



Games Tigers Play

Adventure Requirements

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 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.



Parent Corner

This first Tiger Adventure is about being part of a team and working together. It is also about nutrition and living an active life. Active people in team games help everyone leave the game a winner.



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Games Tigers Play

Requirement 1- Team Building Games

Materials Needed

- Large beach ball
- 12' string
- Card Game
- Scissors

Instructions

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

- Find the large beach ball and 6' of string in your box
- 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. (It's OK to play with just one 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.
- 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 hands or feet!

Find the card game in your box and play it with a group.



Reflection

1. How did you figure out how to move the ball as a team?
2. Was it difficult not to use your hands or feet?
3. Could you play this game by yourself?



Pee Wee Says

Let's play a game. It's fun to cooperate and learn the rules. Being part of a team is fun whether you win or not.



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Games Tigers Play

Requirement 1- Team Building Games Continued

Materials Needed

- 12' string
- Duct tape, rope or bandanas

Instructions

Watch the [Teambuilding Caterpillar](#) video



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 or 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.

Team Building Tips

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



Pee Wee Says

Playing games is a great way to make friends and know other people.



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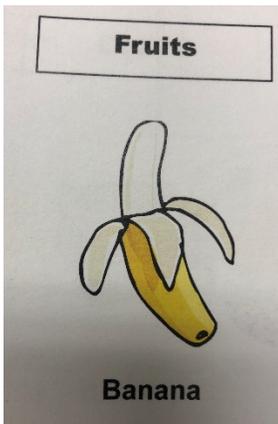
Games Tigers Play

Requirement 2- Strong and Active

Materials Needed

- My Plate Go Fish Cards
- Scissors

Instructions



Find your My Plate Go Fish Cards in the box. Cut the Cards on the lines

Play in groups of 3-5

The dealer shuffles the cards 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 asked places their pair of cards 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.

Reflection

- What food type do you like the best?
- What food type do you have a hard time eating?



Pee Wee Says

Eating lots of fruits and vegetables keeps your body healthy and you feeling good!



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Games Tigers Play

Requirement 2- Strong and Active continued

Materials Needed

- MyPlate Coloring Sheet
- MyPlate Maze
- Crayons, markers, and/or colored pencils

Instructions



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

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

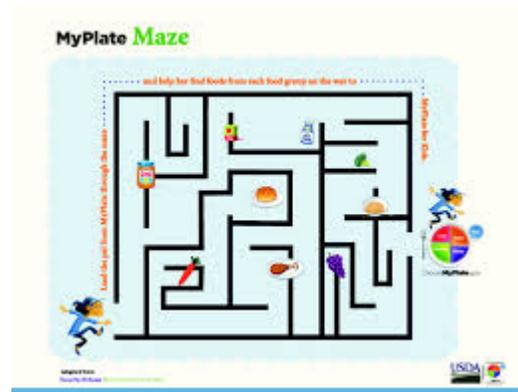
Complete the MyPlate maze in your book.

Look in your Tiger Cub Scout

Handbook for suggestions for nutritious snacks.

With your parent visit this [link](#) for recipes on pinewood derby snacks.

With your family make a healthy snack to share with your den or family.



Did You Know

Did you know that exercise can help you change what to 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.



Pee Wee Says

It is really important to eat the right kinds of foods.



Games Tigers Play

Requirement 4- Make up a new game

Instructions

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

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

Remember: A Scout is brave. It can be scary to share your ideas and feelings with others. Your family and den will help you feel comfortable trying something new.

What do you do if the game has no rules? You make them up!

Materials Needed

- Beach Ball



Pee Wee Says

Rules are important. Sometimes they work right. Sometimes rules have to change.



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Games Tigers Play

Requirement 5- Sporting Event

Materials Needed

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!



Pee Wee Says

Watching sporting games live can be really fun. Playing games in person is even better!