

Tiger Bites

Required adventure • Personal Fitness

If you read nothing else

Two meetings, 50–60 minutes each. Meeting 1 is food groups and handwashing at the table; meeting 2 is the 30 minutes of activity and the sleep conversation.

Requirement 3 is thirty minutes of being active, and thirty minutes is most of a Tiger meeting. That is why it gets its own meeting rather than being squeezed in after a craft.

Send the CDC sleep page to adult partners a week before meeting 2 — cdc.gov/sleep/about/index.html. The sleep requirement works far better when the adults have already read something.

Ask every family in writing about food allergies before you bring any food into the room.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Identify the five different food groups.
- ☐ 2. Practice hand washing. Point out when you should wash your hands.
- ☐ 3. Be active for 30 minutes.
- ☐ 4. Practice methods that help you sleep.

Meeting 1: What we eat and clean hands

Goal: Every Tiger can name the five food groups and pick a food they like from each, and every Tiger washes their hands properly and can say when to do it.

Covers requirements 1 and 2

Before the meeting

- Look at USDA MyPlate and get comfortable with the five groups — fruits, vegetables, grains, protein, dairy — and what belongs in each. You will be asked about pizza.
- Print the Super Clean Hands worksheet for each Scout and read it through so you can lead it rather than discover it.
- Gather images of foods in each of the five groups. Cut-out grocery flyers work as well as anything and cost nothing.
- Find out where the sink is and whether the den can all reach it. If not, bring a jug, a basin, soap, and paper towels.
- Ask families in writing about food allergies before this meeting. If you are bringing anything edible, plan around them rather than making one Scout sit out.

Supplies

- Super Clean Hands worksheets, one per Scout
- Colored pencils or crayons
- Tiger handbooks, page 19
- Food images for the five groups, or grocery flyers and scissors
- MyPlate diagram printed large
- Soap, paper towels, and a basin and water jug if the sink will not do
- Glitter or washable paint for the handwashing demonstration

Run of show

Time	What happens
10 min	Gathering: Super Clean Hands worksheet
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
20 min	Activity 1: My Favorite Foods
15 min	Activity 2: practice handwashing
5 min	Closing

Gathering — Super Clean Hands worksheet (10 min)

Super Clean Hands Worksheet — scouting.org/cub-scout-activities/super-clean-hands-worksheet/

Worksheets and colored pencils on the table as families arrive. Scouts work through it with their adult partner. It carries most of requirement 2 and it means the den is already thinking about hands before you get them to a sink.

Activity 1 — My Favorite Foods (20 min)

My Favorite Foods — scouting.org/cub-scout-activities/my-favorite-foods/

Introduce the five groups with the MyPlate diagram up where everyone can see it: fruits, vegetables, grains, protein, dairy. Hold up your food images and let the den call out which group each belongs in.

Then page 19 of the handbook. Each Scout works with their adult partner to pick a food they actually like from every group and draw it. The word is like — this is not the meeting where a first grader is told their dinner is wrong.

When a Scout says pizza, do not correct them. Ask what is on it, and take the answer apart together: crust is grains, sauce is vegetables, cheese is dairy, pepperoni or chicken is protein. Then ask what is missing. That single conversation does more than any lecture about healthy eating, and it is the one they will repeat at home.

Go around and have each Scout name their five. That is requirement 1 done.

Alternatives: Food Group Tiger Relay — scouting.org/cub-scout-activities/food-group-tiger-relay/ ·
My Favorite Snack — scouting.org/cub-scout-activities/my-favorite-snack/

Activity 2 — Practice handwashing (15 min)

The worksheet is not the requirement. The requirement says practice, so everybody actually washes.

Make it visible first: put a little glitter or washable paint on every Scout's hands and tell them it is germs. Then send them to the sink two at a time and watch what comes off with a quick rinse. Almost nothing does.

Now teach the real thing and do it with them: wet, soap, scrub the backs, between the fingers, under the nails and around the thumbs for twenty seconds, rinse, dry. Twenty seconds is the whole trick, so give them something to sing — the Scout Oath said slowly runs about right, which is what Scout Oath and Law Handwashing does with it.

Then the second half of the requirement, which dens skip: when do you wash? Ask them and write the answers where they can see them. Before eating. After the bathroom. After playing outside. After touching an animal. After sneezing or coughing. Before helping cook. When they are dirty.

Every Scout has to name at least one. That, plus the actual washing, is requirement 2.

Alternatives: Scout Oath and Law Handwashing — scouting.org/cub-scout-activities/scout-oath-and-law-hand-washing/ · When Should I Wash My Hands Game — scouting.org/cub-scout-activities/when-should-i-wash-my-hands-game/

Closing (5 min)

Tell the adult partners what is coming: next meeting is thirty minutes of moving, so send shoes they can run in and a full water bottle.

Send them the CDC sleep page — cdc.gov/sleep/about/index.html — and tell them you will be talking about bedtimes and that they should come knowing what time their Scout has to get up on a school morning.

Send home with families

Let your Scout pick one food from a group they do not usually eat and put it on the table this week.

Wash hands together before dinner and count the twenty seconds out loud.

Read the CDC sleep page and work out what time your Scout has to get up for school. Bring that number to the next meeting.

Meeting 2: Thirty minutes of moving, and how to get to sleep

Goal: The den is genuinely active for thirty minutes, and every Tiger leaves with a bedtime worked out with their adult partner.

Covers requirements 3 and 4

Before the meeting

- Book somewhere you can run. A gym, a field, a hall with the tables pushed back. Clear it of obstacles before the den arrives.
- Know how to run red light, green light, and have two backup games ready — thirty minutes is longer than one game holds a first grader.
- Read the CDC sleep material yourself so you can answer an adult partner's question about screens or bedtimes without guessing.
- Have water available and plan two water breaks into the thirty minutes.

Supplies

- A clear, obstacle-free space at least 20 feet deep
- Water for everyone
- Cones or anything that marks a start line
- Tiger handbooks and crayons for the sleep activity
- Nothing else — this meeting runs on people

Run of show

Time	What happens
5 min	Gathering: free play as families arrive
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call, announcements
30 min	Activity 1: be active for 30 minutes
10 min	Activity 2: Tiger Time to Sleep
5 min	Closing

Activity 1 — Be active for 30 minutes (30 min)

Tiger Red Light Green Light — scouting.org/cub-scout-activities/tiger-red-light-green-light/

Start with red light, green light. Scouts and adult partners line up side by side about two feet apart. You stand twenty feet away with your back to them. On “green light” everybody moves toward you; on “red light” you turn around and anyone still moving goes back to the start. First person to reach you wins and gets to be the caller for the next round.

Have the winner call the next game. Handing a six-year-old the caller job is worth more to them than winning was, and it buys you a round off your feet.

Do not try to fill thirty minutes with one game. Run red light, green light for about ten minutes, then change:

- Tiger Obstacle Course — scouting.org/cub-scout-activities/tiger-obstacle-course/ — chairs, cones, a rope on the floor, and a set order to go through them.
- Tiger Soccer — scouting.org/cub-scout-activities/tiger-soccer/ — small sides, everyone touches the ball, no goalkeepers.

- Animal walks across the room — bear crawl, crab walk, frog jumps. Callback to Tigers in the Wild if you have done it.

Adult partners play. All of them. A room of parents on their phones along the wall teaches the opposite of this adventure, and the requirement puts the adult partner in the activity anyway.

Two water breaks. Pick games with no elimination, or bring eliminated Scouts straight back in on the next round — a Tiger sitting out is not being active for thirty minutes, and thirty minutes of activity is the requirement.

Track the clock. Thirty minutes of moving, not thirty minutes of a game that includes moving.

Activity 2 — Tiger Time to Sleep (10 min)

Tiger Time to Sleep — scouting.org/cub-scout-activities/tiger-time-to-sleep/

Sit down while everyone is still catching their breath. It is the right moment for this conversation and it is not an accident that it comes after running.

Ask why they think getting enough sleep matters. Take the answers. Then tell them the number: a first grader needs nine to twelve hours a night.

Now do the arithmetic in pairs, out loud. The adult partner asks what time the Scout has to get up on a school morning, counts back ten or eleven hours, and that is bedtime. Watching a parent work that out is the whole activity, and several of them are going to be surprised by the answer.

Then practice the methods, because the requirement says practice:

- Same bedtime every night, including the nights it is inconvenient.
- A routine that runs in the same order: bath, teeth, pajamas, story, lights out.
- Screens off and out of the bedroom well before bed.
- Dark, quiet, and cool. Nothing else in the bed.
- Lie still and breathe slowly — in for four, out for four. Do it as a den right now, lying on the floor, for one minute.

Expect the first thirty seconds of the breathing to be giggling. Wait it out. Do not scold. Most of them settle.

Alternatives: Sleep Like A Star Worksheet — scouting.org/cub-scout-activities/sleep-like-a-star-worksheet/ · Tiger Get Ready for Bed — scouting.org/cub-scout-activities/tiger-get-ready-for-bed/

Closing (5 min)

Announce the next meeting, then close with this:

Say something like

Today you learned that Tigers stay strong by choosing foods that help their bodies grow and by showing good manners that make every meal a little brighter. You talked about healthy choices and discovered that taking care of yourself can be fun. Keep trying new foods, keep choosing what helps you feel your best, and keep showing kindness at every table you sit at.

Send home with families

Set the bedtime you worked out and hold it for two weeks. Tell your Scout you are doing it.

Run the bedtime routine in the same order every night, and do the four-count breathing together at lights out.

Thirty minutes of active play is a daily thing, not a den meeting thing. Go outside.

Leader notes

- Never comment on a Scout's body, never weigh anyone, never compare two Scouts out loud. This adventure is about habits, not standards.
- Every Scout moves at their level. A Tiger with asthma, a leg brace, or no interest in running still completes requirement 3 — adapt the game, do not exempt the Scout.
- Do not turn the food group activity into a lecture about bad food. Ask what they eat and build from there. The families in your den have very different budgets and very different kitchens.
- The handwashing requirement has two halves and dens routinely do only one. Wash, and say when.
- Sleep advice lands on parents, not on six-year-olds. Give the adult partners the CDC link ahead of time and let them do the arithmetic themselves in the room.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting.

Ask every family in writing about food allergies before you bring food into the room, and read the answers. This adventure has food in it twice.

Annual Health and Medical Record parts A and B on file before the activity meeting, and check for asthma, allergies, and anything else that affects hard play.

Water available throughout the active meeting and two real breaks inside the thirty minutes. Watch for overheating on a warm day.

Clear the space of obstacles before the Scouts arrive and set a stop line well short of any wall.

Wash hands at the sink under adult supervision, two at a time. Hot water taps in a church hall can be genuinely hot.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4