

## **LION ADVENTURES: FUN ON THE RUN**

Additional requirement sheets and helps are available from [ScouterMom.com](https://scoutermom.com).

Do these:

1. Learn and demonstrate three exercises you can do each day.
2. Have Lions make a nutritious snack for the den.
3. Understand the importance of rest.
4. Participate as a den in Jungle Field Day.