

Cub Program Starter Guide

An introductory guide to the Cub Program

The word "CUB" is written in large, bold, stylized letters. The 'C' is red, the 'U' is blue, and the 'B' is green. The letters are set within a white rectangular box with rounded corners, which is itself surrounded by a thick, yellow, hand-painted style border. The background of the entire page is blue at the top and orange at the bottom, with a pattern of white paw prints of various sizes.

Encouraging kids and adults to serve
together and create a lifelong dedication
to service through Lions clubs.



Lions International

We're glad you're interested in the Cub Program!

This special program just for kids will teach them the joy of volunteering and guide them to a lifelong dedication to helping those in need.

Starting a Cub club shows a commitment to creating a family-friendly environment in your Lions club. To do this, we encourage Lions clubs to think about integrating Cubs into your club meetings, fundraisers and service projects. On their own, Cub clubs can also be encouraged to volunteer and get involved in their communities. This guide provides some sample activities to lead Cubs in their meetings and service activities.

You have an amazing opportunity ahead of you to help shape these young people's vision of what it means to be a leader. Volunteering helps children see the world from a different perspective and teaches empathy, compassion and responsibility. Cubs are the future Leos and Lions of the association!





How the program works

Cubs are children aged 12 or younger who are interested in service and show commitment to a given Lions club. Cubs can be family members of Lions club members, children from the community or school classmates.

A Cub club can be formed when five or more Cubs are working together with a Lions club. A Cub club may be held responsible for certain tasks at a Lions-planned event, or may even plan their own events and hold their own fundraisers. If a Cub club forms, a Lion member should be designated as the Cub club leader and reported in the Lion Portal.

Important notes

Proper supervision: Ensure that your Cubs are adequately supervised at all times.

Recommendation: Lions International recommends having two adults present at every Cub club activity. Review local laws and seek advice from local authorities on the proper safety protocols required in your area when working with children.

Permission slips: If a parent is unable to accompany their child on a Cub outing or activity, have them sign a permission slip. A reproducible copy that you can modify is available at lionsclubs.org/Cub.



Keys to success

Planning

Careful planning of your Cub club will be the biggest key to its success. Speak with the parents and the club leaders to understand the needs of the children and the club. Shape the Cub activities to fit the lifestyles and needs of the Cubs, Lion members and families involved.

Supervision

The Cubs will need supervision at both meetings and public outings. Be sure to have adequate supervision for the size of your group. Younger children will require a higher adult-to-child ratio. When traveling outside the meeting space, whether on a field trip or during a service activity or fundraiser, make sure that those supervising clearly understand that the Cub members are their responsibility.



Expectations

Set expectations for behavior with your Cubs during your first meeting. Children thrive when they completely understand what is expected of them, both in terms of behavior and commitment to the activity.

Consider having the Cubs participate in the decision making about the year's goals and expectations during the meeting. Children often respond well to boundaries that they have helped set. Make clear what happens if they do not follow the rules for the group. Be sure to be consistent regarding the Cubs' behavior — praise them for a job well done and institute consequences if they do not follow the rules.

Responsibility

An important component of the Cub program is giving participants the appropriate level of responsibility. If you don't give children age-appropriate activities, they will become bored and uninterested in volunteering. On the other hand, if they are given too much responsibility, the experience may end in frustration.

Kids that are given the appropriate level of responsibility will learn, grow and thrive. You want to inspire and motivate them, as well as show them how fun helping those in need can be. Striking the right balance in the amount of responsibility you give to your Cubs will go a long way in making your program a success.

Leadership

Kids can also be given leadership responsibilities amongst their Cub members. Consider promoting a Cub member to lead the meeting or an activity. For example, members can rotate leading certain responsibilities like taking attendance or deciding the activity of the week.

For Cubs that are part of a Cub club, or if you're working with older children, you can elect or appoint club officers as appropriate. Some roles and responsibilities could include:

President: Lead club meetings, meet with the Lions club officers to give an update

Vice president: Co-lead club meetings, write reports on the Cub club's activities, represent the club when the president is unavailable

Secretary: Keep notes on the club's minutes, take roll call

Project coordinators: Lead or manage specific projects, present updates to the club

Each of these roles should be supported by a Lion member of the club.

Cub club leader

For Lions clubs that have created a Cub club, a Lions member should be appointed the Cub club leader. This person is an active Lion and can be a parent of a Cub or an invested Lions member. The leader facilitates the interest of the Cub members, helping to plan meetings and activities and reports back to the Lions club.

Motivation

Your enthusiasm and consistent praise for Cubs' participation will help keep the group positive and excited about serving.

Many children also respond favorably to visual praise. If your group members need extra motivation, you could try creating participation sticker charts. For younger members, it can be as simple as awarding stickers when praise is merited. For older kids, logging time spent helping those in need on a chart would be a nice visual representation of the impact they are having in others' lives. Participation certificates or recognition during the Lions club meeting can also be great motivational tools.

Making connections

Helping children connect their volunteer experiences to their own lives increases their ability to retain and understand what is learned and cultivate empathy. Whenever appropriate, ask them how an activity made them feel or if they have a connection to what they are experiencing. Some of the answers you receive may be a bit off-topic, but let them have time to explain and find their connection.



Activities

Cubs can serve in several ways. Lions clubs should determine if Cubs will serve primarily alongside Lions, develop their own activities or both! Cubs can be engaged by having activities for them at the Lions meeting or incorporating them into your Lions club's service project. During service projects, Lions should assign Cubs a responsibility that is suitable for their age. Cubs should be encouraged to share their experiences, or to have their own section of the meeting to learn about specific causes important to the club. Meeting activities could include:

- Learning the history of a signature project of the Lions club or need in the community.
- Understanding the needs of people in other countries in the world.
- Connecting with other Cub and Lions members and discovering shared interest.



If appropriate, Cubs can also plan their own service projects. Ask Cubs what is important to them and have them expand their own ideas to figure out how they can help.

Here are a couple of sample activities for Cubs to do as service projects.



Childhood cancer

- Visit a local hospital and bring toys or goodie baskets for children in need.
- Host a toy donation drive.



Diabetes

- Learn about sugar in foods and teach healthy snack recipes.
- Create promotional posters for a Lions club Strides event.



Environment

- Collect glass, plastic or any recyclable material and turn it in to the recycling plant.
- Clean up a park and plant trees and flowers to beautify an area.



Hunger

- Collect or make items that can be donated to a local shelter or soup kitchen.
- Sort donated items that are collected through the Lions club.



Vision

- Learn sign language or braille to help raise awareness for the community.
- Get to know a community partner that supports people with visual impairments.

• By starting a Cub club in your community, you are helping to guide our organization's youngest volunteers and inspire a generation of youth who serve.

• Visit lionsclubs.org/Cub to access the Cub Club Leader Guide for additional service and meeting ideas.





For Cub Program resources, including a
Cub activity guide, Cub club leader guide,
permissions slips, recruitment resources and
coloring pages, visit lionsclubs.org/Cub.

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lionsclubs.org/Cub