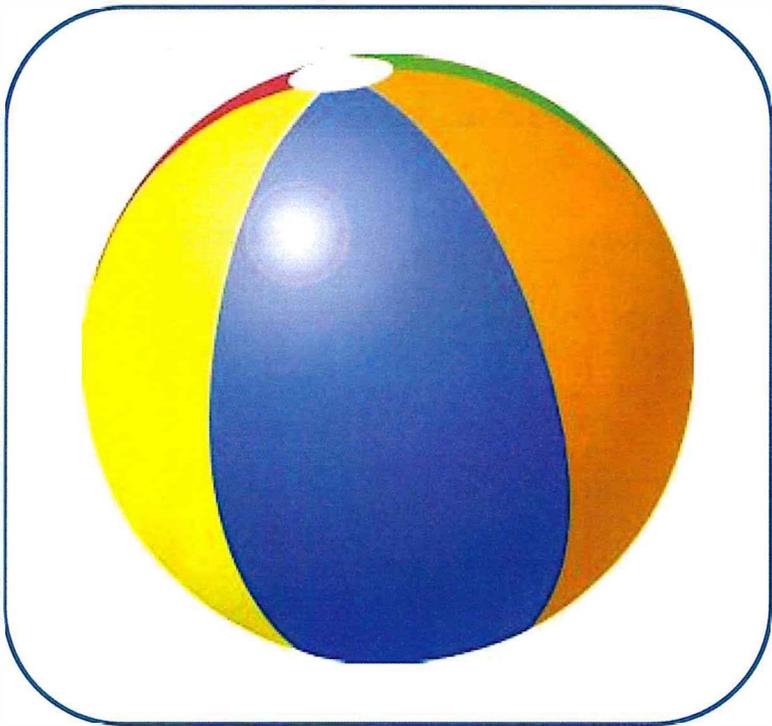
Games Tigers Play

Instructions

Using the beach ball, make up a new game with the members of your den or family and play it.

After playing the game, discuss your experience. Would you change any of the rules the next time you play?

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.



What do you do if the game has not rules? You make them up!

Achievements

4. Make up a new game, and play it with your family or members of family, den or pack. Then talk with the group about the experience.

What You Will Need:

None



5. Sporting Event

Games Tigers Play

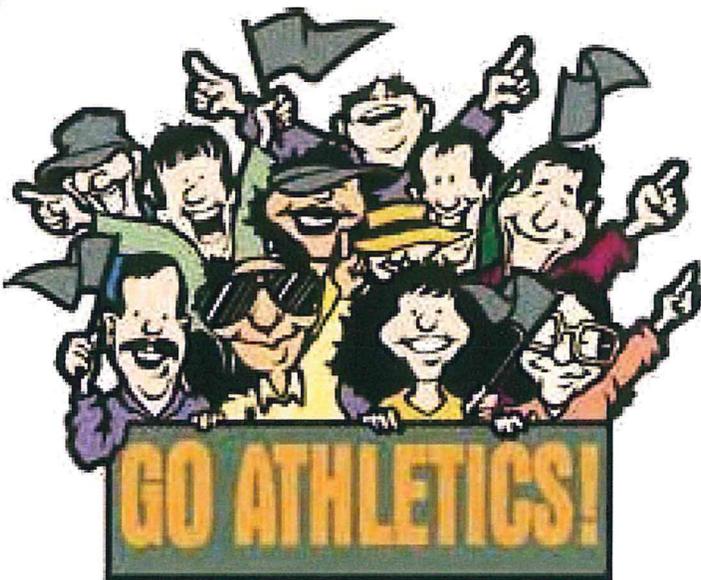
Instructions

With your family or den, find a sporting event to attend. (In a Covid environment, watching an event from home qualifies!)

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.

Share with your den or family what you liked about the event.



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

Regular exercise is a good habit you do not want to break!

Achievements

5.A. Attend a sporting event with your den or family.

5.B. Find out more about the sport and share what you have learned with your den or family members before or after the event.



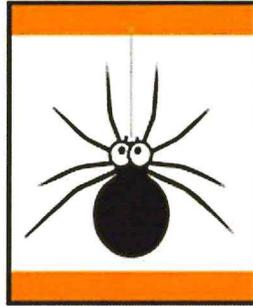
Tiger Adventure: My Tiger Jungle

Complete Requirement 1 plus at least two others.

1. With your parent, guardian, or other caring adult, go for a walk outside, and pick out two or more sights or sounds of "nature" around you. Discuss with your partner or den.
2. Take a 1-foot hike. Make a list of the living things you find on your 1-foot hike. Discuss these plants or animals with your parent, guardian, other caring adult, or with your den.
3. Point out two different kinds of birds that live in your area. With your parent, guardian, or other caring adult, or with your den, find out more about one of these birds.
4. Be helpful to nature by planting a plant, shrub, or tree. Learn more about the needs and growth of the item you have planted.
5. Build and hang a birdhouse.

What You Will Need:

None



1. Sounds of Nature

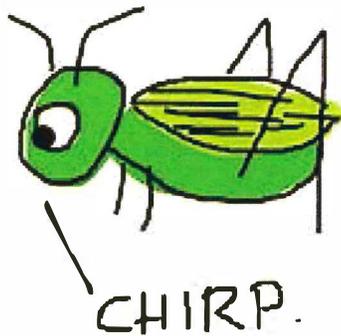
My Tiger Jungle

Instructions

Just as birds use sound to talk to each other, so do our other animal neighbors. How do squirrels talk? What about insects? What other sounds from nature can you hear in your jungle? If you live in the city, what are some other sounds of your city jungle?

With your parent, guardian, or other caring adult, go for a walk outside, and pick out two or more sights or sounds of "nature" around you.

Try going outside at different times of the day to hear different sounds.



What sounds did you hear?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Achievements

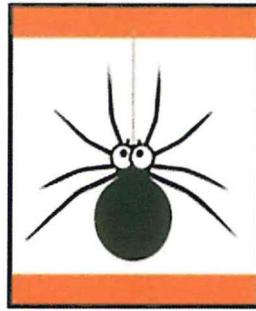
1. With your parent, guardian, or other caring adult, go for a walk outside, and pick out two or more sights or sounds of "nature" around you. Discuss with your partner or den.

What You Will Need:

Plastic container, googlie eyes, pipe cleaners, 4' string, magnifying glass markers, scissors, pencil

Ruler & Paper

1" Hiking observation sheet (in this book)



My Tiger Jungle

2. Nature Hike

Instructions

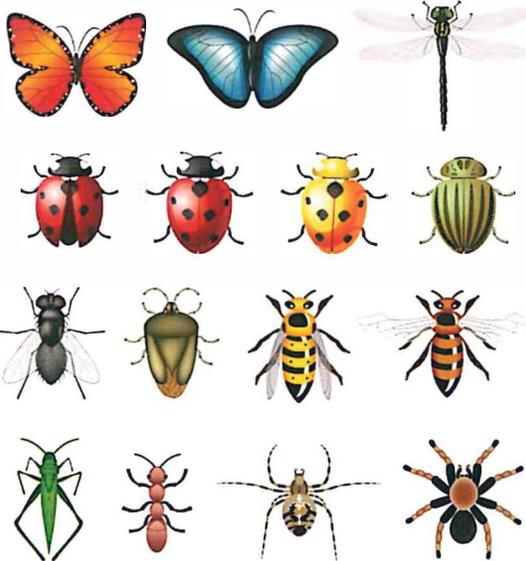
We are going to make a bug catcher! Gather your supplies and with the help of an adult use scissors or a screw driver to punch holes in the lid.

Use markers, pipe cleaners and googlie eyes to make your plastic container into an insect.

Now we are going on a 1 foot hike! Find the 4' piece of string in your box.

Find a spot outside. Place the 4' piece of string on the ground to make a 1' x 1' square. Use your magnifying glass to explore.

Record what you saw on the next page



A Scout is clean. Be sure to clean up your square. If you find any garbage in your square, use gloves to pick it up. Think about what to do with it. Can it be recycled? Or should you put it in a trash can?

Look in your Tiger Cub Scout Handbook for images on things to look for in your square.

Achievements

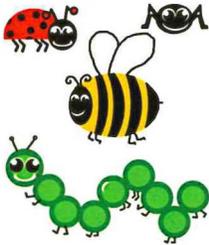
2. Take a 1-foot hike. Make a list of the living things you find on your 1-foot hike. Discuss these plants or animals with your parent, guardian, other caring adult, or with your den

My One Foot Hike Observation Sheet

Plants and Rocks



Insects



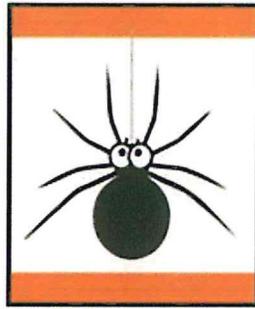
Reptiles



What You Will Need:

Common Birds of the Sonoran Desert (included with this file)

Markers, crayons, colored pencils



3. Birds

My Tiger Jungle

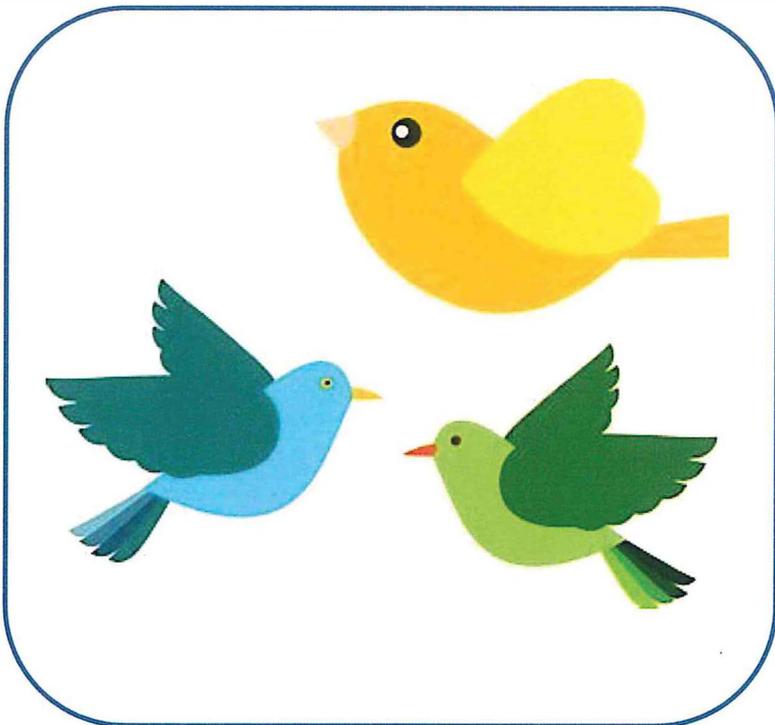
Instructions

Print the Common Birds of the Sonoran Desert included with this file.

With your parent or guardian find 2 birds in Learn about Birds that live in your area. Color the pictures.

Read in Learn about Birds about one of the birds.

Watch the videos associated with this Adventure at the Tiger Required Adventures Box Playlist [HERE](#)



A Scout is kind. You can be kind to the birds by not touching their nests, their eggs, or their babies. By leaving them alone, you can help them have a safe home.

Achievements

3. Point out two different kinds of birds that live in your area. With your parent, guardian, or other caring adult, or with your den, find out more about one of these birds.

What You Will Need:

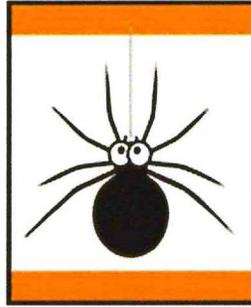
Birdhouse Kit Hammer,
glue, sandpaper

or

Supplies to make a Milk
Carton bird house

or

Supplies to make the Bird
House of your choice



5. Bird House

My Tiger Jungle

Instructions

Follow the instructions to make your birdhouse if using a kit.

Instructions for the Milk Carton Bird House are on the following page as well as on pages 54-55 in the Tiger Cub Scout Handbook.

Build your Birdhouse.

Hang your birdhouse.

Did it attract any birds?



Did you know that a birdhouse does not need a perch? Birds can fly right in without a place to land. And a perch can make it easier for animals like squirrels to get in.

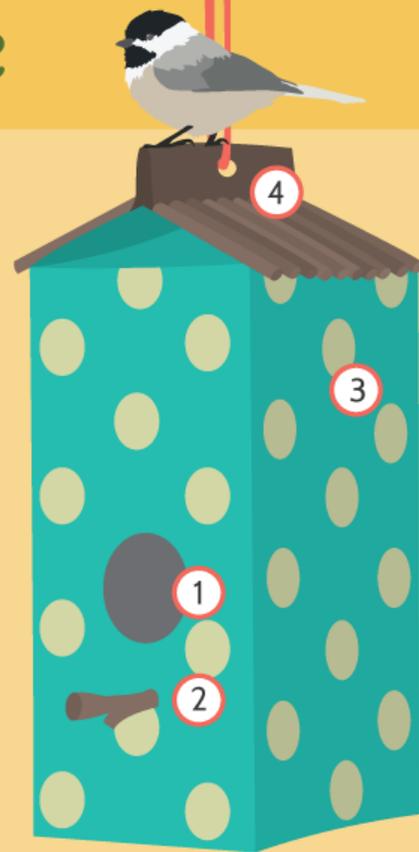
Achievements

5. Build and hang a birdhouse.

How to Make a Milk Carton Birdhouse

Make sure carton is clean and dry before beginning.

- 1 Cut out a space large enough for a bird to fit.
- 2 Make a small incision 1"-2" below opening for perch and insert stick.
- 3 Decorate however you like! If painting, lightly sand the carton first for best results.
- 4 Punch a hole in the tab on the roof to tie a string, and hang!





Tiger Adventure: Team Tiger

Complete requirements 1 and 2 plus at least two others.

1. With your parent, guardian, or other caring adult, or with your den, talk about what it means to be part of a team. List some of the teams you are on (den, pack, family, class, etc.), and explain how you can help each one.
2. With your den, talk about your Tiger team. Then make a chart showing all the different ways team members can help the den. Volunteer to take your turn doing at least two different jobs, one of which is leading the Pledge of Allegiance.
3. With your family, talk about how family members each have a role in the family team. Then pick a job that you will do to help the team. Follow through by doing that job at least three times during the next three weeks.
4. With your den or family, participate as a team in a service project that helps our country or your community.
5. With your den, make a chart or picture showing how you and your teammates make a better team because you are alike in some ways but different in others.

What You Will Need:

In this book
My Teams activity sheet

Pencil



1. Part of a Team

Team Tiger

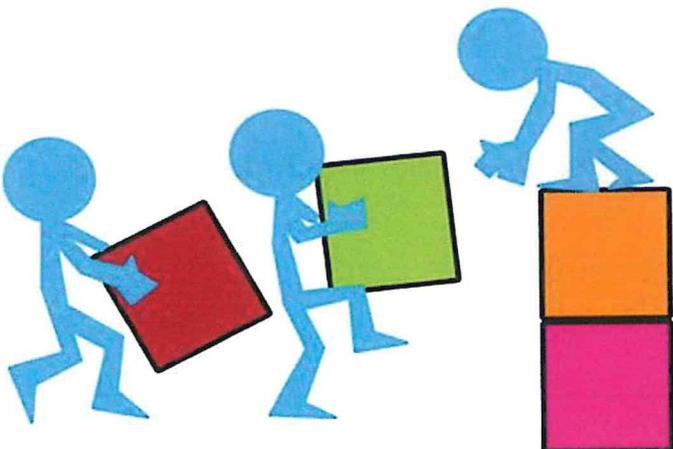
Instructions

Watch the videos associated with this Adventure at the Tiger Required Adventures Box Playlist [HERE](#)

With your parent, guardian, or other caring adult, or with your den, talk about what it means to be part of a team.

On the following page or in your Tiger Cub Scout Handbook list some of the teams you are on.

Explain how you can help each team.



Teams do many exciting things. Best of all, they do them together! A team of firefighters puts out fires. A team of astronauts travel into space. Now you get to learn about your own teams.

Achievements

1. With your parent, guardian, or other caring adult, or with your den, talk about what it means to be part of a team. List some of the teams you are on (den, pack, family, class, etc.), and explain how you can help each one.

My Teams

My den team is: _____

My pack team is: _____

My school team is: _____

My neighborhood team is: _____

What other teams are you on? _____

Now that you have listed your teams, think about how you help each one.

Do you cheer on friends on your sports team? _____

Do you have a classroom job? _____

Do you help out at home? _____

How can a team do more things than one person can?

What You Will Need:

In this book
Den Duty Chart

Pencil



2. Tiger Team

Team Tiger

Instructions

Using the chart on the following page, list all the different ways team members can help the den.

If you are unable to attend den meetings, list all the different ways team members can help the family.

Volunteer to take your turn doing a least two different jobs, one of which is leading the Pledge of Allegiance.

If you are unable to attend den meetings, I would encourage you and your family to practice doing flag ceremonies at home and take turns saying the pledge of allegiance.

The Pledge of Allegiance

I pledge allegiance to the flag
of the United states of America,
and to the republic
for which it stands,
one nation under God,
indivisible with liberty
and justice for all.



THE PLEDGE OF ALLEGIANCE Stand up straight and face the flag. If you have a hat on, take it off with your right hand. Hold your right hand (with a hat or not) over your heart. If you are in your Tiger uniform, you may keep your uniform cap on your head and use the Cub Scout salute instead of putting your hand over your heart while saying the pledge of allegiance.

Achievements

2. With your den, talk about your Tiger team. Then make a chart showing all the different ways team members can help the den. Volunteer to take your turn doing at least two different jobs, one of which is leading the Pledge of Allegiance.

Den Duties

Den Duties	Who	When
Before the Meeting Set up		
At the Meeting Lead Pledge of Allegiance		
After the Meeting Pick up trash and craft supplies		
Wipe down work areas		
Put trash where instructed		

What You Will Need:

In this book

Family Duty Chart

1' - 2" ribbon

1 large safety Pin

Clothes pins with clips

O ring

Pencil

Markers



3. Roles on the Team



What job did you pick to do at least 3 times during a 3 week period?

How did you remember to do the job?

Team Tiger

Instructions

With your family, talk about how family members each have a role in the family team.

On the following page in your book list the family duties.

Now you are going to make a family duty roster. Find the supplies in your box.

Use the safety pin to attach one end of the 2" ribbon to the O ring.

With a marker, list the family duties on the clothes pins

List family names on clothes pins. You will need to list names more than once!

Attach the clothes pins with the duties on the left side of the ribbon. Attach the clothes pins with names on the right side of the ribbon. Align names with duties.

Hang the duty roster using the O ring

A Scout is loyal. You can show that you are loyal to your family by helping with chores.

Achievements

3. With your family, talk about how family members each have a role in the family team. Then pick a job that you will do to help the team. Follow through by doing that job at least three times during the next three weeks.

What You Will Need:

In this book
Tiger den diversity chart



5. Team Picture

Team Tiger

Instructions

Talk with an adult about these questions:

- Does everyone in my town go to the same school?
- Does everyone in my den like the same TV shows?
- Does everyone in my den play the same games?
- Does anyone in my den have grandparents that live in another country?

We use the word diversity to talk about the ways people are different. Does it matter if people look different or think in different ways?

Make a chart on the following page or in your Tiger Cub Scout Handbook to show some ways your Tiger den members are alike and different.



How are you similar to your den members?

How are you different?

How do the differences help your team?

Achievements

5. With your den, make a chart or picture showing how you and your teammates make a better team because you are alike in some ways but different in others.



Tiger Name	Favorite Sport	Favorite Music	Favorite Food
<hr/>			





Tiger Adventure: Tiger Bites

Complete requirements 1 and 2 plus at least two others.

1. With your parent, guardian, or other caring adult, or with your den, find out about good food choices and not-so-good choices. Identify three foods that you think would be good choices and three foods that would not be good choices.
2. Explain the importance of hand washing before a meal and cleanup after a meal. Then show how you would do each.
3. Show that you know the difference between a fruit and a vegetable. Eat one of each.
4. With your parent, guardian, or other caring adult, pick a job to help your family at mealtime. Do it for at least four meals.
5. Talk with your parent, guardian, or other caring adult about what foods you can eat with your fingers. Practice your manners when eating them.
6. With your parent, guardian, or other caring adult, plan and make a good snack choice or other nutritious food to share with your den.

What You Will Need:

In this book
MyPlate Go Fish cards



1. Food Choices

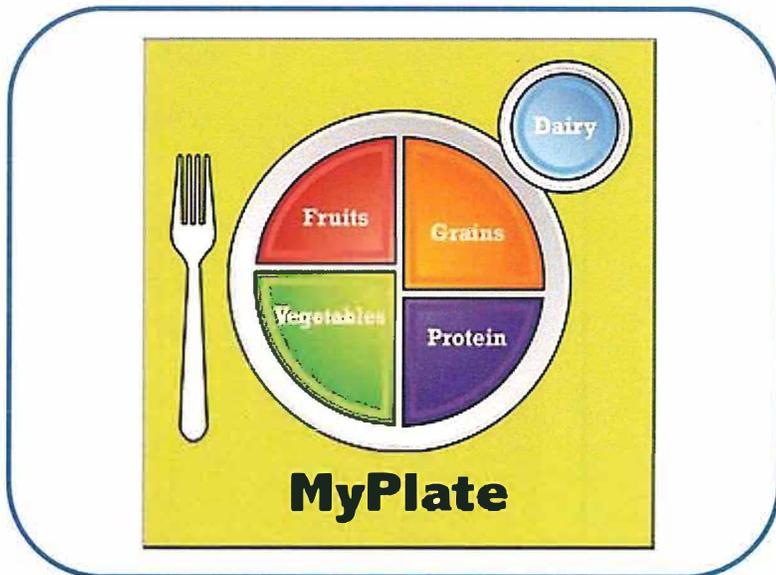
Tiger Bites

Instructions

Watch the videos associated with this Adventure at the Tiger Required Adventures Box Playlist [HERE](#)

Play a game of MyPlate Go Fish. See the instructions in the Games Tigers Play Adventure in this book.

Discuss good food choices.



List 3 good choices

1. _____
2. _____
3. _____

List 3 choices that are not good

1. _____
2. _____
3. _____

Achievements

1. With your parent, guardian, or other caring adult, or with your den, find out about good food choices and not-so-good choices. Identify three foods that you think would be good choices and three foods that would not be good choices.

What You Will Need:

None



2. Hand Washing

Tiger Bites

Instructions

Watch the videos associated with this Adventure at the Tiger Required Adventures Box Playlist [HERE](#)

With a caring adult, practice cleaning the kitchen.

Talk about how to keep it clean as you cook

See more tips in your Tiger Cub Scout Handbook on pages 73-75.



A Scout is clean. Washing your hands is one way to stay clean.

Achievements

2. Explain the importance of hand washing before a meal and cleanup after a meal. Then show how you would do each.

You should wash your hands at these times:

- After you go to the bathroom
- After you play with a dog, cat, or other animal
- After you blow your nose or sneeze or cough
- After you touch garbage
- Before and after you help prepare food
- Before you set the table
- Before you eat
- Before you put away clean dishes
- When your hands have dirt on them

What You Will Need:

In this book Vegetables activity sheet
Fruit or vegetable activity sheet

Scissors, pencil



2. Fruits and Vegetables

Tiger Bites

Instructions

Complete the Vegetables activity sheet .

Find the fruit or vegetable activity sheet. Cut out the cards. Sort the cards into 2 piles—one for fruit and one for vegetables.

Eat a Fruit. I ate

Eat a Vegetable. I ate



Some vegetables, like lettuce, are the leaves of a plant. Others, like asparagus, are the stem of a plant. And some, like a turnip, are the root. Vegetables do not have seeds inside them. They can be many colors. What vegetables can you name? Remember, fruits have seeds and vegetables do not. But some fruits and vegetables are tricky. Think about a tomato. Most people think it is a vegetable.

Achievements

3. Show that you know the difference between a fruit and a vegetable. Eat one of each.

Fruits and Vegetables

Write the name of the fruit or vegetable next to the picture.

onions peas radishes peppers cucumbers lettuce
carrots corn tomato broccoli eggplant cabbage
potatoes pumpkin mushrooms



1. _____



9. _____



2. _____



10. _____



3. _____



11. _____



4. _____



12. _____



5. _____



13. _____



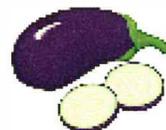
6. _____



14. _____



7. _____



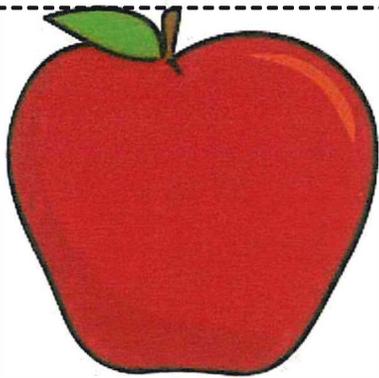
15. _____



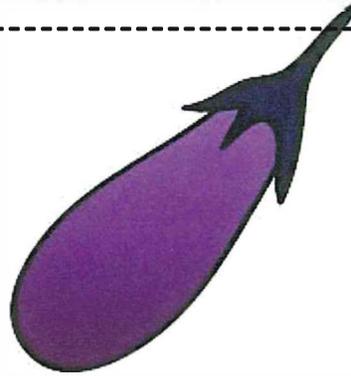
8. _____

Fruit or vegetable?

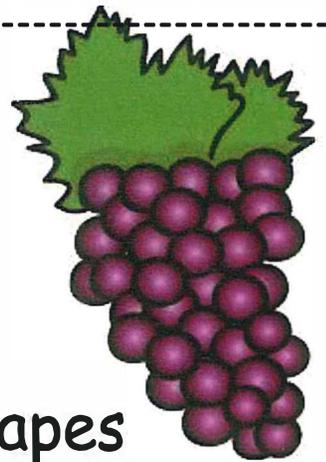
Sort the cards.



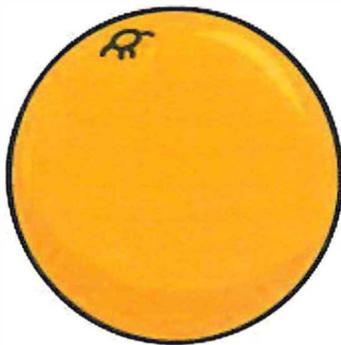
apple



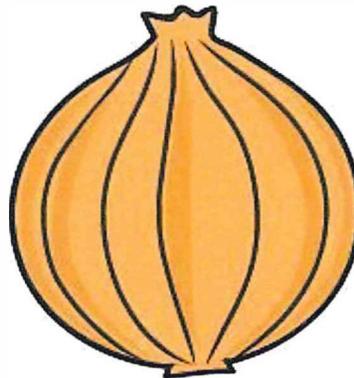
eggplant



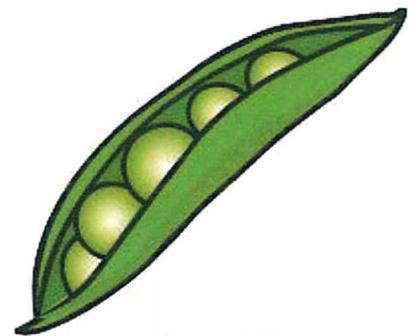
grapes



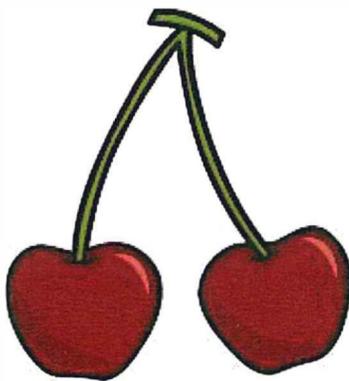
orange



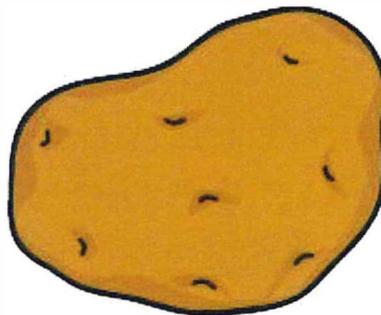
onion



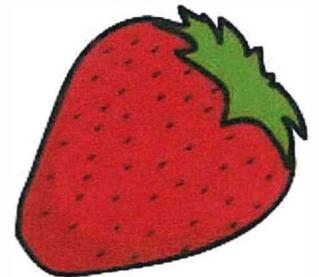
peas



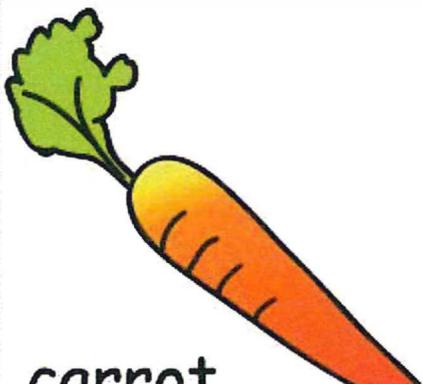
cherries



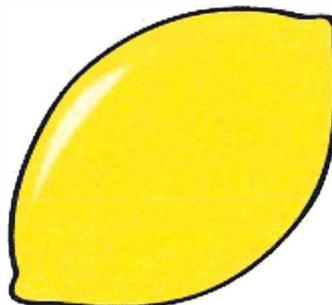
potato



strawberry



carrot



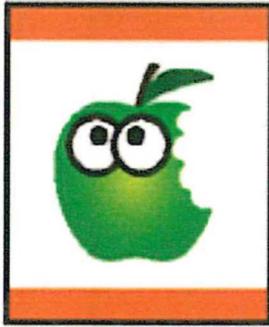
lemon



pumpkin

What You Will Need:

None



4. Family
Mealtime

Tiger Bites

Instructions

With your parent, guardian, or other caring adult, pick a job to help your family at mealtime.

Do it for at least four meals.

A Scout is helpful. One way you can help your family is by doing something to help with your family's needs.



I helped at mealtime by doing

Achievements

4. With your parent, guardian, or other caring adult, pick a job to help your family at mealtime. Do it for at least four meals.

What You Will Need:

None



5. Manners

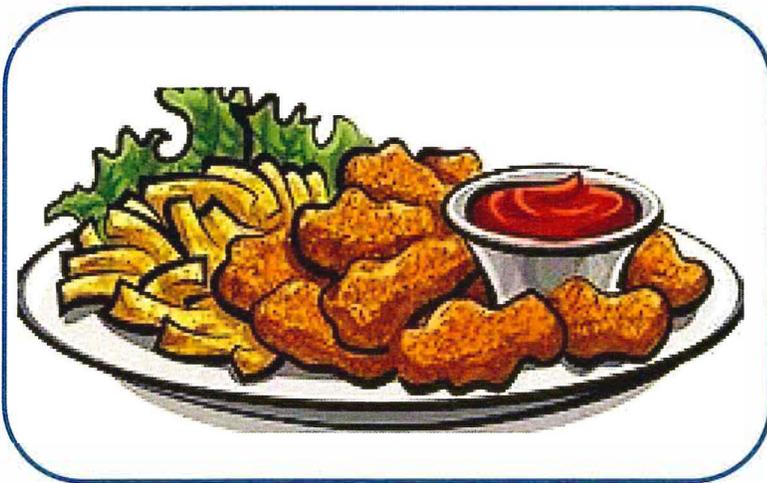
Tiger Bites

Instructions

With your parent, guardian, or other caring adult read your Tiger Cub Scout Handbook to learn what foods you can eat with your fingers.

Ask your parent, guardian, or other caring adult to prepare finger foods for you. Practice your manners when eating these foods.

A Scout is courteous. Cub Scouts practice manners to be respectful of others when they eat. You are a Cub Scout. Other people might watch you and do what you do. So set a good example!



FIVE FOR THE FINGERS

1. Make sure your hands are clean. Wash them before you touch any food. Wash them again after you eat. That way, you will not get any food on other things.
2. Do not eat straight from a serving tray.
3. If there is a serving spoon or fork, use it to move food onto a plate or napkin. If there is not a serving spoon or fork, use your first finger and thumb. Be careful! Touch only the food you are moving.
4. Eat so crumbs will fall on your plate or napkin— not on you or the floor.
5. Do not “double dip.” This means do not dip a chip or a vegetable into a dip, take a bite, and then put it back in the dip. This is rude and spreads germs. Instead, use a small spoon to put some dip on your plate. If you do not have a plate, dip the chip or vegetable in the dip one time only.

Achievements

5. Talk with your parent, guardian, or other caring adult about what foods you can eat with your fingers. Practice your manners when eating them.



Tiger Adventure: Tiger Circles: Duty to God

Complete requirement 1 plus at least two others.

1. Discuss with your parent, guardian, den leader, or other caring adult what it means to do your duty to God. Tell how you do your duty to God in your daily life.
2. With a family member, attend a religious service or other activity that shows how your family expresses reverence for God.
3. Earn the religious emblem of your faith that is appropriate for your age or grade.
4. Help with a local service project and talk with your den or family about how helping others is part of our duty to God.
5. With the approval of your parent/guardian, den leader, or other caring adult, think of and then carry out an act of kindness or respect that you think shows duty to God.

What You Will Need:

None



1. Meaning of Duty to God

Tiger Circles: Duty to God

Instructions

Review the information in your Tiger Cub Scout Handbook.

Discuss what it means to you and family to do your duty to God.

Discuss with your family how you do your duty to God in your daily life.

A Scout is reverent toward God. Always respect the beliefs of others. Reverent means to have a faith, to believe in that faith, and to make your faith stronger by practicing it.



NOTE TO PARENTS AND OTHER CARING ADULTS: The Boy Scouts of America believes that faith can become an important part of a child's identity. All of the major faiths encourage hope, optimism, compassion, and a belief in a better tomorrow. Inspiration and support for your child's spiritual development will come primarily from your family and/or faith leaders. While reverence and duty to God have always been part of Boy Scout values, the Boy Scouts of America does not promote any specific religion and is completely nonsectarian. There is no requirement that Scouts identify with a particular religion or faith or that a Scout's family be part of an organized faith group. In keeping with these principles, your Scout will need your guidance to complete requirements for this "Tiger Circles: Duty to God" adventure.

Achievements

1. Discuss with your parent, guardian, den leader, or other caring adult what it means to do your duty to God. Tell how you do your duty to God in your daily life.

What You Will Need:

None



2. Religious Service

**Tiger Circles:
Duty to God**

Instructions

With a family member, attend a religious service or other activity that shows how your family expresses reverence for God.

Note that if you are social distancing, attending a service remotely satisfies this requirement.

If your family prefers, you might participate in an activity in which people show reverence in a home or outdoors in a quiet setting.



You'll learn about reverence to God by watching what happens all around you during a religious service or other faith-related activity in which your family participates. You and at least one other family member might attend a worship service that is part of your traditional faith heritage. Or you and a caring adult might visit a place of worship that your family does not usually attend. Be sure to be respectful whenever you are in a place where people are worshipping.

Achievements

2. With a family member, attend a religious service or other activity that shows how your family expresses reverence for God.

What You Will Need:

None



3. Act of Kindness

**Tiger Circles:
Duty to God**

Instructions

With the approval of your parent/guardian, den leader, or other caring adult, think of and then carry out an act of kindness or respect that you think shows duty to God.

After you have carried out your plan, talk with the caring adult about how you felt as you did your act of kindness. Discuss how your act of kindness might have made a difference in someone's day-to-day life.



My act of kindness was

Achievements

5. With the approval of your parent/guardian, den leader, or other caring adult, think of and then carry out an act of kindness or respect that you think shows duty to God.



Tiger Adventure: Tigers in the Wild

Complete Requirements 1-3 plus at least one other.

1. With your parent, guardian, or other caring adult, name and collect the Cub Scout Six Essentials you need for a hike. Tell your den leader what you would need to add to your list to prepare for rain.
2. Go for a short hike with your den or family, and carry your own gear. Show you know how to get ready for this hike.
3. Do the following:
 - A. Listen while your leader reads the Outdoor Code. Talk about how you can be clean in your outdoor manners.
 - B. Listen while your leader reads the Leave No Trace Principles for Kids. Discuss why you should "Trash Your Trash."
 - C. Apply the Outdoor Code and Leave No Trace Principles for Kids on your Tiger den and pack outings. After one outing, share what you did to demonstrate the principles you discussed.
4. While on the hike, find three different kinds of plants, animals, or signs that animals have been on the trail. List what you saw in your Tiger handbook.
5. Participate in an outdoor pack meeting or pack campout campfire. Sing a song and act out a skit with your Tiger den as part of the program.
6. Find two different trees and two different types of plants that grow in your area. Write their names in your Tiger handbook.
7. Visit a nature center, zoo, or another outside place with your family or den. Learn more about two animals, and write down two interesting things about them in your Tiger handbook.

What You Will Need:

In this book

6 Essentials activity sheet

Band-Aids, antibiotic ointment, sting Eeze pads, anti-septic wipes, zip bag

Sun screen, whistle, water bottle, flashlight, trail food



1. 6 Essentials



Tigers in the Wild

Instructions

Review the 6 Essentials in your Tiger Cub Scout Handbook on page 95.

Gather the 6 Essentials and keep them in a place that you can find it quickly when you are ready to go on a hike. Find the first aid kit materials in your box.

Find the 6 Essentials for Hiking activity sheet on the following page. Cut into individual pieces.

Select the correct cards for the 6 Essentials for Hiking.

Watch the videos associated with this Adventure at the Tiger Required Adventures Box Playlist [HERE](#)

What should you pack to be prepared if rain is coming?

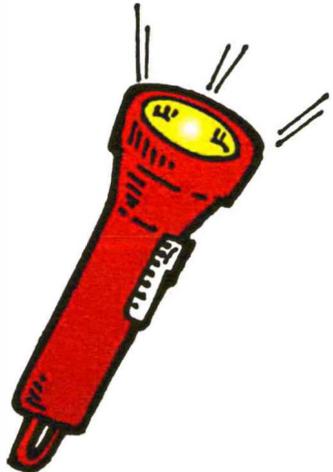
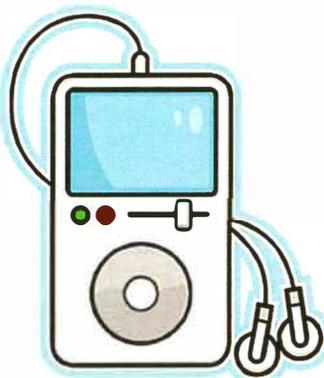
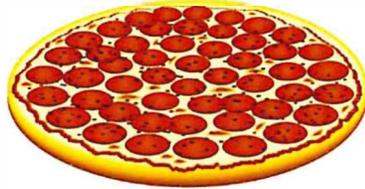
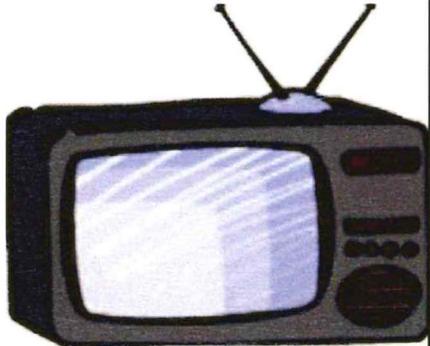
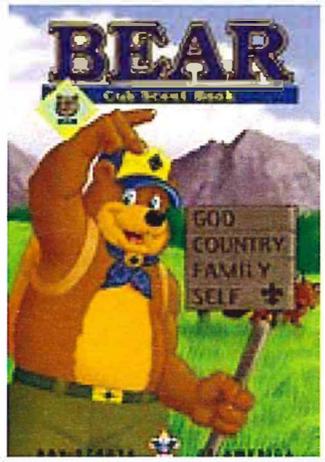
You will want to pack a lightweight rain poncho or waterproof jacket and an extra pair of socks.

Is there anything else you should pack? Will you need insect spray?

Achievements

1. With your parent, guardian, or other caring adult, name and collect the Cub Scout Six Essentials you need for a hike. Tell your den leader what you would need to add to your list to prepare for rain.

6 Essential Hiking Activity Cards

 An illustration of an open white first aid kit with a red cross on the lid. The lid is labeled "FIRST AID". Inside the kit, various medical supplies are visible, including band-aids, a roll of bandages, a bottle of antiseptic, and a small first aid manual.	 An illustration of a red flashlight with a yellow lens. Three lines radiating from the lens indicate that the flashlight is turned on.	 An illustration of an orange plastic bottle of sun cream. The label on the bottle reads "SUN CREAM" at the top, "30" in a large yellow sunburst in the middle, and "SPF" at the bottom.
 An illustration of a white bag of trail mix with a green and white striped top. The words "TRAIL MIX" are printed in black on the front. The bottom of the bag is filled with colorful nuts and seeds.	 An illustration of a purple headlamp with a white lens and a black strap. Three lines radiating from the lens indicate it is turned on.	 An illustration of a blue plastic water bottle with a white label that says "WATER". The bottle is filled with water and has a white cap.
 An illustration of a white MP3 player with a small screen and a circular disc cover. A pair of white earbuds is plugged into the side.	 An illustration of a black laptop computer with a black screen and a black keyboard.	 An illustration of a whole round pizza with a yellow crust and a red tomato sauce topped with pepperoni slices.
 An illustration of a purple and green soda can with the word "SODA" written in yellow on the purple side. The top of the can is open, and green liquid is spraying out.	 An illustration of a black vintage television set with a silver screen and two antenna rods on top.	 The cover of a "BEAR Club Brand Book". It features a cartoon bear wearing a yellow hat and a blue vest, holding a wooden sign that says "GOD COUNTRY FAMILY SELF". The background shows a mountain range under a blue sky.

What You Will Need:

In this book
My Observation Sheets



2 & 4. Hike

Tigers in the Wild

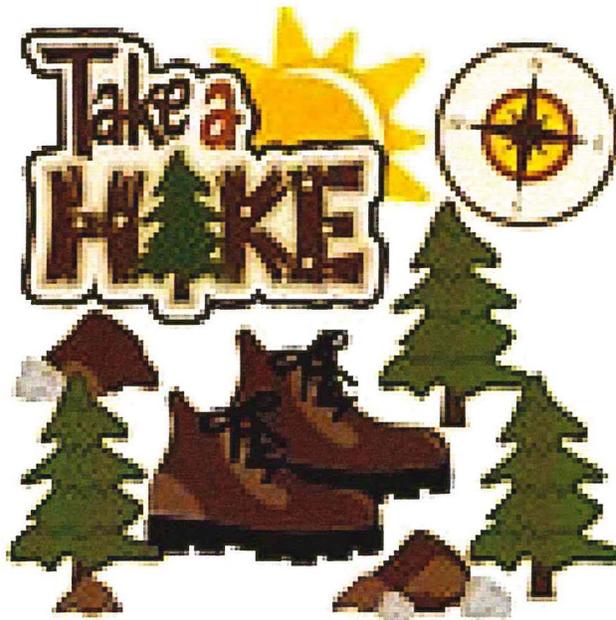
Instructions

Go for a short hike with your den or family, and carry your own gear.

Apply the Outdoor Code and Leave No Trace Principles for Kids on your hike.

While on the hike, find three different kinds of plants, animals, or signs that animals have been on the trail. Find two different trees and two different types of plants that grow in your area. Record on the Observation Sheets on the following pages.

Discuss what you did to demonstrate the Outdoor Code and Leave No Trace Principles.



Achievements

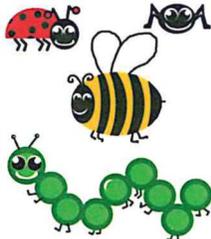
2. Go for a short hike with your den or family, and carry your own gear. Show you know how to get ready for this hike.
- 3.C. Apply the Outdoor Code and Leave No Trace Principles for Kids on your Tiger den and pack outings. After one outing, share what you did to demonstrate the principles you discussed.
4. While on the hike, find three different kinds of plants, animals, or signs that animals have been on the trail. List what you saw in your Tiger handbook.
6. Find two different trees and two different types of plants that grow in your area. Write their names in your Tiger handbook.

My Hike Observation Sheet

Birds



Insects



Animals



My Hike Observation Sheet

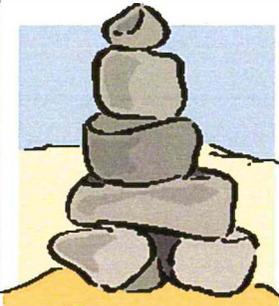
Reptiles



Plants



Rocks and Interesting Formations



What You Will Need:

1. Outdoor Code
2. Outdoor Code
3. Outdoor Code
4. Outdoor Code

3A. Outdoor Code



Tigers in the Wild

Instructions

The Outdoor Code is a promise to take care of nature by following a few simple ideas. Listen while your leaders reads the Outdoor Code to you.

Outdoor Code

As an American, I will do my best to
Be Clean in my Outdoor Manners,
Be Careful with Fire,
Be Considerate in the Outdoors
And be Conservation Minded.

Discuss how you can be clean in your outdoor manners.

One part of the Outdoor Code is a promise to be clean in your outdoor manners. Have you ever been somewhere beautiful and seen trash that someone left behind? Yuck! Now, imagine how that place would look if everyone who visited left their trash behind.

Achievements

3.A. Listen while your leader reads the Outdoor Code. Talk about how you can be clean in your outdoor manners.

What You Will Need:

None



Tigers in the Wild

3B. Leave No Trace

Instructions

Watch the videos associated with this Adventure at the Tiger Required Adventures Box Playlist [HERE](#)

Listen while an a leader reads the Leave No Trace Principles to you.

Leave No Trace Principles

I promise to practice the Leave No Trace Principles wherever I go:

1. Know Before You Go
2. Choose the Right Path
3. Trash Your Trash
4. Be Careful with Fire
5. Respect Wildlife
6. Be Kind to Other Visitors

Why should you trash your “trash”?



Trash your “Trash”

Throwing away trash properly is one way to have clean outdoor manners.

Achievements

3.B. Listen while your leader or adult reads the Leave No Trace Principles for Kids. Discuss why you should “Trash Your Trash.”

What You Will Need:

Internet

download and print the National Wildlife Refuge System Coloring Book

Crayons, markers or colored pencils



7. Nature Center

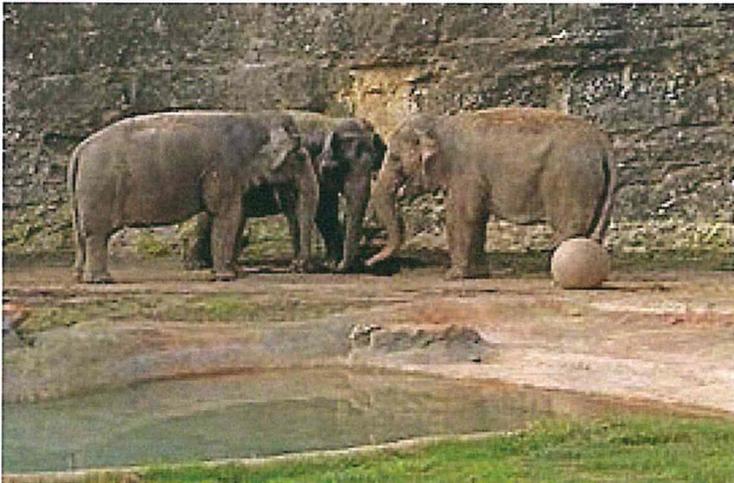
Tigers in the Wild

Instructions

Watch the videos associated with this Adventure at the Tiger Required Adventures Box Playlist [HERE](#)

Download and print the National Wildlife Refuge System Coloring Book [HERE](#). With an adult read the and color the book.

Answer the questions below.



What 2 animals did you choose?

Which animals did you like best in the zoo video?

Achievements

7. Visit a nature center, zoo, or another outside place with your family or den. Learn more about two animals, and write down two interesting things about them in your Tiger handbook

What You Will Need:

Equipment
None

1 and 2. Team Games

Tiger Tag

Instructions

Watch the videos associated with this Adventure at the Tiger Required Adventures Box Playlist [HERE](#)

Find one active game to play with your den, family or friends. Tell them how to play and why you like to play this game.

Play 2 team or relay games with your den, family or friends. Look In your Tiger Cub Scout Handbook for relay game ideas.



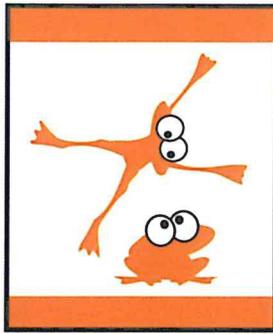
What games did you play?

Achievements

1. Choose one active game you like, and tell your den about how to play and why you like this game.
2. Play two team or relay games with your den. Tell your parent, guardian, or other caring adult or the other Tigers what you liked best about each game.

What You will Need:

None



3 and 4. Play a Game

Tiger Tag

Instructions

Do one of these activities:

1. Choose a team or relay game and play it twice.
2. Select an active outside game that you can play with your den or family.

Review what it means to be a good sport and discuss it with your family or den.



How did you demonstrate good sportsmanship?

Achievements

3. Have your den choose a team or relay game that everyone can play, and play it at least twice.
4. With your parent, guardian, or other caring adult, select an active outside game that you could play with the members of your den. Talk with den members about the games suggested by all Tigers. With your den, decide on a game to play and play the game that your den has chosen. After the game, discuss with your den the meaning of being a good sport.

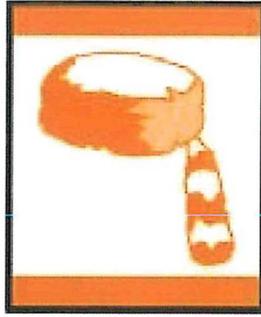
Kids Sportsmanship checklist

- I play by the rules of the game.
- I try to avoid arguments by clarifying rules
- I always play fair.
- I follow the directions of the coach.
- I respect the other team's effort.
- I offer encouragement to my team mates.
- I shake hands and /or say congratulations.

What You Will Need:

In this book
The Story of Paul Bunyon

Pencil



2 & 3. Tall Tales

Tiger Tales

Instructions

Read the Story of Paul Bunyon on the next page in this book.

What In the story made you think this was a tall tale?

Create your own tall tale. Write your tall tale on the page in the book for your tall tale.



Paul Bunyan Cheer

Pretend to hold axe over shoulder then bring it down quickly while saying "chop." Do this 3 times then shout "Timber," holding arms out in front of you while you catch the trees, then put them into your giant wood box. "Clung, clung, clung."

Achievements

3. Read a tall tale with your parent, guardian, or other caring adult.
2. Create your own tall tale.

The Story of Paul Bunyan

From the day he was born, everyone knew Paul Bunyan would be special. He was so big that it took three storks to carry him to his parents. By the time he was one week old he was already so big that he was wearing his father's clothes.

Paul always wanted to be a lumberjack. When he was growing up, instead of playing with balls and toys, he played with a saw and an ax. When he was one year old, Paul's father gave him a blue ox named Babe to have as a pet.



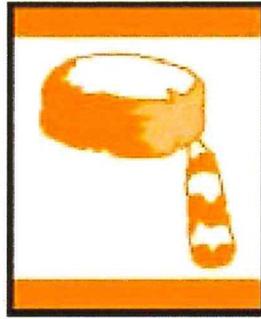
Paul and Babe headed out west for a while. Paul was tired after the long journey and started dragging his ax behind him. That is how the Grand Canyon was formed.

One winter, Paul and Babe were in Michigan. Babe was thirsty, so Paul dug out Lake Michigan to make a drinking hole for Babe.

One night at the logging camp in Michigan, it got so cold that the flames in the lanterns froze solid. They couldn't blow out the flames and the light was keeping the lumberjacks awake. So they moved the lanterns outside of camp where nobody could see them, but they forgot about them. When spring came and the flames thawed, they started a big fire all over Michigan. Paul Bunyan had to stomp out the flames with his giant feet.

What You Will Need:

None

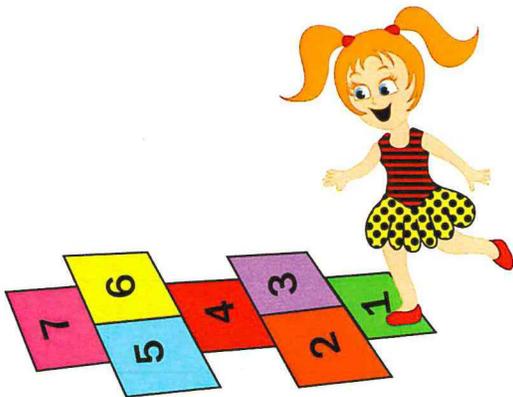


5. Game from the Past

Tiger Tales

Instructions

Play a game from the past. Some ideas are hopscotch, horseshoes, washer toss, monkey in the middle, red rover, red light green light, thumb war, cat's cradle (patterned string game), five stones, old maid card game



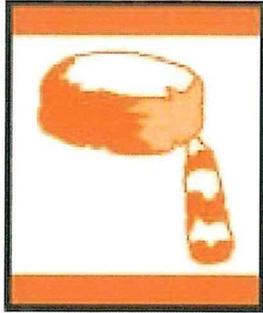
What game did you play?

Achievements

5. Play a game from the past.

What You Will Need:

None



5. Folk Songs

Tiger Tales

Instructions

Sing 2 folk songs.

Watch the videos associated with this Adventure at the Tiger Required Adventures Box Playlist [HERE](#)

[Tiger Required Adventures Box Playlist](#)



Achievements

6.. Sing two folk songs