

# GAMES TIGERS PLAY DEN MEETING PLAN

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## **Beforehand**

Have each family bring something nutritious to put in a trail mix. About 1 cup per family will be enough. Here are some suggestions:

- Cereal such as cheerios
- Pretzels
- Raisins
- Granola
- Banana chips
- Dried apples

If you don't have any nut allergies, someone can also bring peanuts. The den leader should bring some small containers or bags to combine the ingredients .

## **Gathering**

For this meeting, have a simple game for the Tigers to play while they wait for everyone to arrive. Choose something that they can join in on even if they weren't there at the start, like Jenga.

## **Snack**

*Adventure requirement 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.*

Have everyone make their own trail mix from the items brought. Talk about the items in the mix and why they make a healthy snack.

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## Activities

*Adventure requirement 1a: Play two initiative or team-building games with the members of your den.*

*Adventure requirement 1b: Listen carefully to your leader while the rules are being explained, and follow directions when playing.*

These are two good choices for initiative games for this age group:

- Elbow Balloon Pass Game
- Tell It Like It Isn't Game

*Adventure requirement 1c: 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.*

Do a debrief of how the games went.

*Adventure requirement 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.*

Making up a new variation of tag is a good way to accomplish this. At my kids grade school, they had a game called "Rocks" where the gravelly area of the playground was base. But you could only have a certain number of people on the rocks at one time. And there were some other rules about the playground equipment. Kids have good imaginations. Get them started and they will come up with a few rules for their own game.