

CUB

**ACTIVITY
BOOK**



Lions International

Welcome to the Cub Program!

As a Cub, you will experience the joy of volunteering and giving back to your community. Use this booklet to help plan meetings and service projects.

There are also fun activities throughout this booklet!



Table of Contents

Meeting Activities

These are great activity ideas for your Cub club meetings. Along with your fellow Cubs and your Cub club leader, make a plan for what activities your club would like to do this Cub year.

- All ages..... 4-15
- Ages 5 and up 16-19
- Ages 7 and up..... 20-23

Service Activities

Cubs give back to their communities through service. Here are some ideas for ways you can give back to the people in your community.

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Vision board

HELPING OTHERS

What do we need?



Paper • Crayons and markers • Stickers

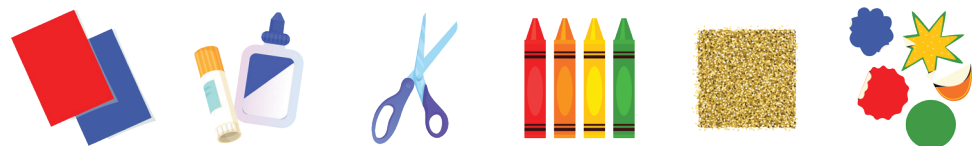
What do we do?

Lions clubs help people in their communities and around the world. Cubs also love to help others! Talk to your fellow Cubs about how they like to help other people, then write a list of three ways you could help someone this week. Decorate the list with colorful items and then hang it up at home to remind yourself of the good work you're planning to do!

Craft

BRIGHTENING DAYS

What do we need?



What do we do?

With the help of your Cub club leader, choose a senior home or hospital that would like to take decorations for their residents. Now it's your turn to have some fun! Create seasonal decorations like snowflakes, valentines, flowers, birthday cards, "get well soon" signs or other holiday decorations. If possible, see if your club can deliver the decorations to the residents.

Coloring

BIG BRAND FUN

Ask your Cub club leader to share the fun you're having in your club on social media.



Coloring

MEET MALINA



Ask your Cub club leader to share the fun you're having in your club on social media.

As one of our mascots, Malina is excited about making a positive difference in her community.



Coloring

MEET ARI



Ask your Cub club leader to share the fun you're having in your club on social media.

As one of our mascots, Ari is a fun-loving Lion who loves to serve with his friends.



Craft

PROUD CUB FRAME

What do we need?



Wood frames • Paint pens or markers
Decorations such as stick-on foam pieces, stickers, glitter glue, buttons, etc.

What do we do?

With the paint pens or markers, write “Proud to be a Cub” on the frame. Decorate the picture frame with the decorative items provided. Use it to display a photo of your Cub friends!

Vision board

SPECIAL VISITORS

What do we need? Pencil or pen.

What do we do?

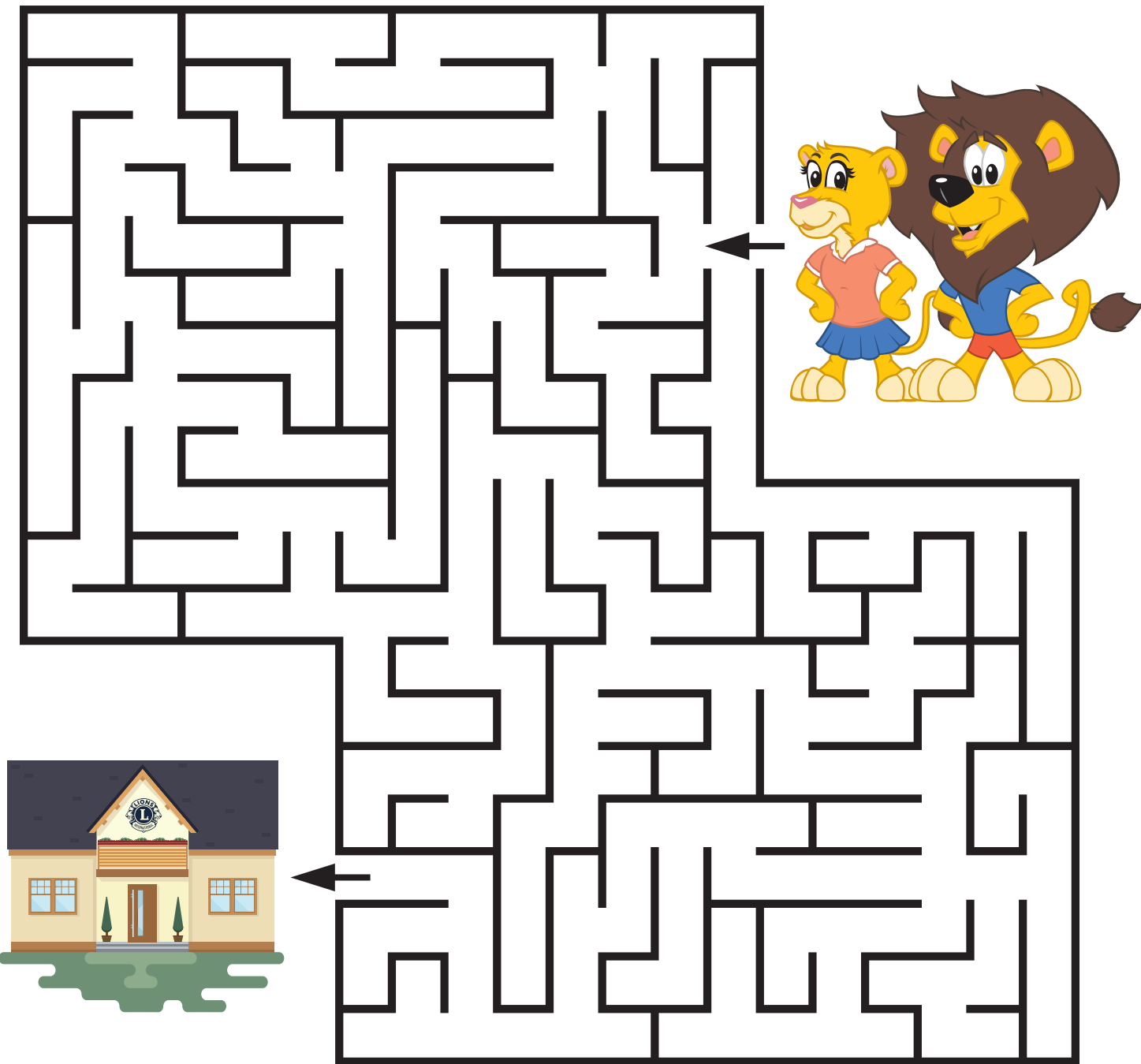
Make a list of people in your community you might want to have visit one of your meetings. Share this list with your Cub club leader, who can try to set up a visit. Guests might include a community leader, police officer, firefighter, soup kitchen volunteer, someone who is blind or visually impaired or another Lions club member.

_____	_____
_____	_____
_____	_____
_____	_____

Maze

CLUBHOUSE QUEST

Help Ari and Malina get to their Cub club meeting by going through the maze!



Dot-to-dot

WHAT COULD IT BE?

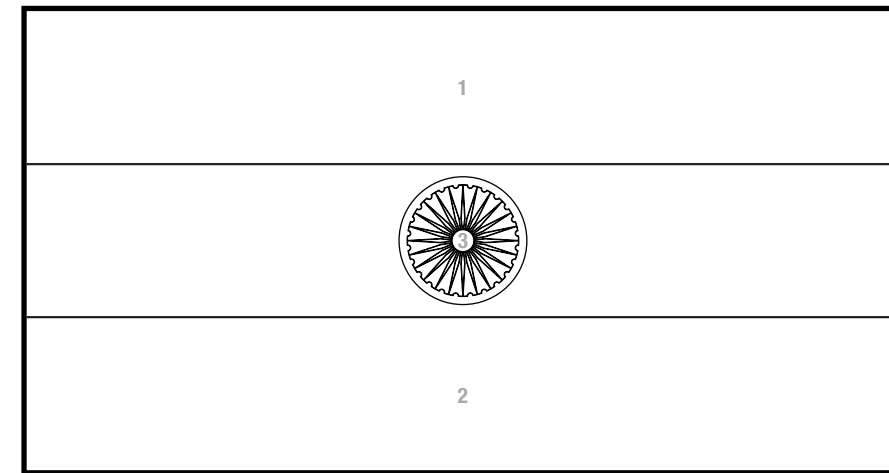
Connect the dots of each number. Color when you're done.



Coloring

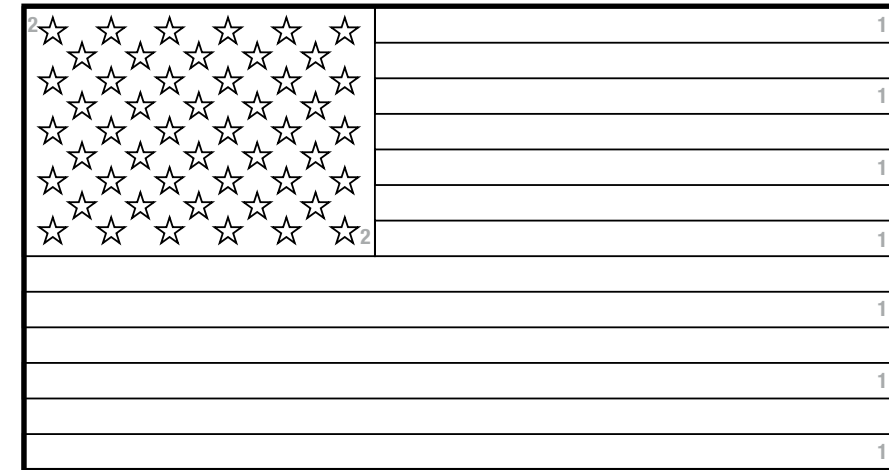
FLAGS OF FRIENDSHIP

Color in each section with the color that matches the number listed above the flag.



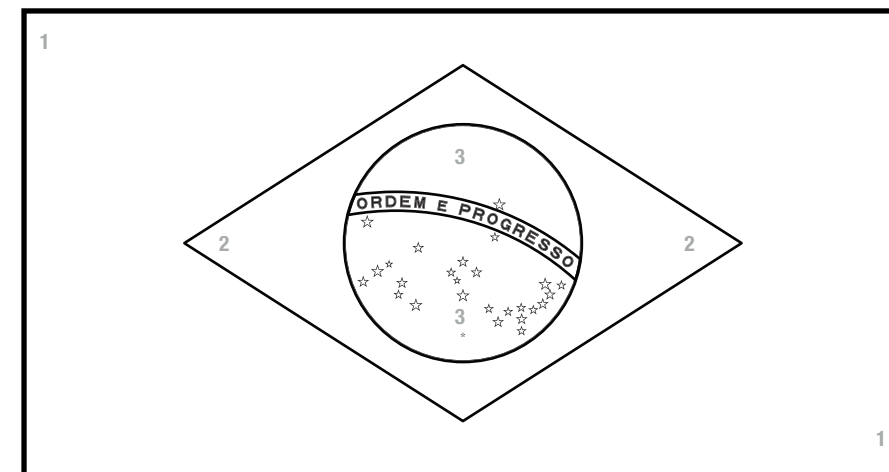
India

- 1=Orange
- 2=Green
- 3=Blue
- Unmarked White



United States

- 1=Red
- 2=Blue
- Unmarked White



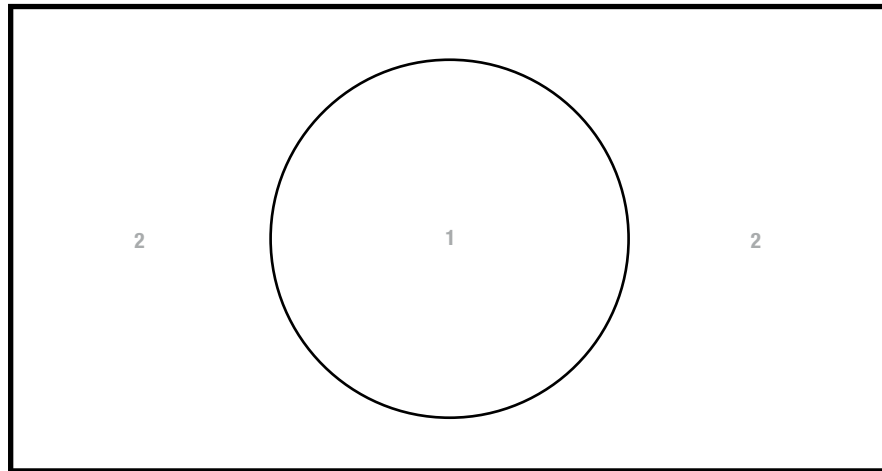
Brazil

- 1=Green
- 2=Yellow
- 3=Blue
- Unmarked White

Coloring

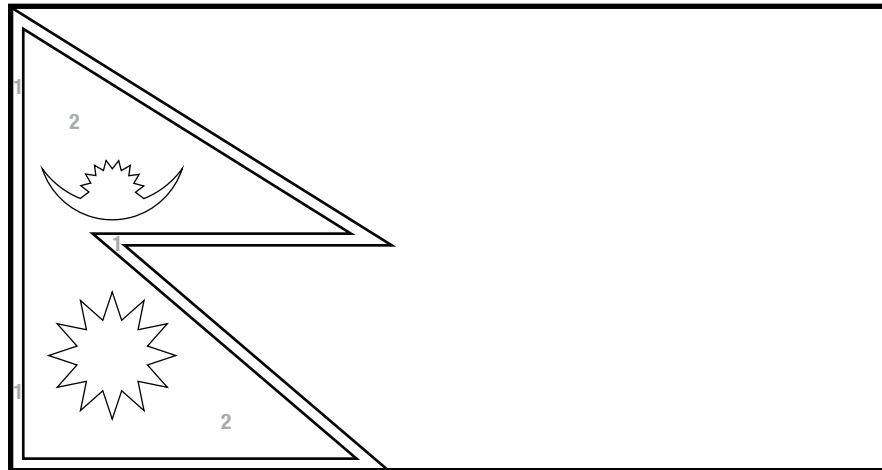
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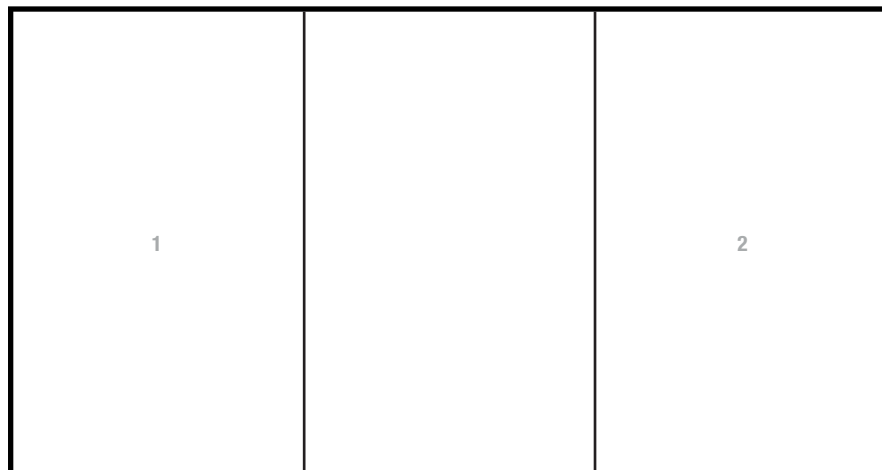
Bangladesh

1=Red
2=Green



Nepal

1=Blue
2=Red
Unmarked White



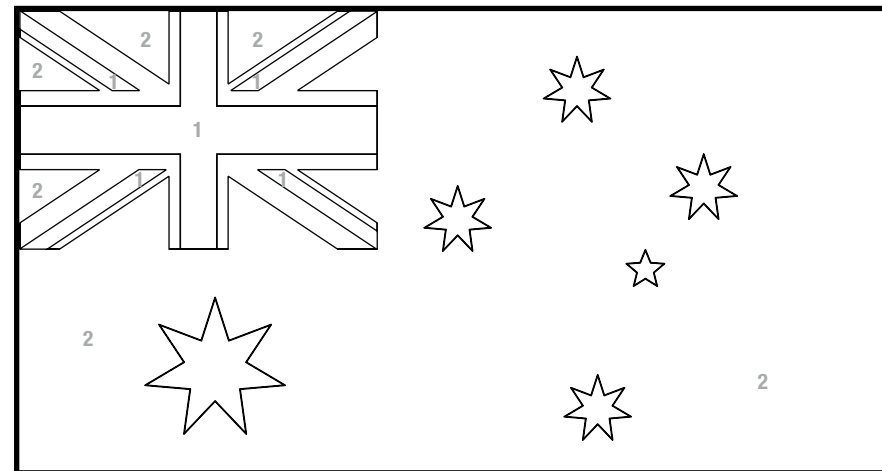
Italy

1=Green
2=Red
Unmarked White

Coloring

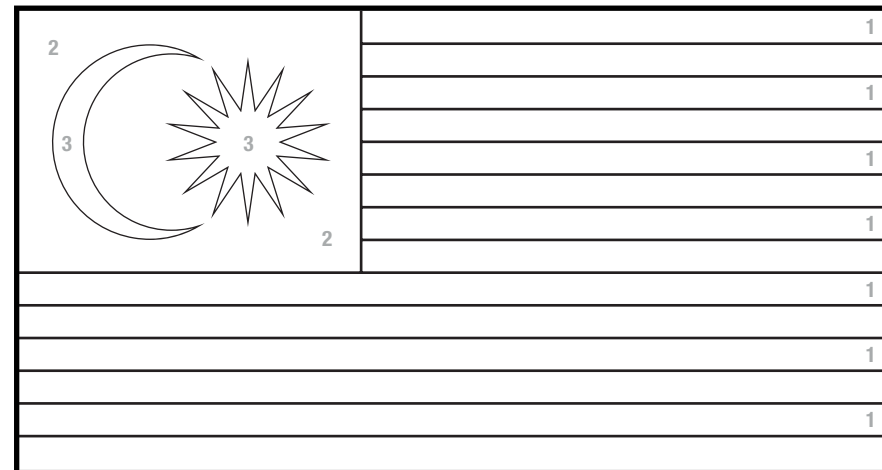
FLAGS OF FRIENDSHIP

Color in each section with the color that matches the number listed above the flag.



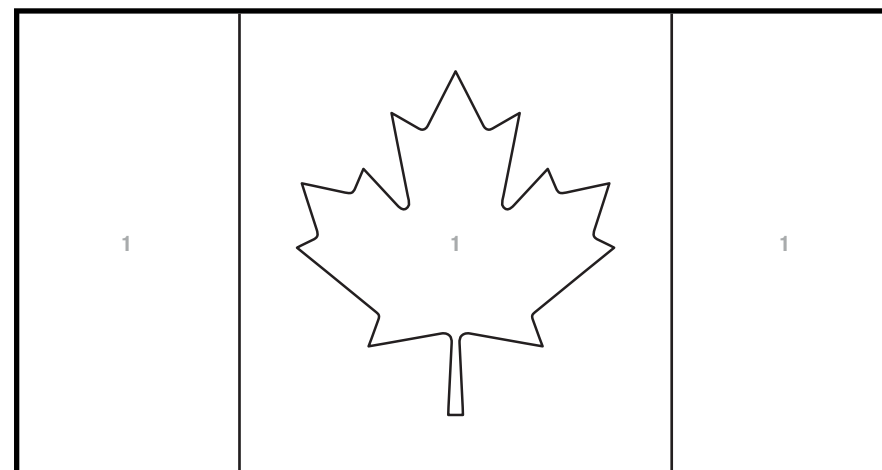
Australia

1=Red
2=Blue
Unmarked White



Malaysia

1=Red
2=Blue
3=Yellow
Unmarked White



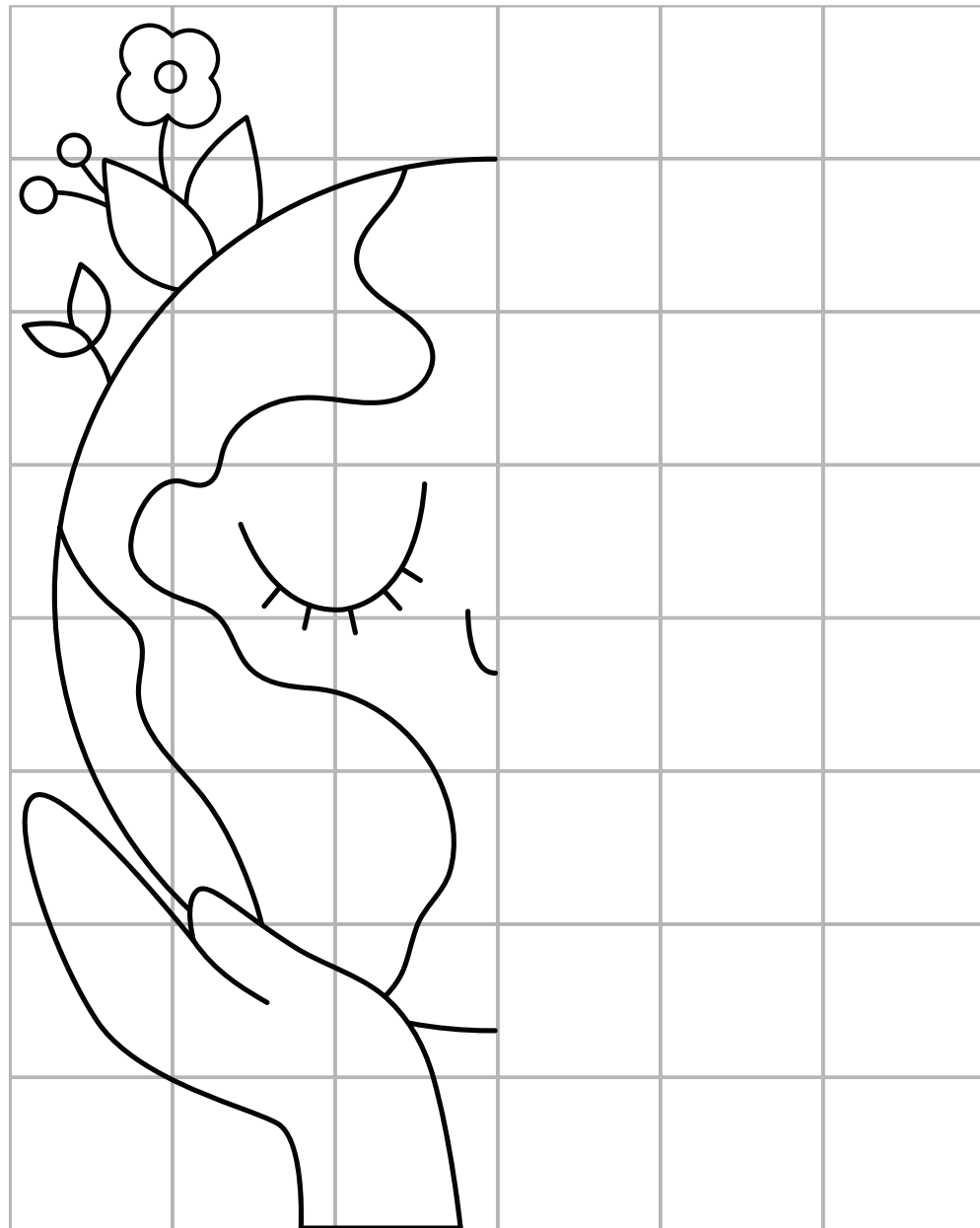
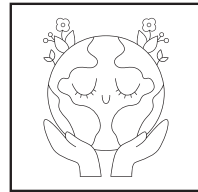
Canada

1=Red
Unmarked White

Mirror drawing

THE WORLD NEEDS US

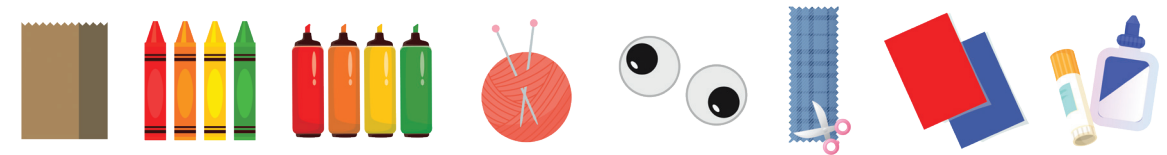
Using the picture on the left, try to draw the rest of the earth. Color when you're done.



Puppet craft

PAPER BAG PUPPETS

What do we need?



Brown paper lunch bags • Crayons and markers • Yarn • Googly eyes
Fabric scraps • Pom-poms • Construction paper • Glue

What do we do?

What do we do? Make a hand puppet by gluing items onto the bag to make it look like a character.

Bonus activity

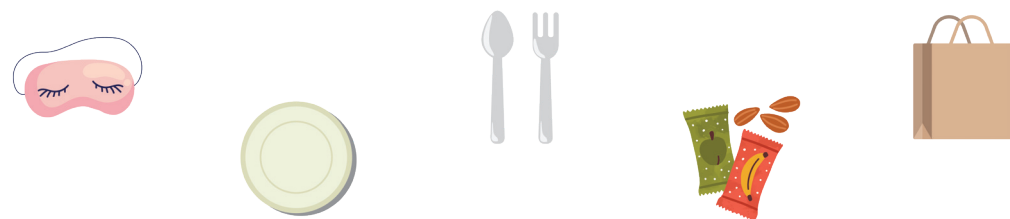
Put on a play and invite the Lions club to watch. Use your character puppets to tell a story about giving back to your community or why you love being a Cub.



Learning

ALL ABOUT BLINDNESS

What do we need?



Blindfolds • Plates • Plastic forks and spoons • Snacks • Various objects • Bags

What do we do?

Blindness is the inability to see. According to the World Health Organization, 253 million people are blind or have moderate to severe distance vision impairment.

Have you ever thought about what it would be like to be blind? In this activity, you are going to break up into small groups. One person at a time is going to wear a blindfold so he or she can't see. Try at least one of these activities:

1. Put a snack on a plate at the table. Put plastic spoons and forks in a bag so that the blindfolded Cub can pick out a fork and eat their snack with the blindfold on.
2. Put various objects in a bag so that the blindfolded Cub can choose one and try to decide what it is by using his or her other senses (that's smell, touch, taste and hearing!).
3. Pair a blindfolded Cub with a Cub not wearing a blindfold who will safely guide the blindfolded Cub around the room.

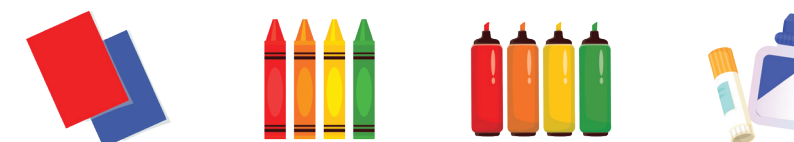
Once you're done with the activities, ask yourself and your fellow Cubs:

- How did it feel not having your sense of sight?
- How would you change or adapt if you were blind?
- How could you help people that can't see?

Craft

GIVING THANKS

What do we need?



Construction paper cut into the shape of leaves – three for each Cub
Tree trunk cut out from construction paper • Crayons and markers • Glue stick

What do we do?

Giving thanks for the good things in your life is very important! Each Cub should get three leaves – on each leaf write down or draw a picture of something you're grateful for. Share these leaves with the club before gluing them onto the tree trunk.

Discuss & draw

WHAT IS A COMMUNITY?

What do we need?



Large piece of paper • Markers • Tape

What do we do?

A community is a group of people and places that are located near each other – this could be your town, city or neighborhood. With your Cub club, discuss what is in your community. Together, color a picture of the people and places that make up your community. Think about what you love about your community. When you're done, talk about what you can do together to help your community be even better!

Vision board

GETTING TO KNOW YOU

What do we need? Just you!

What do we do?

This is a fun icebreaker activity to start a Cubs meeting and a good way to get to know each other. One Cub will choose from one of the themes below – or make up their own theme – while the other Cubs will line up as quickly as possible according to the chosen theme. This activity can be done multiple times with different themes.

- Alphabetical order
- Birthdays
- Shoe size
- Height
- Favorite color, animal, sport, etc.

Beading craft

SERVICE SOUVENIRS

What do we need?



Plastic cording – 12 inches in length for each Cub
 Scissors • Metal key rings • Plastic beads and letter beads

What do we do?

String the letter beads to spell “We Serve” onto the cording, adding colorful beads where you’d like. Tie the ends securely and attach them to a key ring or make a bracelet.

Bonus activity

Consider making a few extra keychains to share with the Lions in your club!

Map

OUR WORLD

What do we do?

Color in the different oceans and continents. Then, write the names of each continent and ocean on the lines that match the number on the map.



The 7 Continents are:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

The 5 Oceans are:

- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____

ANSWERS: 1. Africa 2. Antarctica 3. Asia 4. Australia 5. Europe 6. North America 7. South America 8. Arctic 9. Atlantic 10. Indian 11. Pacific 12. Antarctic

Guessing

WHO AM I?

What do we need?



Paper • Writing tools like pencils or pens • Basket

What do we do?

Everyone in your Cub club should write an interesting fact about themselves on a piece of paper and fold it up. Place the papers in a basket. Pass the basket around the room – each Cub will select one piece of paper and read it out loud. The other Cubs have to guess who the clue is about. After everyone guesses, the writer reveals who they are!

Creative writing

ALL ABOUT ME

What do we need? Pencil and markers.

What do we do?

Write a poem to share all about who you are with the Cubs in your club. Follow these steps.

First name: _____

Three words that describe yourself: _____

Something you love: _____

Something you don't love: _____

Something you're afraid of: _____

Something you wish for: _____

Last name: _____

Art contest

PEACE POSTER CONTEST

What do we need?



Peace Poster Contest Kit from Lions International • Scratch paper Paper (between 13"x20" and 20"x24") • Markers, pencils, chalk, pastels, etc.

What do we do?

The Peace Poster Contest, sponsored by Lions International, is a wonderful opportunity for youth to showcase the importance of peace, tolerance and international understanding. The contest encourages young people, ages 11-13, to think about peace, creatively express what it means to them and to share their own unique visions of the world. Ask your Cub club leader to go online to learn more about the Peace Poster Contest, including the year's theme, timeline and other requirements.



2021-22 Grand Prize Winner
"We Are All Connected"
Anja Rožen

2019-20 Grand Prize Winner
"Journey of Peace"
Zhuo Zhang

2023-24 Grand Prize Winner
"Dare to Dream"
Fanjin Si

Interview

INTERVIEW A LION

The Cub Program is part of Lions International – the largest service organization in the world. Cubs – just like Lions – give back to their communities, the place where they live, go to school and have fun. Lions clubs and Cub clubs can be found all around the world planning service projects and helping people. By being a Cub, you will find the joy of volunteering and giving back to others in need.



What do we do?

Learn more about your Lions club by interviewing a Lion with the questions below.

Lions club name:

Name of Lion being interviewed:

What they like best about being a Lion:

What their favorite project or fondest memory of being a Lion is:

When the Lions club was founded:

Lions club president's name:

Number of members in the Lions club:

Person who has been a member of the Lions club the longest:

Newest club member:

Types of activities the Lions club does:

Brainstorming

SERVICE PROJECT IDEAS

Childhood cancer

- Write cards full of well wishes and share them with a local cancer center.
- Organize a community drive to collect toys that childhood cancer patients might enjoy.
- Visit a local hospital and bring toys or goodie baskets for children in need.

Diabetes

- Organize a weekly walking club at your school and share a healthy snack afterwards.
- Bring fresh fruit or vegetables to your classroom to encourage your classmates to try a variety of healthy foods.
- Learn about sugar in foods as well as healthy snack recipes.
- Create promotional posters for a Lions club Strides event.

Disaster relief

- Invite a community leader to speak on how families can prepare for emergencies.
- Donate gently used toys to a firehouse or police station to help children in emergencies.

Environment

- Clean up a local beach, park or other community space. Afterwards, you can plant trees and flowers to beautify the area.
- Lead an after-school nature walk for other students in your school. Encourage your fellow students to make observations and ask questions. Afterwards, they can draw a picture of their experience.

- Collect glass, plastic or other recyclable materials and turn them into the recycling plant.

Humanitarian

- Volunteer at an animal shelter or collect items to donate for the animals.
- Organize a board game afternoon at a care home for the elderly. Bake cookies and bring them with you for the board game afternoon.

Hunger

- Host a healthy eating event at your school, community center or place of worship.
- Collect or make items that can be donated to a local shelter or soup kitchen.
- Sort donated food items that are collected through the Lions club.

Vision

- Volunteer to create audio recordings of books for people who are visually impaired.
- Learn braille to help raise awareness for the community.
- Get to know a community partner that supports people with visual impairments.

Youth

- Make welcome cards with tips to help new students at your school.
- Host a children's reading event at a local library or community center.
- Organize a book swap at a school or library.

Planning and goal setting

PROJECT PLANNER

On another sheet of paper, or on the following “Notes” page, make a list of all the ways your Cub club can give back to their community. Once your club has chosen the service activity they’d like to do, work with your Cub club leader and bring your club together to use this service project planner to help you plan your service activity.

Service activity: _____

Date of activity: _____

Time of activity: _____

Location of activity: _____

What does your club want to achieve by doing this service activity?

Who will you serve?

Write out step-by-step what tasks your club needs to do to complete the service activity.

What supplies do you need to complete the service activity?

Which Cubs from your club are going to attend and help?

Do you need any money to complete the service activity? If so, how are you going to get this money?



For Cub Program resources, including a Cub Program Starter Guide, Cub Club Leader Guide, permissions slips, recruitment resources and coloring pages, visit lionsclubs.org/Cub.

Membership Division
Lions Clubs International
300 W 22nd Street
Oak Brook, IL, USA 60523
Email: membership@lionsclubs.org



lionsclubs.org/Cub