

# The “Unofficial” Bear Den Leader Guide



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## Acknowledgements

Let it be known that BSA has not created “Official” Den Leader Guides with the inception of the new Cub Scout program. The information in this document is a copy of all the information found in the following webpages:

Main Webpage:

<https://www.scouting.org/programs/cub-scouts/adventures/>

Lion Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/lion/>

Tiger Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/tiger/>

Wolf Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/wolf/>

Bear Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/bear/>

Webelos Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/webelos/>

Arrow of Light Rank:

<https://www.scouting.org/programs/cub-scouts/adventures/arrow-of-light/>

Special thanks to whomever created a PDF of this to begin with (original documents found on Facebook)! We used that document as a base for this one.

All graphics were re-created through Visio and exported as EMF files (mmmmmm, nice crisp vector graphics). These graphics can be located at:

[Den Leader “Unofficial” Vector Graphics](#)

[Cub Scout “Unofficial” Vector Graphics](#)

Special Thanks to Heart of Virginia Council, Dogwood District Commissioners:

Shawn Bergeron

Elizabeth Dombroski

Ben Ward

## Adventure Activity Key

### Meeting Space Icon



Indoor



Outing with travel



Outdoor

### Energy Level Icon



- 1 Very Low Energy – talking, listening, sharing, and sitting
- 2 Low Energy – arts and crafts, sitting
- 3 Moderate Energy – skilled crafts, hand tools, sitting or standing
- 4 High Energy – walking, moving, and active movements
- 5 Very High Energy – walking, moving, long distances, or running

### Supply List Icon



- 1 None – no supplies are needed
- 2 Very Little – common household items
- 3 Average – recycled items or low-cost craft supplies
- 4 Above Average – common craft supplies
- 5 Custom – items for the activity are custom or uncommon

### Prep Time Icon



- 1 Minimal prep
- 2 Something needs to be done 1 to 3 days ahead of time
- 3 Something needs to be done 3 to 5 days ahead of time
- 4 Something needs to be done a week ahead of time
- 5 Something needs to be done a week or more ahead of time

# BEAR ADVENTURES

3<sup>rd</sup> Grade

## Earn the Wolf Badge of Rank

To earn the Lion badge of rank, you must complete six required Adventures and any two elective Adventures.

### Required Adventures



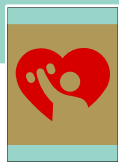
Character & Leadership

#### **Bobcat Adventure**

The Bobcat Adventure is designed to be the first required Adventure. Requirements for Bobcat include getting to know members of the den and the “How to Protect Your Children from Child Abuse: A Parent’s Guide” which are important activities to do with your den early on.

[View Bear Bobcat](#)

Click on any image below to see more detail for each adventure.



**Bear Strong**

Personal Fitness



**Paws for Action**

Citizenship



**Fellowship**

Family & Reverence



**Standing Tall**

Personal Safety



**Bear Habitat**

Outdoors

## Elective Adventures

Choose at least two of the following electives (from “Elective Adventures” or “Special Elective Adventures”)



**A Bear Goes Fishing**



**Balancing Bears**



**Baloo the Builder**



**Bears Afloat**



**Bears on Bikes**



**Champions for Nature**



**Chef Tech**



**Critter Care**



**Forensics**



**Let's Camp Bear**



**Marble Madness**



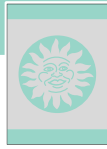
**Race Time Bear**



**Roaring Laughter**



**Salmon Run**



**Summertime Fun**



**Super Science**



**Whittling**

## Special Elective Adventures

These Adventures can only be completed at approved events with qualified instructors.



**Archery**



**BB**



**Slingshot**

Bear – 3<sup>rd</sup> Grade

# Bobcat

Character & Leadership

REQUIRED



## Snapshot of Adventure

The Bobcat Adventure is the first required Adventure on the trail to earn the Bear badge of rank. Once the Bobcat Adventure is completed, Bears can start any other of the Adventures in any order.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Bobcat Bear.

#### Requirement 1

Get to know members of your den.

- With this [icebreaker game](#), get your den communicating as they work together to put themselves in line.
- [Create a den doodle](#) to record advancement progress and other accomplishments.
- [Create a den flag](#) that allows Cub Scouts to show their personality and creativity while getting to know each other.

#### Requirement 2

Recite the Scout Oath and Law with your den and den leader.

- [While tossing bean bags](#), Cub Scouts are moving while learning the Scout Law.
- [Recite the Scout Oath and Scout Law with the den.](#)
- Cub Scouts [learn the Scout Law by playing a hopping game.](#)

#### Requirement 3

Learn about the Scout Oath. Identify the three points of the Scout Oath.

- [Using charades](#), Cub Scouts act out the three points of the Scout Oath.
- Cub Scouts work together to [create a photo or video demonstrating one of the three points of the Scout Oath.](#)
- [Create a poster of the Scout Oath.](#)



**Requirement 4**

With your den create a den Code of Conduct.

- Cub Scouts will be [invested in their own conduct when they help create their den code of conduct](#).

**Requirement 5**

Learn about the denner position and responsibilities.

- [Use popsicle sticks to pick the den meeting denner](#).
- Working together, [Cub Scouts make a chart of denner responsibilities](#).

**Requirement 6**

Demonstrate the Cub Scout sign, Cub Scout salute, and Cub Scout handshake. Show how each is used.

- In this Cub Scout relay game, [teams show the Cub Scout sign, salute, and handshake](#).
- [Participate in an opening ceremony](#) that includes the use the Cub Scout salute, sign, and handshake.

**Requirement 7**

Share with your den, or family, a time when you demonstrated the Cub Scout motto "Do Your Best." Explain why it is important to do your best.

- [Cub Scouts share a time when they did their best](#).

**Requirement 8**

At home, with your parent or legal guardian do the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."

- Review the activities in the booklet "[How to Protect Your Children from Child Abuse: A Parent's Guide](#)."

[Back to Required Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required



Requirement 1

# Bear Line Up

## Snapshot of Activity

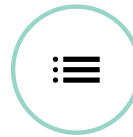
With this icebreaker game, get your den communicating as they work together to put themselves in line.



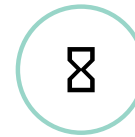
Indoor



3



1



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- At least 2 Cub Scouts

### Directions

Before the meeting:

1. Ensure that the meeting space that is free of obstacles with enough room for Cub Scouts to stand up and move around.

During the meeting:

1. Tell Cub Scouts that they will line up in different orders. They'll need to talk to each other to figure out how to do this.
2. Call out "Everyone please line up in alphabetical order by your first name".
3. Ask Cub Scouts to reorder the line by the last name in alphabetical order.
4. Ask Cub Scouts to reorder, one more time, by birthday.

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required

Requirement 1



# Den Doodle Bear

## Snapshot of Activity

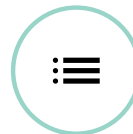
Create a den doodle to record advancement progress and other accomplishments.



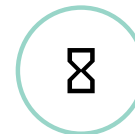
Indoor



2



4



4

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

*Den doodles can be made from different materials and there are several different designs. This is one example of a den doodle that can be made. It stands on its own and is four feet tall.*

- 4 – 12 inch 2" x 1" boards for the base
- 1 – 4 ft. 2" x 1" board for the pole
- 1 – ¼" plywood 3' x 1'
- 12 – 1 ½" wood screws
- 200 grit sandpaper
- 1-foot-long cord that is 3/16" or less than ¼" thick– one for each Cub Scout
- Power drill with a 1/4 drill bit
- Orange spray paint
- Yellow spray paint
- Blue spray paint
- Black latex paint
- Fine paint brush for lettering
- Blue plastic pony beads (enough to present each Cub Scout with one for every den meeting)
- Yellow plastic pony beads (enough to present each Cub Scout with one for every den meeting)
- Orange plastic pony beads (enough to present each Cub Scout when they earn an elective Adventure)
- White plastic pony beads (enough to present to each Cub Scout when they earn a required Adventure)
- Add more colors of beads if you want to track or recognize other items such as wearing the uniform, bringing your handbook, good behavior, or helping others.
- 18" per Cub Scout thin paracord or string
- 1 piece of 8 1/2 x 11" card stock for every eight Cub Scouts
- 2 3-hole punches for Cub Scouts to share
- Variety of beads, approximately 10-12 per Cub Scout

- 1 Wire clothes hanger
- 1 clothespin per Cub Scout

Bear name tag pattern found in Additional Resources

- Printer
- Pens, pencils, or markers, one per Cub Scout
- Scissors, one pair per Cub Scout

### **Directions**

Before the meeting:

1. Sand the edges of each board and the plywood to remove any rough edges.
2. Paint the 3' x 1' ¼" plywood with the orange spray paint and let it dry.
3. Paint the 4 boards that are 12-inch 1" x 2" with blue spray paint and let it dry.
4. Paint the 4ft. 1" x 2" board with the yellow spray paint and let it dry.
5. Attach the one 12-inch 1" x 2" , using wood screws, to each side of the bottom of the 4ft 1" x 2" so that the 12-inch 1" x 2" are vertical. See illustration in Additional Resources.
6. With a pencil space out the names of each Cub Scout on the bottom of the 3' x 1' ¼" plywood. Names may need to be placed at an angle or vertically to fit everyone. You may consider leaving one space open just in case a new Cub Scout joins the den later. Leave space to drill a hole below each name. See illustration in Additional Resources.
7. Once names are properly placed and penciled in, paint the names using black latex paint and a fine paintbrush.
8. Decorate the rest of the ¼" plywood with the pack number, Bear rank stickers or patches, etc., and let dry.
9. Drill a hole under each name and attach a 1' long cord under each name.
10. Center the ¼" plywood to the top of the 4 ft. 1" x 2" and attach it with wood screws.
11. Print bear name tag pattern on card stock.
12. Cut the page into eight pieces, each one with a bear on it.
13. Set up meeting space for craft activity.

During the meeting:

1. Introduce the den doodle to the den by letting the Cub Scouts know how they can earn a bead and what each color bead means.
  - Blue is for attending the den meeting, pack meeting, and other Cub Scout activities
  - Yellow is for wearing their Cub Scout uniform to the den meeting
  - White is for when they earn a required Adventure, in addition to their Adventure loop.
  - Orange is for when they earn an elective Adventure, in addition to their Adventure loop.
2. At the end of each Den meeting award the beads to each Cub Scout and attach them to the cord on the den doodle below their name. Attach the beads by looping the bead(s) through the cord, push the beads to the top, and tie an overhand knot just below the last bead.
3. Use the den doodle to reward positive behavior. Do not take beads away once they are earned.
4. Pass out a bear name tag, scissors, and a writing utensil to each Cub Scout.
5. Tell Cub Scouts to cut out their bear name tag and write their name and pack number on it.
6. Have Cub Scouts use the hole punch and punch a hole in the belly of the Bear name tag.
7. Have Cub Scouts thread the paracord through the hole in the name tag and tie it off.
8. Allow Cub Scouts to decorate and cover the clothes hanger with paper.
9. Attach the name tags to the clothes hanger with clothes pins.
10. Display the den doodle during each meeting and add recognition beads on the paracord.
11. The den doodle can be used to track advancement by adding plastic pony beads for completed Adventures. Use a different color bead for each Adventure.

After the meeting:

1. After each meeting take a look at the den doodle and look for Cub Scouts who may be lagging behind and

reach out to the Adult Partner to address any concerns about participation.

Tip: Den doodles can be made from different materials and there are several different designs. This is one example of a den doodle that can be made.

## **Additional Resources**

[Bear name tag pattern](#)

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required



Requirement 1

# Den Flag Bear

## Snapshot of Activity

Create a den flag that allows Cub Scouts to show their personality and creativity while getting to know each other.



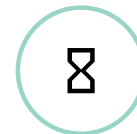
Indoor



2



4



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

*Den flags can be made from different materials and there are several different designs. This is one example of a den flag that can be made. It can be used for a den for up to 12 Cub Scouts, larger dens will need to adjust the dimensions of the flag. These instructions include a flagpole and stand.*

- 60" long 1 1/8" diameter wooden staff or dowel
- 30" long 1/2" diameter wooden dowel
- Concrete mix
- Water
- Tin foil
- 2-gallon paint bucket
- 200 grit sandpaper
- 2' x 3' light blue felt, this is the flag, and it will be displayed vertically
- 1 1/2' x 1' black felt
- 1 Bear badge of rank patch
- 30" piece of twine or thin rope
- 1 teacup hook
- 7" x 7" gray felt squares, one for each Cub Scout
- Thick black Sharpie marker to write on orange felt squares
- White chalk, enough to share
- Scissors – one for each Cub Scout or enough to share
- Fabric glue
- Protective cover for workspace, plastic tablecloths, newspapers, etc.
- Yellow felt to cut out handprints and den number
- Fabric markers or paint
- Yardstick

## **Directions**

### Before the meeting

1. Wrap the bottom of the wooden staff with tin foil as high as the paint bucket is tall.
2. Follow the **Directions** for the concrete mix to fill the 2-gallon paint bucket  $\frac{3}{4}$  of the way full.
3. While the concrete is wet place the wooden staff, the end with the tin foil, into the bucket and hold it in place until the concrete is dry.
4. Once the concrete is dry, remove the wood staff, the tin foil will allow the pole to come out. This is the base for your den flag.
5. Sand the ends of the wooden dowels and staff to remove sharp edges
6. Lay the flag on a table so that it is vertical with the 2' section as the bottom and top.
7. Place the  $\frac{1}{2}$ " dowel across the top and fold the top of the flag over by 1 inch to cover the wood dowel and glue the folded section to the flag to the back section of the flag with the wood dowel inside.
8. Use the 1  $\frac{1}{2}$ ' x 1' black felt to cut out letters and numbers to spell the word "Pack" and the pack numbers. If your pack uses den numbers include the word "Den" and the den number. Letters and numbers should be 6" tall.
9. Attach the letters and numbers using fabric glue to the top of the flag. Place the Pack and the number above the Den and number.
10. Attach the teacup hook to the top of the flagpole.
11. Attache the 30" twine or rope to each end of the dowel.
12. Prepare the work area with table covering, flag material, and markers or paint.
13. Cut out your den number from the yellow felt.

### During the meeting

1. Give each Cub Scout a 7" x 7" gray felt square
2. Have Cub Scout trace their hand (either left or right) onto the gray felt using the chalk and then have them cut out the shape of their hand.
3. Have Cub Scouts write their name on the cut out of their hand.
4. Have each Cub Scout glue their cut-out hands on the flag one by one. As they glue their cut-out hands onto the flag have them share what their favorite outdoor activity is and what their favorite food is.
5. When all the hands are on the flag, attach the flag to the flagpole by hanging it by the twin or rope onto the teacup hook.
6. Den flags can be displayed at den and/or pack meetings.

Tip: Den flags can be made from different materials and there are several different designs. This is one example of a den flag that can be made.

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required

Requirement 2



# Bobcat Beanbag Toss

## Snapshot of Activity

While tossing bean bags, Cub Scouts are moving while learning the Scout Law.



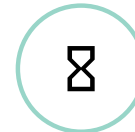
Indoor



4



3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- 22" x 28" Poster board
- 12 – 3" x 5" index cards
- 3 bean bags
- Marker

### Directions

Before the meeting:

1. Prepare the poster board by drawing 12 – 6" x 6" squares. When complete, the long side of the post board will have 4 squares and the short side will have 3 squares.
2. Number index card 1 – 12 on one side and print one word of the Scout Law on the other.

During the meeting:

1. Place the poster board on the floor with a single index card on each square. The number should be facing up.
2. Ask Cub Scouts to line up to take turns tossing the bean bag.
3. Ask Cub Scouts to say the point of the Scout Law that their bean bag lands on. For example, if the bean bag lands on number 4, they must say "friendly" before turning over the index card to reveal the point of the Scout Law.
4. If the answer is correct, leave the card with the point of the Scout Law facing up.
5. After a Cub Scout has a turn and answers correctly, they return to the back of the line. If the answer is incorrect, ask Cub Scout to toss the bean bag to another square and try again.

[Back to Bobcat Requirements](#)





## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required

Requirement 2



# Recite the Oath and Law

## Snapshot of Activity

Recite the Scout Oath and Scout Law with the den.



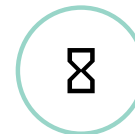
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bear handbook

### Directions

During the meeting:

1. Tell Cub Scouts to look at the back cover of their Bear handbook where the Scout Oath and the Scout Law are printed.
2. Using the back cover of the handbook as a reference, lead the den in reciting the Scout Oath and the Scout Law.

Tip: Individual memorization is not the requirement.

## **Additional Resources**

A [poster](#) is available from the Scout Shop as part of a 3 pack which includes the Scout Oath, the Scout Law, and Code of Conduct.

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required



Requirement 2

# Scout Law Hop

## Snapshot of Activity

Cub Scouts learn the Scout Law by playing a hopping game.



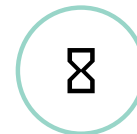
Indoor



4



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2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Marker
- Paper 8 ½" x 11", 12 sheets

### Directions

Before the meeting:

1. Write one word of the Scout Law per page.
  - Trustworthy
  - Loyal
  - Helpful
  - Friendly
  - Courteous
  - Kind
  - Obedient
  - Cheerful
  - Thrifty
  - Brave
  - Clean
  - Reverent
2. Blue painters tape

During the meeting:

1. Tape each page of the Scout Law using the blue painters tape, in order, along the floor about 12 inches apart, or jumping distance.
2. Have the Cub Scouts take turns hoping from page to page as they recite the Scout Law.

Tip: To make the activity more difficult, lay out the pages not in Scout Law order. Ask Cub Scouts to hop in order.

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
**Required**



Requirement 3

# Bear Charades

## Snapshot of Activity

Using charades, Cub Scouts act out the three points of the Scout Oath.



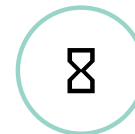
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- At least four Cub Scouts
- Charades signs for the 3 points of the Scout Oath, found in Additional Resources
- Tape
- Bowl
- Timer

### Directions

Before the meeting:

1. Print the signage for the Scout Oath. Cut into 3 separate pieces. Tape each piece to the wall.
2. Cut out the smaller pieces and place in a bowl.

During the meeting:

1. Divide the den into two teams.
2. Choose a Cub Scout from team 1 to choose a slip of paper from the bowl.
3. Set the timer for 2 minutes.
4. To their own team, Cub Scout acts out the phrase on the slip of paper using hand signals and body motions but no spoken words. Cub Scout has 2 minutes to do this.
5. When the timer dings, their time is up. If their team guesses correctly, they get a point.
6. Repeat with team 2.
7. Continue playing until each Cub Scout has had a turn acting out at least one of the three points of the Scout Oath.

Tip: The signage on the wall is to help Cub Scouts remember the 3 points of the Scout Oath. Remind them that their guesses will be one of the 3 points.

Tip: Ideas to help Cub Scouts with acting out

- Duty to God and country: praying, saluting
- Duty to others: help someone ride a bike, open a door
- Duty to self: jog in place, read a book

### **Additional Resources**

[Charades signs for the 3 points of the Scout Oath](#)

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required

Requirement 3



# Lights, Camera, Action

## Snapshot of Activity

Cub Scouts work together to create a photo or video demonstrating one of the three points of the Scout Oath.



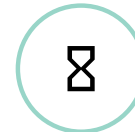
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Camera or video recording device
- Props to aid the Cub Scouts in demonstrating the Scout Oath, ideas include:
  - Duty to God and country: Flag of the United States, book of worship
  - Duty to others: pots and pans; dog leash
  - Duty to self: food, jump rope
- Bear handbook

### Directions

During the meeting:

1. Discuss the three points of the Scout Oath with the Cub Scouts in your den asking them for ideas on how they would demonstrate the point.
  - Duty to God and country
  - Duty to others
  - Duty to self
2. Help Cub Scouts decide which one of the three points they would like to demonstrate.

Assist Cub Scouts with creating photos or a video of them demonstrating the point of the Scout Oath they have chosen.

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required

Requirement 3



# Scout Oath Poster

## Snapshot of Activity

Create a poster of the Scout Oath.



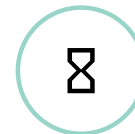
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Half a piece of 14" x 22" poster board or piece of 8.5" x 14" legal-sized paper, for each Cub Scout
- Markers in various colors
- Stickers
- Paper and materials to make decorations
- One pair of scissors for every two or three Cub Scouts
- Tape or glue
- Bear handbook

### Directions

During the meeting:

1. Using the Scout Oath found in the front of the Bear handbook, ask Cub Scouts to write out the Scout Oath on their poster board.
2. Initiate a dialog while the Cub Scouts are writing out each line, discussing how the line fits into one of the three points of the Scout Oath:
  - Duty to God and country
  - Duty to others
  - Duty to self
3. Cub Scouts decorate their completed Scout Oath poster.

[Back to Bobcat Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required



Requirement 4

# Code of Conduct

## Snapshot of Activity

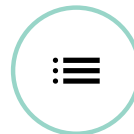
Cub Scouts will be invested in their own conduct when they help create their den code of conduct.



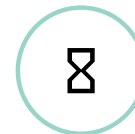
Indoor



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2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- 1 piece of posterboard
- Optional Den Code of Conduct poster from Scout Shop found in Additional Resources
- Markers

### Directions

Before the meeting:

1. Read the following to understand the den code of conduct:  
Positive behavior can be achieved by using many of the tools provided by Cub Scouting, such as
  - Having clear expectations of good behavior expressed to the Scouts and their families.
  - Developing a code of conduct with the Scouts in the den.
  - Using two-deep leadership, especially on trips and outings.
  - Having trained den chiefs assist with den activities.
  - Following the suggested Cub Scout den meeting structure outlined in BSA resources.
  - Using positive recognition of reinforcement aids such as conduct candles, marble jars, and stickers.
- - USING DEN RULES: The den leader and the Scouts in the den should develop a den code of conduct. The subject of a den code of conduct, a set of group rules, can be introduced in an open discussion of how friends act toward one another. They will often contribute proposals that relate to safety, to respect for property, and to relationships with others.
  - Put-downs and physical aggression should not be tolerated. The leader can make suggestions along these lines if the Scouts don't bring them up. A few rules are enough for a start, but the Scouts might need to add others from time to time. They also might want to write out their den rules and sign on a line at the end of the list. This is a way of sharing with parents and guardians the expectations of their children.

- Although groups of Scouts of this age will have their good days and bad days, they are most likely to try to live up to rules that they helped set up for themselves. Scouts need to learn to judge their behavior in terms of more than conformity to rules. They need to learn about caring, too. Just as they can make up rules, they can decide on some of the caring values that they want to represent their den.

During the meeting:

1. Using the den code of conduct information above, help the Cub Scouts create their own code of conduct.
2. Have Cub Scouts write the den code of conduct on a posterboard.

### **Additional Resources**

A [poster](#) is available from the Scout Shop as part of a 3 pack which includes the Scout Oath, the Scout Law, and Code of Conduct.

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required



Requirement 5

# A Bear Denner

## Snapshot of Activity

Use popsicle sticks to pick the den meeting denner.



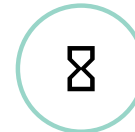
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Popsicle sticks, one for each Cub Scout
- Jar or paper bag

### Directions

Before the meeting:

1. Become familiar with the denner position and determine if there is a need for an assistant denner.  
A denner is a Cub Scout who helps the den leader during a den meeting. The den leader decides how the denner will be chosen and for how long the Cub Scout will serve as the denner. Each Cub Scout should have a chance to serve as the denner for at least one meeting. The den leader decides what the denner will help with, and that may change for each meeting. Here are some examples of things that a denner may be asked to do:
  - Arrive early to help set up the meeting
  - Welcome everyone when they arrive at the den meeting
  - Lead the den in reciting the Scout Oath and the Scout Law
  - Carry the United States flag during the opening
  - Pick a game for the den to play
  - Help hand out supplies for an activity
  - Stay  
After the meeting to help clean up

When a Cub Scout is a denner, encourage them to do their best to set an example for the other Cub Scouts by acting by the Scout Oath and the Scout Law. This is the greatest responsibility of a denner. This is called leadership by example. One way you can encourage them to do this is to be friendly to everyone in the den and offer to help another Cub Scout who may need it.

When a Cub Scout serves as a denner present them with the denner cord — a yellow cord that is worn over the left

shoulder. The denner cord is passed on from one denner to the next.

**The denner is not the leader of the den and is never to be put in charge of other Cub Scouts.**

During the meeting:

1. Ask each Cub Scout to write their name on a popsicle stick. Gather up the sticks and put them into the jar or paper bag.
2. With your den, discuss possible jobs for a denner. Some ideas are:
  - Help set up for the meeting
  - Lead the flag ceremony
  - Pass out any materials needed for the meeting.
  - Clean up  
After the meeting
  - Bring a snack
  - Welcome Cub Scouts to the meeting
3. At the end of the den meeting, pull out a popsicle stick to determine the denner for the next meeting. Confirm that they will be coming to that meeting and can get there a little early.
4. Keep the popsicle stick for that Cub Scout out of the jar or paper bag until all Cub Scouts have had a chance to be the denner.
5. After each Cub Scout has had a turn, put the popsicle sticks back in the jar or bag and start over.

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required



Requirement 5

# Denner Jobs

## Snapshot of Activity

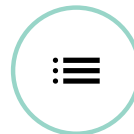
Working together, Cub Scouts make a chart of denner responsibilities.



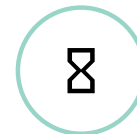
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- One posterboard for the den, 22" x 28"
- Individual pieces of paper, one per Cub Scout
- Markers or pens
- Colored paper and decorations for poster

### Directions

Before the meeting:

1. Become familiar with the denner position and determine if there is a need for an assistant denner. A denner is a Cub Scout who helps the den leader during a den meeting. The den leader decides how the denner will be chosen and for how long the Cub Scout will serve as the denner. Each Cub Scout should have a chance to serve as the denner for at least one meeting. The den leader decides what the denner will help with, and that may change for each meeting. Here are some examples of things that a denner may be asked to do:
  - Arrive early to help set up the meeting
  - Welcome everyone when they arrive at the den meeting
  - Lead the den in reciting the Scout Oath and the Scout Law
  - Carry the United States flag during the opening
  - Pick a game for the den to play
  - Help hand out supplies for an activity
  - Stay  
After the meeting to help clean up

When a Cub Scout is a denner, encourage them to do their best to set an example for the other Cub Scouts by acting by the Scout Oath and the Scout Law. This is the greatest responsibility of a denner. This is called leadership by example. One way you can encourage them to do this is to be friendly to everyone in the den and offer to help another Cub Scout who may need it.

When a Cub Scout serves as a denner present them with the denner cord — a yellow cord that is worn over the left shoulder. The denner cord is passed on from one denner to the next.

The denner is not the leader of the den and is never to be put in charge of other Cub Scouts.

2. Compile a list of possible denner responsibilities to share with Cub Scouts to get ideas started.
  - Help set up for the meeting
  - Lead the flag ceremony
  - Clean up  
After the meeting
  - Bring a snack
  - Welcome Cub Scouts to the meeting

During the meeting

1. Explain the role of a denner, the “official” helper during a den meeting.
2. Ask Cub Scouts to write down three jobs that they feel a denner should do.
3. Ask Cub Scouts to share their individual lists.
4. Ask Cub Scouts to agree (as a den) on five jobs that they feel are important. These jobs will be the denner’s job for each meeting.
5. Have Cub Scouts write down the five chosen jobs on the poster board and decorate. You may also choose to print a copy for each Cub Scout, so they know what the responsibilities are when it is their turn.

### **Additional Resources**

[Cub Scout Opening Flag Ceremony](#)

[Cub Scout Closing Flag Ceremony](#)

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required

Requirement 6

# Bobcat Relay



## Snapshot of Activity

In this Cub Scout relay game, teams show the Cub Scout sign, salute, and handshake.



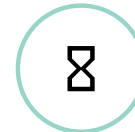
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- At least two Cub Scouts
- Cub Scout Sign, Salute, and Handshake found in Additional Resources

### Directions

Before the meeting:

1. Review Cub Scout Sign, Salute, and Handshake to familiarize yourself with the Cub Scout sign, handshake, and salute.

During the meeting:

1. Divide the den into two teams and have them line up at one end of the room. At the other end, station an adult or den chief for each team.
2. Have the first Cub Scout on each team run to the adult/den chief for their team.
3. Tell the adult/den chief to ask Cub Scout to demonstrate one of the following:
  - Cub Scout Sign
  - Cub Scout Handshake
  - Cub Scout Salute
4. If Cub Scout can demonstrate properly, have them run back to tag the next Cub Scout in line on their team.
5. If Cub Scout can't demonstrate properly, have them run back to their team to get help. After they get the help, have them return to the adult/den chief and demonstrate again.

## Additional Resources

[Cub Scout Sign, Salute, and Handshake](#)

[Back to Bobcat Requirements](#)





## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required



Requirement 6

# Flag Opening

## Snapshot of Activity

Participate in an opening ceremony that includes the use the Cub Scout salute, sign, and handshake.



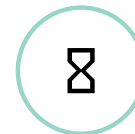
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Flag of the United States of America
- Cub Scout Opening Flag Ceremony found in Additional Resources

### Directions

Before the meeting:

1. Print one copy of the opening flag ceremony found in Additional Resources.
2. Review the [flag ceremonies video](#) (Duration: 1:30).

During the meeting:

1. Practice Cub Scout Opening Flag Ceremony.
2. Ask Cub Scouts where they would add the Cub Scout sign, Cub Scout salute, and Cub Scout handshake.
3. Practice the Cub Scout Opening Flag Ceremony with the additions.

At the next pack meeting:

1. Conduct the opening flag ceremony with the sign, salute, and handshake additions.

## **Additional Resources**

[Cub Scout Opening Flag Ceremony](#)

[Cub Scout Sign, Salute, and Handshake](#)

[Cub Scout Closing Flag Ceremony](#)

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required

Requirement 7



# Do Your Best Showcase

## Snapshot of Activity

Cub Scouts share a time when they did their best.



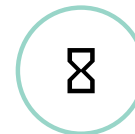
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- At least two Cub Scouts

### Directions

During the meeting:

1. Explain to Cub Scouts that you'll be asking each of them to share about a time when they did their best. Share some examples with them such as:
  - I did my best when my mom was teaching me how to fold clothes
  - I did my best on my last spelling test
  - I did my best when I was learning how to ride my bike
2. Have an adult start by sharing a time when they did their best.
3. Tell Cub Scouts to raise their hands if they would like to share an example.
4. Call on each Cub Scout who raises their hand and allow them to share.

[Back to Bobcat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bobcat  
Character & Leadership  
Required

Requirement 8



# Child Abuse Protection Review

## Snapshot of Activity

Review the activities in the booklet “How to Protect Your Children from Child Abuse: A Parent’s Guide.”



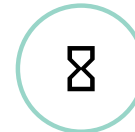
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- “How to Protect Your Children from Child Abuse: A Parent’s Guide” booklet found in the front of the Cub Scout’s handbook.

### Directions

At home:

1. Parents or legal guardians must read the “How to Protect Your Children from Child Abuse: A Parent’s Guide” booklet and complete the exercises with their Cub Scout.

### **Additional Resources**

Online and Spanish versions of the [“How to Protect Your Children from Child Abuse: A Parent’s Guide”](#) are available

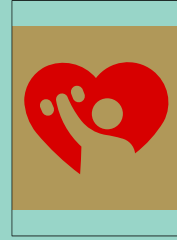
[Back to Bobcat Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Bear Strong

Personal Fitness

REQUIRED



## Snapshot of Adventure

In the Scout Oath, Cub Scouts promise to keep themselves physically strong and mentally awake. Personal fitness is about keeping your body strong by eating right and exercising, but it also means getting enough rest and exercising your mind by reading, solving problems, or even listening to music.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure:

- Review the [Food Allergies](#) safety moment.
- Review each Cub Scouts [BSA Annual Health and Medical Record](#) for any food allergies or restrictions.
- Ask if any member of the den, youth, or adult, has any religious, or cultural dietary concerns.
- there is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#).

Review the [Keep Your Food Safe](#) guide to properly keep, store, and prepare food.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Bear Strong.

#### Requirement 1

Sample food from three of the following food groups: protein, vegetables, fruits, dairy, and grains.

- Prepare easy [apple snacks](#).
- Prepare a [Pizza which includes protein, vegetable, dairy and grain food groups](#).
- [Prepare a snack](#) and bring it to a den meeting.

#### Requirement 2

Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.

- Play a [game of "HORSE."](#)
- Play a [game of tennis](#).
- Play a [game of ultimate frisbee](#).

**Requirement 3**

Be active for 15 minutes doing personal exercises that include cardio, muscular strength, and flexibility.

- [Dancing memory contests](#) are a fun way to exercise that includes cardio and muscle memory.
- Cub Scouts [create a short workout to explore different exercises](#).
- [Invite a fitness professional](#) to your Cub Scout den meeting to lead a 15-min activity.

**Requirement 4**

Do a relaxing activity for 10 minutes.

- [Listen to relaxing music](#) to create a calming effect.
- [Read a book](#).
- [Practice yoga](#).

**Requirement 5**

Review your BSA Annual Health and Medical record with your parent or guardian. Discuss your ability to participate in den and pack activities.

- Cub Scouts review their [BSA Annual Health and Medical Records](#) with their parent or legal guardian.

[Back to Required Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
**Required**

Requirement 1

# Apple Delights



## Snapshot of Activity

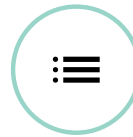
Prepare easy apple snacks.



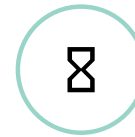
Indoor



2



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Plate for each Cub Scout
- Napkins for each Cub Scout
- One apple for every 3 Cub Scouts
- One banana for every Cub Scouts
- ½ cup Nutella for every 3 Cub Scouts
- ½ cup yogurt for every 3 Cub Scouts
- ½ cup granola for every 3 Cub Scouts
- ½ cup strawberries for every 3 Cub Scouts
- 3 tablespoons honey for every 3 Cub Scouts
- Apple corer

### Directions

Before the Meeting:

1. Gather ingredients.
2. Store food appropriately.
3. Core the apples using the apple corer or slice apples to remove the core.
4. Slice bananas and strawberries.

During the meeting:

1. Tell Cub Scouts they're going to make a yummy apple treat.
2. In a small bowl, ask Cub Scouts to mix the yogurt with the honey. Ask them what food group does the yogurt belong to? (Dairy) Honey is considered a fat.
3. Encourage Cub Scouts to add a thin banana slice to the center of the apple so the ingredients won't run

through the hole. They can also use a very thin apple slice to cover the hole. Ask them what food group are bananas and apples? (Fruits) Ask them what makes them a fruit. (They have seeds on the inside)

4. Have the Cub Scouts then add the peanut butter or Nutella, then top with yogurt, bananas, and strawberries. Ask the Cub Scouts what food group is peanut butter or Nutella? (Protein).
5. Enjoy the snacks!

[Back to Bear Strong Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
**Required**

Requirement 1

# Fiesta Pizza



## Snapshot of Activity

Prepare a Pizza which includes protein, vegetable, dairy and grain food groups.



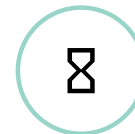
Indoor



2



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

*This activity is making a fiesta pizza. You may choose to switch out ingredients based on dietary restrictions or personal preference. If you do so, make sure that you have at least one ingredient for each of the different food groups.*

- Plate for each Cub Scout
- Napkins for each Cub Scout
- A spoon for each Cub Scout
- 1 pre-made pizza crust for every 6 Cub Scouts
- ½ pound ground beef for every 6 Cub Scouts
- 1 packet of taco seasoning mix for every 6 Cub Scouts
- 1 16 ounce can refried beans for every 6 Cub Scouts
- 3 cups of shredded Colby jack cheese for every 6 Cub Scouts
- 1 cup of diced tomato for every 6 Cub Scouts
- ¼ cup black olives per for every 6 Cub Scouts
- ¼ cup chopped onion for every 6 Cub Scouts
- ¼ cup of chopped green bell pepper
- 8 ounces sour cream
- 1 jar of salsa
- Cooking and serving ware

### Directions

Before the Meeting:

1. Gather ingredients for the pizza.
2. Cook ground beef in a skillet and add taco seasoning mix following the **Directions** on the packet.



3. Chop the bell pepper, tomatoes, onions, and olives.
4. Store food appropriately.
5. Set the ingredients by food group just before the meeting so Cub Scouts can sample the ingredients as they make the pizza. Protein – ground beef and refried beans. Dairy – cheese and sour cream. Vegetables – onion and bell pepper. Fruits – tomatoes and black olives. Grains – pizza dough.
6. Preheat the oven to the temperature specified on the package of the premade pizza crust so the oven is ready to use when the meeting begins.

Tip: It is recommended to secure additional parental or other adult leaders to assist.

During the meeting:

1. Explain to Cub Scouts that they're going to make a Fiesta Pizza.
2. Have Cub Scout take a sample of each ingredient from each of the food groups. Ask them which one they liked the best.
3. Divide Cub Scouts into groups of 3 to 6 and have them assemble the fiesta pizza. Make sure that every Cub Scout has the chance to add a topping to the pizza.
4. Start by spreading the refried beans evenly over the ready-made pizza crust.
5. Tell Cub Scouts to top with cooked ground beef, cheese, tomatoes, green bell peppers, and olives.
6. Bake pizza following the instructions on the ready-made pizza crust package.
7. Let stand for at least 5 to 10 minutes to cool slightly.
8. Serve with salsa and sour cream, if desired. Enjoy!

[Back to Bear Strong Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
**Required**

Requirement 1

# Fun and Food



## Snapshot of Activity

Prepare a snack and bring it to a den meeting.



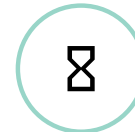
Indoor



2



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Plate for each Cub Scout
- Napkins for each Cub Scout

### Directions

Before Meeting:

1. Tell Cub Scouts, parents, and legal guardians that for the next meeting they are to prepare a snack at home and bring it to share at the next den meeting.
2. The snack should contain at least three ingredients from three different food groups.
3. Contact each parent and legal guardian in the den a day before the den meeting to confirm that each Cub Scout will have a snack to bring.

During Meeting:

1. After the den activity, Cub Scouts enjoy the snacks.
2. Discuss with Cub Scouts which of the following snacks included: protein, vegetable, fruit, dairy, and/or grain.

[Back to Bear Strong Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
**Required**

Requirement 2

# Basketball Challenge



## Snapshot of Activity

Play a game of “HORSE.”



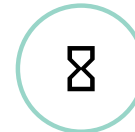
Travel



5



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Basketball hoop
- Basketball
- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Find a basketball hoop or court the den can use. Get permission to use it if necessary.
2. Remind Cub Scouts, parents, and legal guardians that the Cub Scouts will be playing “HORSE” basketball and to make sure Cub Scouts wear appropriate clothing and food wear.
3. Remind parents and legal guardians of the location of the meeting, if different from normal meeting location, to gain access to a basketball court.

During the meeting:

1. Gather the Cub Scouts and explain to them the rules of HORSE.
2. Ask Cub Scouts what part of the Scout Law they should keep in mind when they are playing.
3. Choose the order in which Cub Scouts will shoot baskets for the game.
4. First player picks where they want to shoot the ball.
5. If a player makes the basket, the next player must shoot the ball from the same spot.
6. If a player misses the basket, then the second player shoots from wherever they want.
7. If the first player makes the basket, but the second player misses, the second player receives a letter in the word HORSE.
8. Players only get a letter if they miss the shot and the player before them makes the shot.
9. When a player has spelled HORSE, they are out of the game.

[Back to Bear Strong Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
Required

Requirement 2



# Tennis Titans

## Snapshot of Activity

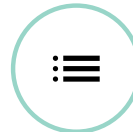
Play a game of tennis.



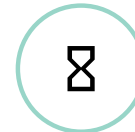
Travel



5



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Tennis Courts
- Tennis racket for each Cub Scout
- Tennis ball for each team of Cub Scouts
- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Find a tennis court and reserve it.
2. Communicate the location to Cub Scouts' parents or legal guardians. Ask them to bring the completed Activity Consent Form.
3. The day before the meeting remind parents and legal guardians of the location of the tennis courts.

During the meeting:

1. Explain the simple rules for tennis.
2. Ask Cub Scouts what part of the Scout Law they should keep in mind when they are playing.
3. Split Cub Scouts into teams of two players each. Include adults that are in attendance.
4. Each person two-person team will stand on either side of the net.
5. When the ball is served, it bounces on the side of the opponent.
6. Each Cub Scout can hit the ball once when it is their turn. Cub Scouts hit the ball with the racket into the opponent's court.
7. The ball must be returned after a single bounce or when it is midair. If not hit, your opponent gets a point.
8. Players also score a point if the opponent fails to hit the ball back to your court, the ball hits the net, or if that ball bounces outside your court.

[Back to Bear Strong Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
Required

Requirement 2

# Ultimate Frisbee



## Snapshot of Activity

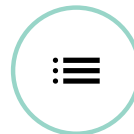
Play a game of ultimate frisbee.



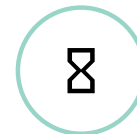
Outdoor



5



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Open field
- Frisbee
- Markers for goals

### Directions

Before the meeting:

1. Find a flat open field free of obstacles.
2. Review the rules of [Ultimate](#).
3. Ultimate is played on a rectangular field 70 yards long and 40 yards wide, with end zones 20 yards deep. To create the goals, place markers at each end of the field to create two end zones

During the meeting:

1. Gather the Cub Scouts and explain the rules of ultimate.
2. Ask Cub Scouts what part of the Scout Law they should keep in mind when they are playing.
3. Split Cub Scouts into two teams.
4. Defensive team starts with a frisbee throw to the offensive team.
5. The offense tries to pass the frisbee among their players and advance it up the field by throwing it.
6. The defense's goal is to intercept the frisbee, force turnovers, and prevent the offensive team from scoring.
7. A point is scored when an offensive player catches the frisbee in the opposing team's end zone.
8. There is no running with the disc and no physical contact.
9. If the frisbee is dropped, intercepted, or goes out of bounds, possession changes to the other team.
10. Teams win by being first to 11 (or whatever score you choose).

[Back to Bear Strong Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
**Required**

Requirement 3



# Dance Memory Grooves

## Snapshot of Activity

Dancing memory contests are a fun way to exercise that includes cardio and muscle memory.



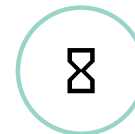
Indoor



5



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Playlist of dance music
- Music speaker device

### Directions

Before the meeting:

1. Select dance music that is energetic and fun for the Cub Scouts.
2. Create a space where the Cub Scouts can move about freely and not hit anything.

During the meeting:

1. Have Cub Scouts form a circle around the dance floor.
2. Choose one Cub Scout to go first. Cub Scout will step into the center of the circle and make up a dance move.
3. The next Cub Scout will step into the center of the circle and repeat the same dance move.
4. After that Cub Scout mimics the first dance move, they then perform one of their own.
5. The third Cub Scout will repeat both dance moves and add a third move.
6. The game continues in this manner, with each dancer repeating and then adding a new move to the list.
7. Any Cub Scout who can't copy or forgets the succession of the dance moves is out.
8. Play continues until only one dancer remains.

[Back to Bear Strong Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
Required

Requirement 3



# Energizing Workout

## Snapshot of Activity

Cub Scouts create a short workout to explore different exercises.



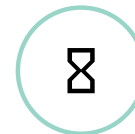
Indoor



5



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Tennis shoes
- Water bottle for each Cub Scout
- Energizing Workout worksheet found in Additional Resources.
- Printer
- Pen or pencil for each Cub Scout

### Directions

Before the Meeting:

1. Contact the Cub Scouts' parents or legal guardians and tell them that they and their Cub Scouts should wear comfortable closed toe shoes and bring a water bottle.
2. Print Energizing Workout worksheet, one for each Cub Scout.

During the meeting:

1. Have Cub Scouts brainstorm exercises that include cardio, muscular strength, and flexibility. These could include walking between two points, jogging, and then sprinting or doing five push-ups on your knees, then regular push-ups.
2. Tell Cub Scouts to draw the activities on the worksheet.
3. Have Cub Scouts complete the exercises and rate the different levels of intensity for each.

## **Additional Resources**

[Energizing Workout worksheet](#)

[Back to Bear Strong Requirements](#)





## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
Required



Requirement 3

# Fitness Expert

## Snapshot of Activity

Invite a fitness professional to your Cub Scout den meeting to lead a 15-min activity.



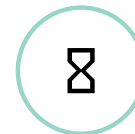
Indoor



5



1



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- None

### Directions

Before the meeting:

1. One to two weeks prior to the den meeting, research and invite an exercise professional from your community to your den meeting.
2. Contact parents/legal guardians to let them know Cub Scouts need to wear comfortable clothes and bring a water bottle.

During the meeting:

1. Discuss Cub Scouts expectations when having a guest speaker.
  - Raise your hand when you want to speak or ask a question.
  - Stay seated while the speaker is talking unless they ask you to stand up.
  - Use your listening ears.
2. Have the professional lead the den in a physical work out and share the importance of exercise. Schedule 15-20 minutes for the speaker.
3. Have Cub Scouts ask any questions.
4. Thank your guest for coming.

After the meeting:

1. Write a thank you note to the guest speaker.

[Back to Bear Strong Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
**Required**

Requirement 4

# Listening to Music



## Snapshot of Activity

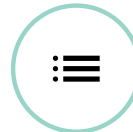
Listen to relaxing music to create a calming effect.



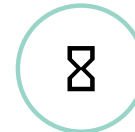
Indoor



1



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Playlist of relaxing music
- Music speaker device

### Directions

Before the meeting:

1. Create a relaxing music playlist

During the meeting:

1. Discuss with Cub Scouts the calming effect of listening to relaxing music.
2. Play the music for Cub Scouts to listen to.
3. Ask Cub Scouts if they have relaxing music, they like to listen to and play their songs if you have access to it.

[Back to Bear Strong Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
**Required**

Requirement 4

# Reading Escape



## Snapshot of Activity

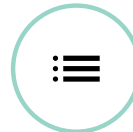
Read a book.



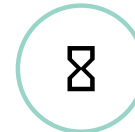
Indoor



1



2



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Comfy chair/pillow
- Extra age-appropriate books

### Directions

Before the Meeting:

1. Find a quiet location that is an appropriate reading spot.
2. Contact parents/legal guardians to let them know Cub Scouts should bring a book.

During the meeting:

1. Explain to Cub Scouts they will be reading their books to themselves. Have Cub Scouts choose a comfortable location to read.
2. Have Cub Scouts read the selected materials for a minimum of 10 minutes.

[Back to Bear Strong Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
Required

Requirement 4



# Yoga Salutation

## Snapshot of Activity

Practice yoga.



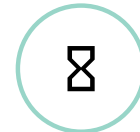
Indoor



3



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Water bottle
- Yoga Salutation Poses found in Additional Resources.

### Directions

Before the meeting:

1. Contact parents/legal guardians to let them know Cub Scouts need to wear comfortable clothes and bring a water bottle.
2. Ensure access to the Yoga Salutation Poses worksheet, either by printing or on a digital device.
3. Practice the model and movements.

During the meeting:

1. Tell Cub Scouts to sit in a circle and explain that they will be practicing yoga as a way to relax their mind.
2. Demonstrate breathing when exercising:
  - Inhale through the nose and when going into a pose
  - Exhale through the mouth and when coming out of a pose
  - When holding a pose, use deep breaths, filling your lungs and letting out your breath slowly.
3. Using the Salutation Poses worksheet, lead each pose and have the Cub Scouts copy you to their ability.

## **Additional Resources**

[Yoga Salutation Poses worksheet](#)

[Back to Bear Strong Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Strong  
Personal Fitness  
**Required**

Requirement 5



# BSA Health & Medical Record Review

## Snapshot of Activity

Cub Scouts review their BSA Annual Health and Medical Records with their parent or legal guardian.



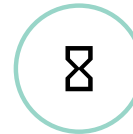
Indoor



1



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- BSA [Annual Health and Medical Record](#) for each Cub Scout
- Pens

### Directions

Before the meeting:

1. If the Cub Scout family has already submitted their BSA Annual Health and Medical Record, ensure that it is available for the den meeting.
2. Have copies available for Cub Scouts that have not already submitted their BSA Annual Health and Medical Record.
3. Set up meeting space with tables and chairs for writing.

During the meeting:

1. Ask Cub Scouts and parent or legal guardians to sit together.
2. Pass out any completed BSA Annual Health and Medical Record forms. Hand blank forms to those who have not yet filled one out.
3. Ask parents or legal guardians to fill out/review the form with their child. Parents or legal guardians should discuss with their Cub Scout any activities they should not participate in or conditions that should be shared with adult leadership for safety reasons.
4. Collect the completed/reviewed forms.

After the meeting:

1. Review each Cub Scouts BSA Annual Health and Medical Record. Follow up with any questions you have with individual families about participation limits.

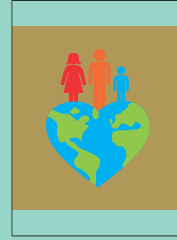
[Back to Bear Strong Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Paws for Action

Citizenship

REQUIRED



## Snapshot of Adventure

This Adventure is about America and the powerful symbols that represent the best of our country and how communities come together to help solve problems they are facing. Citizenship in America is about participation. One way to show citizenship is by making an impact locally through nonprofit organizations. Nonprofit organizations are a place for people to give their time, talents, and resources to make a difference in their community. You, too, can make an impact by participating in a service project that makes your community a better place.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Use the [Service Project Planning Checklist](#) to plan your den or pack service project.
- Review the [SAFE Project Tool Use](#) is an at-a-glance reference for service projects, not crafts. It includes age guidelines for tools and types of allowed activities allowed for service projects.

During the Adventure

- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Paws for Action.

#### Requirement 1

Familiarize yourself with the flag of the United States of America including the history, demonstrating how to raise and lower the flag, how to properly fold and display, and the United States etiquette.

- Learn about [flag etiquette](#) and how to work with a flag while playing a flag trivia game.
- Learn about the [United States flag and how it's used from a local patriot](#).

**Requirement 2**

Identify 3 symbols that represent the United States. Pick your favorite and make a model, work of art, or other craft that depicts the symbol.

- [Paint a picture of the United States flag.](#)
- Learn about the [Statue of Liberty](#) while building a replica.
- Using Play-Doh®, [create a symbol that represents the United States.](#)
- Learn about [symbols that represent the United States](#) and create a drawing of your favorite symbol.
- Learn about United States symbols and [build a model of the White House.](#)

**Requirement 3**

Learn about the mission of any non-profit. Find out how they fund their activities and how volunteers are used to help.

- Cub Scouts learn about a [nonprofit organization using the internet.](#)
- Cub Scouts learn about a [nonprofit by visiting the organization.](#)

**Requirement 4** Participate in a service project.

- With your den, [host a used eyeglasses drive](#) to donate to an organization that recycles them for those in need.
- Cub Scouts [plant a tree](#) in their community.
- Participate in your [Council-sponsored Scouting for Food event.](#)

[Back to Required Adventures](#)

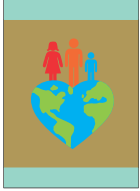


Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

Requirement 1

## Outdoor Flag Ceremony



### Snapshot of Activity

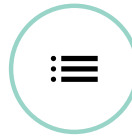
Learn about flag etiquette and how to work with a flag while playing a flag trivia game.



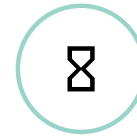
Outdoor



3



4



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Citizenship Flag Trivia game found in Additional Resources.
- Citizenship Flag Trivia key found in Additional Resources.
- Printer
- Pencil for each Cub Scout
- United States flag, one for every three Cub Scouts
- Flagpole with working halyard, the rope that the United States flag attaches to
- United States flag that is fitted for the above flagpole
- Cub Scout Opening Flag Ceremony found in Additional Resources.

### Directions

Before the meeting:

1. Print a copy of the Citizenship Flag Trivia game for each Cub Scout.
2. Ensure access to the answer key, either by printing or digitally.
3. Review the [flag ceremonies video](#) (Duration: 1:30).
4. Learn how to display and fold the United States flag. Check out the video on the Scout Life website "[How to Display and Fold the American Flag.](#)"
5. Print Cub Scout Opening Flag Ceremony and Cub Scout Closing Flag Ceremony.
6. Practice the proper way of folding the United States flag

During the meeting:

1. Gather Cub Scouts and inform them that in this den meeting, they will learn about the United States flag and how to properly display, fold, how to raise and lower it.
2. Tell the Cub Scouts that we treat the flag with respect because the flag symbolizes freedom and justice. People have made great sacrifices, and many have even given their lives to provide us with the freedoms we enjoy today. Treating the flag with respect shows you believe in freedom and justice.

3. Have Cub Scouts break off into groups of two or three.
4. Provide a Citizenship Flag Trivia game sheet and pencil to each Cub Scout.
5. Inform the Cub Scouts that they are to work together and use their Bear Cub Scout handbook to answer the questions on the trivia sheet.
6. After Cub Scouts have finished, review the correct answers.
7. Gather the Cub Scouts and with the help of the Den Chief, Denner, or Assistant Den Leader demonstrate how to fold the United States flag.
8. Pair the Cub Scouts into groups of three and give each group a United States flag. Have the groups practice folding the United States flag properly.
9. Once the groups have properly folded the flag, gather the Cub Scouts around the flagpole.
10. With the help of two Cub Scouts demonstrate how to properly raise and lower the United States flag. When raising the flag, it is done quickly and when lowering the flag, it is done slowly.

### **Additional Resources**

[Citizenship Flag Trivia game](#)

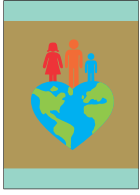
[Citizenship Flag Trivia key](#)

[Back to Paws for Action Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

Requirement 1



# Patriotic Guest Speaker

## Snapshot of Activity

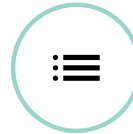
Learn about the United States flag and how it's used from a local patriot.



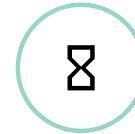
Indoor



2



2



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- None

### Directions

Before the meeting:

1. Select a community organization that could present information on the United States flag and how to properly display the flag. Organizations that you may consider are the Veterans of Foreign Wars (VFW), the American Legion, or a high school Jr. ROTC instructor.
2. Request a person from the community to visit your den meeting to talk about the history of the United States flag and how to properly display it.

During the meeting:

1. Gather Cub Scouts and inform them that in this den meeting, they will learn about the United States flag and how to properly display, fold, how to raise and lower it.
2. Remind Cub Scouts to be on their best behavior and to raise their hands if they have a question.
3. Welcome your guest speaker and introduce them to the den.
4. Gather the Cub Scouts and with the help of the Den Chief, Denner, or Assistant Den Leader demonstrate how to fold the United States flag.
5. Pair the Cub Scouts into groups of three and give each group a United States flag. Have the groups practice folding the United States flag properly.
6. Once the groups have properly folded the flag, gather the Cub Scouts around the flagpole.
7. With the help of two Cub Scouts demonstrate how to properly raise and lower the United States flag. When raising the flag, it is done quickly and when lowering the flag, it is done slowly.

After the meeting:

1. Ask Cub Scouts to sign a thank you card for your guest speaker.
2. Send a thank you card to the guest speaker.

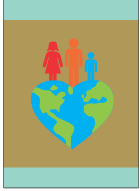
[Back to Paws for Action Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

Requirement 2

# Paint the Flag



## Snapshot of Activity

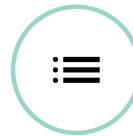
Paint a picture of the United States flag.



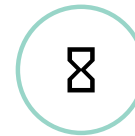
Indoor



3



3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Watercolor paints
- Paintbrush for each Cub Scout
- Paper for each Cub Scout
- Bear handbook
- Waterproof covering for the workspace
- Plastic cup for every two Cub Scouts
- Water

### Directions

Before the meeting:

1. Remind Cub Scouts to bring their handbook to the meeting.
2. Cover workspace with waterproof covering.
3. Place one piece of paper, a watercolor set, and a paintbrush at each workspace.
4. Place a cup of water in between two workspaces.

During the meeting:

1. Discuss with Cub Scouts symbols that represent the United States.
2. If Cub Scouts are struggling with ideas, have them consider:
  - Eagle
  - Liberty Bell
  - Statue of Liberty
  - National Anthem
  - Uncle Sam
  - White House
3. Ask Cub Scouts to paint a picture of the United States flag.
4. Remind Cub Scouts that a picture of the flag is in their Bear handbook.

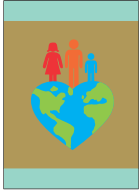
[Back to Paws for Action Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

Requirement 2

# Statue of Liberty



## Snapshot of Activity

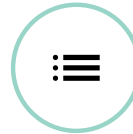
Learn about the Statue of Liberty while building a replica.



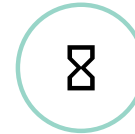
Indoor



3



3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Statue of Liberty template found in Additional Resources
- Printer
- Toilet paper roll, one for each Cub Scout
- Colored pencils
- Scissors, one for each Cub Scout
- Clear tape
- Covering for workspace

### Directions

Before the meeting:

1. Cover the workspace with a covering.
2. Print one copy of the Statue of Liberty template for each Cub Scout.

During the meeting:

1. Tell Cub Scouts that they will be building their own Statue of Liberty.
2. Hand out colored pencils, a pair of scissors, a toilet paper roll, and a Statue of Liberty sheet to each Cub Scout.
3. Ask Cub Scouts to color the toilet paper roll and the pieces on the Statue of Liberty Sheet.
4. Remind Cub Scouts to color the fire yellow or orange.
5. Have a discussion while Cub Scouts paint about the Statue of Liberty such as:
  - Do they know which country gave the Statue of Liberty to the United States ? France.
  - Mention that the Statue of Liberty was given on July 4, 1884, as a birthday gift to the United States .
  - Did they know that the Statue of Liberty was shipped to the United States in crates and rebuilt in New York.
  - Can they guess how tall the Statue of Liberty is? It stands 15 stories high without the pedestal. There are 354 steps to lookout from the 25 windows in the crown.

- Discuss the seven points of Lady Liberty's crown. Each point represents one of the seven continents and the seven seas.
  - Discuss how the torch represents the light that guides people to freedom. The tablet in her left hand is a replica of the one found at the base of the statue that bears the date of American Independence – July 4, 1776.
6. Ask Cub Scouts to cut out their pieces.
  7. Ask Cub Scouts to use their black pen to draw a face on their circle.
  8. Ask Cub Scouts to decorate the crown and tape the crown to the circle.
  9. Tape the yellow torch to the top of one of the rectangles to create the torch.
  10. Tell Cub Scouts to tape the face on the end of the toilet paper roll.
  11. Ask Cub Scouts to tape the rectangles to the side of the toilet paper roll making sure that the rectangle with the torch is higher than the other rectangle.

## **Additional Resources**

[Statue of Liberty template](#)

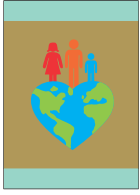
[Back to Paws for Action Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

Requirement 2

# U.S.A. Symbol Model



## Snapshot of Activity

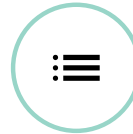
Using Play-Doh®, create a symbol that represents the United States.



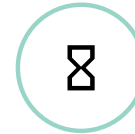
Indoor



3



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Several containers of Play-Doh® in assorted colors, recommend at least 4 oz. or more for each Cub Scout
- Bear handbook

### Directions

Before the meeting:

1. Gather supplies.
2. Place a covering on the workspace where Cub Scouts will create their symbols.

During the meeting:

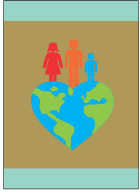
1. Discuss with Cub Scouts symbols that represent the United States . Use the Bear Handbook for guidance.
2. If Cub Scouts are struggling with ideas, have them consider:
  - Eagle
  - Liberty Bell
  - Statue of Liberty
  - National Anthem
  - Uncle Sam
  - White House
3. Ask Cub Scouts to select one symbol and create it with Play-Doh®.
4. Once Cub Scouts complete their symbols, allow time to share their creations.

[Back to Paws for Action Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

Requirement 2



# U.S.A. Symbols Drawing

## Snapshot of Activity

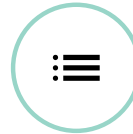
Learn about symbols that represent the United States and create a drawing of your favorite symbol.



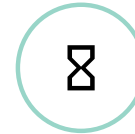
Indoor



3



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Colored pencils
- Paper, one sheet for each Cub Scout

### Directions

Before the meeting:

1. Gather supplies.

During the meeting:

1. Discuss with Cub Scouts symbols that represent the United States .
2. United States
3. If Cub Scouts are struggling with ideas, have them consider:
  - Eagle
  - Liberty Bell
  - Statue of Liberty
  - National Anthem
  - Uncle Sam
  - White House
4. Ask Cub Scouts to select one symbol and draw that symbol.
5. Once Cub Scouts complete their symbols, allow time to share their drawings.

[Back to Paws for Action Requirements](#)

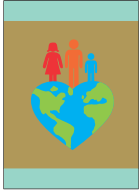


## Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

Requirement 2

# White House Model



## Snapshot of Activity

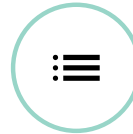
Learn about United States symbols and build a model of the White House.



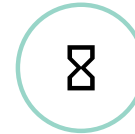
Indoor



3



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Building materials such as Lego® or Lincoln Logs®
- White House model found in Additional Resources

### Directions

Before the meeting:

1. Print one copy of the White House model for every 3 or 4 Cub Scouts so they can use it as a reference for building their model.

During the meeting:

1. Set out the building materials.
2. Discuss with Cub Scouts symbols that represent the United States .
3. United States
4. If Cub Scouts are struggling with ideas, have them consider:
  - Eagle
  - Liberty Bell
  - Statue of Liberty
  - National Anthem
  - Uncle Sam
  - White House
5. Hand out the White House pictures and explain to Cub Scouts that they are going to use their materials to build a model of it.
6. Ask Cub Scouts to select their materials and build a model of the White House.
7. Once Cub Scouts complete their models, allow time to share their creations.

[Back to Paws for Action Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

### Requirement 3

## Groups That Help



### Snapshot of Activity

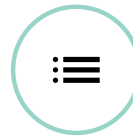
Cub Scouts learn about a nonprofit organization using the internet.



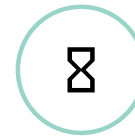
Indoor



1



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Computer, tablet, or mobile phone with internet access

### Directions

Before the meeting:

1. Notify Cub Scouts' parents or legal guardians that you'll be using the internet at this meeting to research a non-profit organization.

During the meeting:

1. Tell Cub Scouts they're going to learn about a nonprofit organization by researching it online.
2. Ask Cub Scouts to name some local nonprofit organizations. If Cub Scouts are having trouble, you can prompt them with these ideas:
  - Local food pantry
  - Animal shelter
  - American Legion
3. Have Cub Scouts vote on the organization they would like to learn about.
4. Find the organization's website on your computer, tablet, or mobile phone.
5. Ask Cub Scouts what they would like to know about the organization. You can prompt them with these ideas if necessary:
  - What does the organization do?
  - What group of people or cause does this organization serve?
  - How does it raise money?
  - What do their volunteers do to help?
6. As Cub Scouts ask each question, find the page on the nonprofit's website that answers the question.
7. Ask a Cub Scout to read the answer to the group.

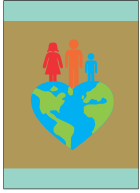
[Back to Paws for Action Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

Requirement 3

# Nonprofit Visit



## Snapshot of Activity

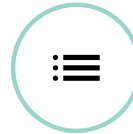
Cub Scouts learn about a nonprofit by visiting the organization.



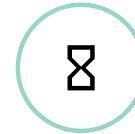
Travel



1



1



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Contact a local nonprofit organization.
2. Ask if the organization would be willing to host your Cub Scout den and have someone give them information about their activities. Schedule the meeting.
3. Inform Cub Scouts' parents or legal guardians about the visit and ask them to fill out an Activity Consent Form.

During the meeting:

1. Gather Cub Scouts outside the meeting space.
2. Encourage Cub Scouts to ask questions. Remind them to be respectful during the presentation.
3. Have your host give the den a tour of their facility, if appropriate.

After the meeting:

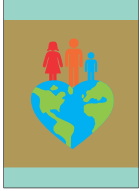
Write a thank you note to the organization and send.

[Back to Paws for Action Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

Requirement 4



# Eyeglasses Donation Drive

## Snapshot of Activity

With your den, host a used eyeglasses drive to donate to an organization that recycles them for those in need.



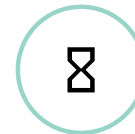
Indoor



3



3



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Collection boxes or bins
- Paper
- Markers, colored pencils, or crayons

### Directions

Before Meeting 1:

1. Find a local organization that accepts used eyeglasses.
2. Decide on the date and duration for the eyeglasses drive.
3. Ask the organization if they can have a member attend your den meeting to pick up the eyeglasses and set the date for the visit.

During Meeting 1:

1. Have Cub Scouts create posters or flyers advertising the drive.
2. Hang up your flyers or posters around the neighborhood, at school, and in other places where people will see them.
3. With permission, set up collection boxes or bins in places where people can easily drop off donations, like schools, community centers, or local stores.

Before Meeting 2:

1. Pick up donations from the collection boxes.

During Meeting 2:

1. Have Cub Scouts sort the donated items into bags or boxes.
2. Present the donations to the member of the organization who is attending your meeting.

Tip: The Lions Club usually has an eyeglasses drive.

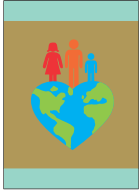
[Back to Paws for Action Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

Requirement 4

# Plant Trees



## Snapshot of Activity

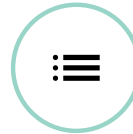
Cub Scouts plant a tree in their community.



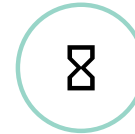
Travel



4



5



4

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Shovels
- Gardening gloves for each Cub scout
- Accessible water (hose, watering can, bucket, etc.)
- Tree saplings in pots
- [Activity Consent Form](#)

### Directions

Before the Meeting:

1. Contact your school, Chartered Partner, or local government to ask if there is an opportunity for your den to plant a tree.
2. Ask the organization where and when you should plant the tree.
3. Inform Cub Scouts' parents or legal guardians about the visit and ask them to fill out an Activity Consent Form. Ask them to bring shovels and gloves if they have them. Explain that their Cub Scouts will need to wear closed-toe shoes.
4. Obtain tree saplings.

During the meeting:

1. Ask Cub Scouts to clear away rocks and debris from the spot where they will plant the tree.
2. Have Cub Scouts take turns using the shovels to dig a hole that is two or three times the diameter of the pot and deep enough to hold the soil and roots.
3. Tell Cub Scouts to remove the tree from the pot and place it in the hole.
4. Ask Cub Scouts to cover the roots with loose soil.
5. Have Cub Scouts thoroughly soak the tree with water using the hose, watering can, or bucket.

After the meeting:

1. Work with Cub Scouts' parent or legal guardian to create a watering schedule for at least two weeks after planting.

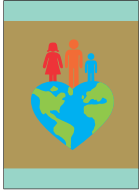
[Back to Paws for Action Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Paws for Action  
Citizenship  
**Required**

Requirement 4

# Scouting for Food



## Snapshot of Activity

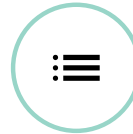
Participate in your Council-sponsored Scouting for Food event.



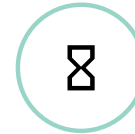
Travel



3



1



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- [Activity Consent Form](#)
- Collection bags provide by local council
- Vehicle to carry collected food such as a truck or van
- Map of area to distribute bags and collect food donations
- Check with local council for any additional items

### Directions

Before the Meeting:

1. Contact your local Council to participate in Scouting for Food collection event.
2. Review council provided materials for Scouting for Food event.
3. Communicate the details to the parents and legal guardians of your Cub Scouts.
4. Distribute [Activity Consent Form](#) to the patrol.
5. Confirm with local council the area to distribute bags and collect food donations.
6. Confirm with local council the location of drop off for donations.
7. Get collection bags provided by local council.
8. Communicate date, time, and location for bag distribution to the patrol.
9. Communicate date, time, and location for food collection distribution to the patrol.
10. Refer to your council provided resources for any additional items to be completed before the event.

During collection bag distribution:

1. Collect Activity Consent Form for each Cub Scout.
2. Create buddies.
3. Assign area for buddies to distribute collection bags.
4. Review how to approach residences safely and politely as they distribute collection bags.
5. Remind Cub Scouts that it is illegal to place collection bags in or on mailboxes.

During food donation collection:

1. Collect Activity Consent Form for each Cub Scout.

2. Create buddies.
3. Assign area for buddies to collect donations.
4. Review how to approach residences safely and politely if there is no donated food left out.
5. Take donated food to the assigned collection point.

[Back to Paws for Action Requirements](#)

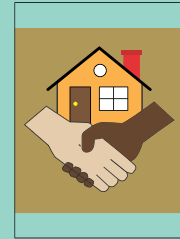


Bear – 3<sup>rd</sup> Grade

# Fellowship

Family and Reverence

REQUIRED



## Snapshot of Adventure

It is important to know that the BSA has a religious element as a part of the program as stated in the Scout Oath and Scout Law. However, the BSA is absolutely nonsectarian in its attitude toward a member's religion or faith. The BSA policy is that the home and organization or group with which the member is connected shall give definite attention to religious life.

In this Adventure, you're encouraged to learn more about your family's faith traditions. You will complete most of these requirements at home with your family. Faith means having complete trust or confidence in someone or something. Always be respectful when talking about your faith and when learning about other faiths.

*This Adventure is commonly done at home with the Cub Scout's family. If it is being done as a den, ensure that every parent and guardian is aware of the content and the activities that the den will do and allow for parents to opt out of doing it as a den activity and choose to complete the requirement at home.*

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

### Complete the following requirements

Family & Reverence Adventure

This Adventure may be earned by completing the requirements below OR by completing a Religious Emblem of the Cub Scouts family's choosing.

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Fellowship.

#### Requirement 1

With your parent or legal guardian talk about your family's faith traditions. Identify three holidays or celebrations that are part of your family's faith traditions. Make a craft, work of art, or a food item that is part of your favorite family's faith tradition, holiday or celebration.

- Create [Thanksgiving treats](#).
- Create a [clay sculpture that can be used as part of your favorite family faith tradition, holiday, or celebration](#).
- Create a [string art heart](#).

**Requirement 2**

With your family, attend a religious service OR other gathering that shows how your family expresses reverence.

- [Attend a religious service](#) based on your family's choosing.
- [Attend a celebration at your chartered partner](#) based on a faith tradition.
- [Participate in a Veterans Day celebration](#)

**Requirement 3** Carry out an act of kindness.

- [Write nice words about your parent or legal guardian and put them in a jar.](#)
- [Talk to someone new at school.](#)
- [Write a thank you card for a teacher.](#)

**Requirement 4**

With your parent or legal guardian identify a religion or faith that is different from your own. Determine two things that it has in common with your family's beliefs.

- [Learn about a religion different from your own](#) and name two things that it has in common with your family's beliefs.

[Back to Required Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Fellowship  
Family and Reverence  
**Required**

Requirement 1



# Beary Happy Turkey Treats

## Snapshot of Activity

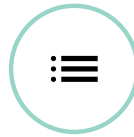
Create Thanksgiving treats.



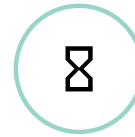
Indoor



3



3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

*Thanksgiving is an American tradition and celebration that has a foundation for religious freedom. These instructions are for each Cub Scout to make 3 Thanksgiving treats. You may consider having Cub Scouts bring a food item to a den meeting that they made with their family that is typically eaten as part of a family faith tradition.*

- Oven
- Sink and hand soap
- 13" x 9" Cookie sheet, one for every four Cub Scouts
- 13" x 9" Parchment paper, one for each cookie sheet
- 3 pretzel twists, per Cub Scout
- 3 chocolate candies such as Kisses or Rolos, per Cub Scout
- 9 candy corn pieces, per Cub scout
- 3 yellow candies such as M&Ms or Reese's Pieces per Cub Scout
- 6 candy eyes, per Cub Scout

### Directions

Before the meeting:

1. Line cookie sheets with parchment paper.
2. Gather supplies.
3. Preheat oven to 200°F.
4. Prepare the meeting location and ensure there is enough space for Cub Scouts to work with food in a clean environment.

During the meeting:

1. Gather Cub Scout and tell them that they are going to help make a treat to celebrate Thanksgiving. Inform them that Thanksgiving is an American holiday and is celebrated on the fourth Thursday of November. It is a time when Americans give thanks for the things they have in their life. The first Thanksgiving was held by a

group of people we now call the Pilgrims. They left Europe so they could worship freely and would later become some of the first to colonize the United States. Modern-day Thanksgiving is celebrated with a big meal that includes cooking a Turkey.

2. Review the recipe with Cub Scouts.
3. Ask Cub Scouts to wash their hands.
4. Direct Cub Scouts to place pretzels salted side down with the double round end facing the bottom of the baking sheet.
5. Unwrap chocolate candies and place one in the center of each pretzel.
6. Place baking sheet in the oven and allow the chocolate candies to soften for about one minute.
7. Take the baking sheet out of the oven and begin decorating by placing the candy eyes towards the middle, slightly towards the top, of the melted chocolate candy.
8. Take a yellow candy, turn it sideways, and insert it below the eyes.
9. Insert the three pieces of candy corn along the top of the chocolate candy for the feathers.
10. Place in freezer to solidify for about three minutes.
11. Remove from tray and store in an airtight container until ready to serve.

[Back to Fellowship Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Fellowship  
Family and Reverence  
**Required**

Requirement 1



# Clay Celebration

## Snapshot of Activity

Create a clay sculpture that can be used as part of your favorite family faith tradition, holiday, or celebration.



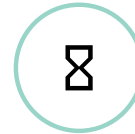
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Air drying clay, recommend 1lb of clay for each Cub Scout
- Plastic knife, fork, and spoon, a set for each Cub Scout
- Toothpicks, enough to share
- ½ gallon of water in a large bowl

### Directions

Before the meeting:

1. Inform the parents and legal guardians in the den that at this den meeting Cub Scouts will work on making a craft with clay that represents one of their favorite family faith traditions. Ask parents and legal guardians to help their Cub Scout think of what they may want to make. It may be a decoration, a symbol of faith, or a useful object that is used as part of a family faith tradition.
2. Prepare the meeting space for Cub Scout to work with clay.
3. Secure a safe location for projects to air dry until the next meeting.

During the meeting:

1. Ask Cub Scouts to describe their favorite family holidays and celebrations.
2. Inform Cub Scouts that they are going to make something that represents a family faith tradition. This can be a decoration, a symbol of faith, or a useful object that is used as part of a family faith tradition celebration.
3. Give each Cub Scout a ball of clay and let them know that they can use the fork, knife, spoon, and toothpicks as tools to make their project. Let them know that if their project starts getting hard, they can add some water to their clay to make it easier to work with.
4. When projects are done, each Cub Scout describes their craft.
5. Place projects in a safe place so they can air dry until the next meeting.

[Back to Fellowship Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Fellowship  
Family and Reverence  
**Required**

Requirement 1



# I Heart String Art

## Snapshot of Activity

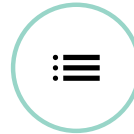
Create a string art heart.



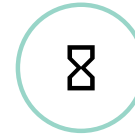
Indoor



3



3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Heart String Art template cut out to 3" x 3" found in Additional Resources
- Printer
- 5" x 5" piece of white paper, one for each Cub Scout
- Pencils, one for each Cub Scout
- 5" square wooden board, at least 3/4" thick, one per Cub Scout
- Small nails, at least 1/2" tall, 28 nails per Cub Scout
- Tack hammer, one for each Cub Scout
- Colored yarn, one skein for each Cub Scout
- Thumb tack, one per Cub Scout
- Tape, two pieces per Cub Scout
- Safety glasses or eye protection for each Cub Scout

### Directions

Before the meeting:

1. Inform the parents and legal guardians in the den that at this den meeting Cub Scouts will work on making string art that represents one of their favorite family faith traditions. Ask parents and legal guardians to help their Cub Scout to think of what they may want to make.
2. Prepare the meeting space for Cub Scout to work with hammers and nails, give at least arm's length distance between Cub Scouts.
3. Review how to make string art, you may use this YouTube video on [beginner string art](#).
4. Use the Heart String Art template and make a string art as a sample and to help identify areas that Cub Scouts may need extra help with.
5. Secure additional adult supervision to assist with project.

During the meeting:

1. Inform Cub Scouts that they are going to make something that represents a family faith tradition. This can be a decoration or a symbol of faith.
2. Have Cub Scouts use the 5" x 5" white piece of paper to draw their design.
3. Provide each Cub Scout with a square wooden board and tape.
4. Ask Cub Scouts to carefully tape their template onto their wooden board.
5. Have Cub Scout put on their safety glasses.
6. Tell Cub Scouts to carefully use their tack to pierce holes in their template where the nails should go. Instruct Cub Scouts to push hard enough to puncture the wood beneath the template.
7. Advise Cub Scouts to remove their template. They should see where each nail should go.
8. Ask Cub Scouts to use their hammer to nail each nail into their board in the designated spots. Nails should not hammer all the way into the wood. Instead, leave approximately  $\frac{1}{4}$ " of the nail sticking out of the wood. Remind Cub Scouts to be careful and try to keep their nails straight.
9. Tell Cub Scouts to take the end of their yarn and tie around the bottom-most nail leaving a 2-3" tail. Ask Cub Scouts to wrap the yarn around the nails, moving back and forth across their design as much as they can, keeping the string taut.
10. Encourage Cub Scouts to use every nail at least once.
11. When Cub Scouts have completed their string art have them share what they made with the den.

### **Additional Resources**

[Heart String Art template](#)

[Back to Fellowship Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Fellowship  
Family and Reverence  
**Required**

Requirement 2



# Attend a Religious Service

## Snapshot of Activity

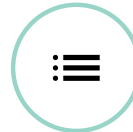
Attend a religious service based on your family's choosing.



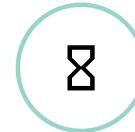
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- This activity is done with your family.

### Directions

Before the service:

1. Cub Scout and parent or legal guardian discuss the service they will attend.
  - What is the significance of this service?
  - How often is this service performed?
  - Is the service divided into different parts? If so, what are they?

During the service:

1. Cub Scouts attend a religious service with their parent(s) or legal guardian.

After the service:

1. Cub Scout and parent or legal guardian discuss what they took away from the service.
  - How did it make you feel?
  - Is there something that inspired you?
  - What parts of the service did you like the most?

[Back to Fellowship Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Fellowship  
Family and Reverence  
**Required**

Requirement 2



# Chartered Partner Celebration

## Snapshot of Activity

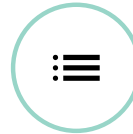
Attend a celebration at your chartered partner based on a faith tradition.



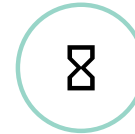
Travel



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4

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

*This activity is designed for packs with a faith-based chartered partner. Encourage all members of the den to attend even if it is not their family faith tradition.*

- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Contact your chartered partner to discuss upcoming services and/or celebrations that the den could attend.
2. Request that a member of the chartered partner meet the den before the service to give the den a brief history of the chartered partner and a description of the service they will be attending.
3. Send a meeting notice of the date/time/location of the den meeting to all parents or legal guardians in the den a week before the meeting.
4. Give all parents or legal guardians information about the beliefs of the chartered organization and what service the den will be attending.
5. Allow parents to opt-out and complete this requirement as a family.

During the meeting:

1. Gather the Cub Scouts and adult partners in the parking lot before entering the chartered partner.
2. Have a representative from the chartered partner speak to the den about the history of the charter partner and the service the den will be attending. Have them review any specific behavior, customs, or traditions to follow during the service.
3. Have the representative from the chartered partner bring you inside and guide the den through the service.
4. After the service, allow time for members of the den to ask questions to the representative of the chartered organization.

[Back to Fellowship Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Fellowship  
Family and Reverence  
**Required**

Requirement 2



# Veterans Day Celebration

## Snapshot of Activity

Participate in a Veterans Day celebration



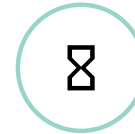
Travel



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5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Find a Veterans Day celebration in your community.
2. Identify how your den can participate in the Veterans Day celebration.

During the meeting:

1. With the Cub Scouts, review what a veteran is and why we celebrate Veterans Day. Veterans Day is a U.S. federal holiday that is dedicated to honoring and remembering American veterans whether they are currently serving or not. This day provides us with the opportunity to show our gratitude for all the sacrifices they made and still make to ensure our safety and freedom.
2. Travel to the community event and participate in the celebration.

After the meeting:

1. Send a thank you note to event organizers expressing appreciation for the opportunity to honor community veterans.

[Back to Fellowship Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Fellowship  
Family and Reverence  
**Required**

Requirement 3

# Kindness Jar



## Snapshot of Activity

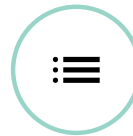
Write nice words about your parent or legal guardian and put them in a jar.



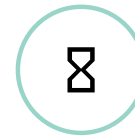
Indoor



2



4



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Jar/small box/can, one per Cub Scout
- Ribbons
- Stickers
- Paper
- Glue
- Six 1" x 4" pieces of paper per Cub Scout
- Pen/thin sharpie

### Directions

Before the Meeting:

1. Ask Cub Scouts to bring a small jar, box, or can to the meeting.
2. Prepare a list of "kind words" that Cub Scouts could write about their parent or legal guardian. This could include words about:
  - Giving the best hugs
  - Making great lunches, dinners, etc.
  - Help with homework
  - How much they love the parent or legal guardian
  - A memory of a fun activity
  - Baking cookies
  - Or anything else that the Cub Scout thinks is a kind gesture

During the meeting:

1. Hand out six pieces of paper.
2. Ask Cub Scouts to write one thing that their parent or legal guardian does that means a lot to them on each piece of paper. Use the prepared list to give ideas to the Cub Scouts.
3. Using craft supplies, Cub Scouts decorate their container.

4. After the container is decorated, Cub Scouts put the pieces of paper with the kind words on them in them.
5. Have Cub Scouts give the kindness jars to their parents or legal guardian  
After the meeting.

[Back to Fellowship Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Fellowship  
Family and Reverence  
**Required**

Requirement 3

# Make a Friend



## Snapshot of Activity

Talk to someone new at school.



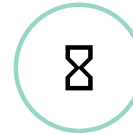
Indoor



2



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2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- At least 2 Cub Scouts

### Directions

During the meeting:

1. Talk to Cub Scouts about what it feels like when they don't know anyone.
2. Brainstorm ideas on how Cub Scouts can make new friends at school (smile, be kind, be friendly, etc.).
3. Tell Cub Scouts that they need to talk to someone at school that they don't know well.

At the next meeting:

1. Ask Cub Scouts how meeting someone new went.
2. Discuss how being kind or friendly to someone might make that person feel.

[Back to Fellowship Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Fellowship  
Family and Reverence  
**Required**

Requirement 3

# Thank a Teacher



## Snapshot of Activity

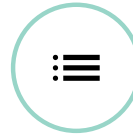
Write a thank you card for a teacher.



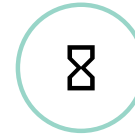
Indoor



2



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Paper of any size, one for each Cub Scout
- Card stock paper, 8 ½" x 11", one for each Cub Scout
- Markers, colored pencils, or crayons
- Pens
- Stickers and other items to decorate the card

### Directions

Before the meeting:

1. Lay out paper and craft supplies.

During the meeting:

1. Review how to write a thank you card.
  - Begin with a warm greeting such as "Dear Ms. Baranowski" or "Hi Mr. Temple."
  - Express your gratitude such as "I wanted to take a moment to thank you for ..."
  - Be specific and write about the impact such as "helping me better understand math."
  - Share personal experiences where they went above and beyond such as "I appreciate your willingness to use your lunchtime to review math facts with me."
  - Conclude with appreciation and well wishes such as "Thank you for everything you have done to help me."
  - Sign off with your name.
2. Encourage Cub Scouts to write out their thank you on a sheet of white paper first.
3. After they have written their thank you note, ask Cub Scouts to create their thank you card.
  - Have Cub Scouts fold the cardstock in half.
  - Have them write their note on the inside of the card.
  - Decorate the outside of the card.

4. Once complete, ask Cub Scouts to give their thank you notes to their teachers at school the next time they see them.

[Back to Fellowship Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Fellowship  
Family and Reverence  
**Required**

Requirement 4



# Common Faith Elements

## Snapshot of Activity

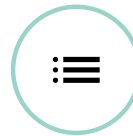
Learn about a religion different from your own and name two things that it has in common with your family's beliefs.



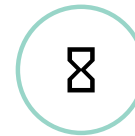
Indoor



2



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Common Faith Elements worksheet found in Additional Resources
- Printer

### Directions

Before the meeting:

1. Print the Common Faith Elements worksheet, enough for one per Cub Scout.

During the meeting:

1. Lead a discussion on faith and religions using the worksheet.
2. Ask Cub Scouts to identify what faith or religion their family practices.
3. Talk through other faiths using the comparative religion worksheet as a guide.
4. Point out that while faiths can have differences all faiths have the Golden Rule as part of their core beliefs.

## **Additional Resources**

[Bear Fellowship 4 Common Faith Elements.](#)

[Back to Fellowship Requirements](#)

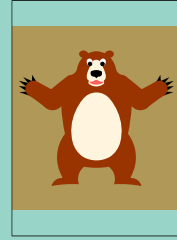


Bear – 3<sup>rd</sup> Grade

# Standing Tall

Personal Safety

REQUIRED



## Snapshot of Adventure

In this Adventure, the Protect Yourself Rules will give you guidance on keeping yourself safe. You will also identify ways to use electronics responsibly and ways to protect your body when you're playing or working. When bears feel they are in danger, they may stand on their back legs, standing tall, to let the danger know that they are brave and know how to keep themselves safe.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure:

- Review the [BSA Youth Protection](#) content.
- Review the [Protect Yourself Rules-Bear](#) video.
- This Adventure may be completed at home or as a den. Prior to the meeting inform parents, legal guardians, and adult partners of the Adventure and content. See the document "Bear Standing Tall "1 Parent Notification" found in the Additional Resources section for Requirement 1.

During the Adventure:

- There is a chance that a child may disclose a situation that causes suspicion of abuse. If you suspect a child is being abused follow the reporting guidelines found on the [BSA Youth Protection](#) site.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Standing Tall.

#### Requirement 1

With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Bear rank.

- Watch the [Protect Yourself Rules video](#) with your parent or legal guardian.

#### Requirement 2

Complete the Personal Space Bubble worksheet that is part of the Protect Yourself Rules resources.

- [Identify people that fall within Intimate, Personal, Social, and Public bubbles.](#)

#### Requirement 3

With your parent or legal guardian, set up a family policy for digital devices.

- With parents and legal guardians, [set up a family digital device policy.](#)

**Requirement 4**

Identify common personal safety gear for your head, eyes, mouth, hands, and feet. List how each of these items protect you. Demonstrate the proper use of personal safety gear for an activity.

- Learn about [personal safety in the kitchen](#).
- Learn about [personal safety gear needed for conducting a science experiment](#).
- Learn about [personal safety gear needed for skating / rollerblading](#).

[Back to Required Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Standing Tall  
Personal Safety  
**Required**

Requirement 1



# Protect Yourself Rules Video

## Snapshot of Activity

Watch the Protect Yourself Rules video with your parent or legal guardian.



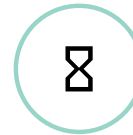
Indoor



1



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Standing Tall 1 Parent Notification found in Additional Resources
- Computer or smart device
- Internet connection to view the "[Protect Yourself Rules Bear](#)" video (duration 13 minutes)
- Or download video onto device if internet is not available where you will be watching.

### Directions

Before the meeting:

1. Inform parents, legal guardians, and adult partners of the Adventure and content. See the document "Standing Tall 1 Parent Notification" found in the Additional Resources section for Requirement 1.

During the meeting or at home:

1. Parent or legal guardian watch the "Protect Yourself Rules" video with their Cub Scout

## **Additional Resources**

[Standing Tall 1 Parent Notification](#)

[Back to Standing Tall Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Standing Tall  
Personal Safety  
**Required**



Requirement 2

# Personal Bubble

## Snapshot of Activity

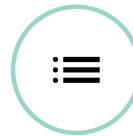
Identify people that fall within Intimate, Personal, Social, and Public bubbles.



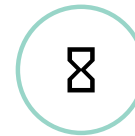
Indoor



2



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Personal Bubble worksheet found in Additional Resources
- Printer
- Pencils one for each Cub Scout
- Colored pencils or crayons, enough to share

### Directions

Before the meeting:

1. Print Personal Bubble worksheet, one for each Cub Scout.
2. Set up meeting space with a place for Cub Scouts to work on their Personal Bubble worksheet.

During the meeting:

1. Provide a pencil and worksheet to each Cub Scout.
2. Discuss our personal space bubbles and who we are most comfortable being close to.
  - Explain that we feel more comfortable being close to people we know well and prefer to keep some space between us and strangers.
  - The space directly around us is our intimate space. This space is just for us, although we may also allow family in this space.
  - Next is our personal space, which goes all around us as far as the ends of our outstretched finger Tips. We are usually comfortable with friends and family in this space.
  - After that is social space. We're most comfortable hanging out with friends or talking in groups in this space.
  - Last is public space, which is where we're most comfortable with strangers or people out in public.
3. Have Cub Scouts write the names of people who they would feel comfortable having in each space circle. Personal space would have the names of friends or family members. Public space can describe a stranger, like a mailman or a neighbor.
4. Share with the Cub Scouts, Why do we feel more comfortable with certain people in certain spaces around

us? All Cub Scouts to respond. Share with the Cub Scouts that it is important for us to be aware of these spaces in order to be able to tell others when they are too close to us. If someone comes into our personal space and we don't want them to, we can tell them politely to move away. We can also be forceful if they don't listen. It is important for us to feel safe and comfortable, and we all have to respect each other's personal space bubbles.

## **Additional Resources**

[Personal Bubble worksheet](#)

[Back to Standing Tall Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Standing Tall  
Personal Safety  
**Required**

Requirement 3



# Family Digital Device Policy

## Snapshot of Activity

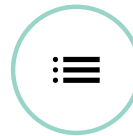
With parents and legal guardians, set up a family digital device policy.



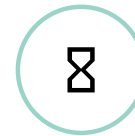
Indoor



2



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Digital Safety Pledge found in Additional Resources
- Printer
- Pencil or pen for each Cub Scout family

### Directions

*If this is done at a den meeting notify parents and legal guardians that they must attend this meeting so this requirement can be completed. This requirement can be completed at home.*

Before the meeting:

1. Set up meeting space for Cub Scouts and parent or legal guardian to have an area to write.
2. Print a copy of the Digital Safety Pledge for each Cub Scout family.

During the meeting:

1. Ask parents or legal guardians to sit next to their Cub Scout and hand a worksheet to each family.
2. Have Cub Scouts take turns reading off each item and ask the following questions when finished:
  - Why do you think it is important to have rules about this?
  - Do you have digital policy rules already?
  - What should we do if someone tries to ask for personal information?
3. Have Cub Scouts and parents and legal guardians fill out the form and sign.

After the meeting:

1. Have Cub Scouts hang the contract on their refrigerator when they get home.

## **Additional Resources**

[Digital Safety Pledge](#)

[Back to Standing Tall Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Standing Tall  
Personal Safety  
**Required**

Requirement 4



# Kitchen Safety Gear

## Snapshot of Activity

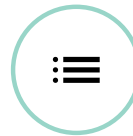
Learn about personal safety in the kitchen.



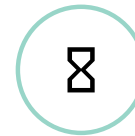
Indoor



3



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Kitchen Safety worksheet found in Additional Resources
- Printer
- Pencil, one per Cub Scout
- Bowl
- Spoon
- Piece of produce
- Milk jug, empty
- Meat thermometer
- Oven mitts
- Potholders
- Refrigerated cookie dough, enough for each Cub Scout to have two cookies
- Cookie sheet
- Parchment paper
- Spatula
- Knife and cutting board, if cookie dough is shaped like a log
- Cooling rack
- First Aid Kit

### Directions

Before the meeting:

1. Print a copy of the Kitchen Safety worksheet for each Cub Scout.
2. Have access to Kitchen Safety Answers worksheet by either printing or using a smart device.

During the meeting:

1. Hand out a worksheet and pencil to each Cub Scout.
2. Ask Cub Scouts to complete the Kitchen Safety worksheet. When Cub Scouts are finished, go over the

answers.

3. Once the worksheet is completed, explain to Cub Scout you will hold up or show an item, and they will have to decide which rule it represents.
  - Set bowl on table edge: Keep items away from the edge of the counter
  - Hold up your hands: Wash hands often
  - Lick and hold up the spoon: Wash utensils if they touch your mouth
  - Hold up the milk jug: Perishable item 2-hour time limit
  - Hold up the produce: Wash produce before using it
  - Hold up meat thermometer: Cook meats fully before eating
  - Hold up oven mitt: Use an oven mitt when touching a hot pan or pot
4. Tell Cub Scouts that they are going to bake cookies. Ask one Cub Scout to read the **Directions** on the package aloud.
5. Have a Cub Scout turn on the oven to preheat it.
6. Ask Cub Scouts to wash their hands.
7. If you're using it, put a piece of parchment paper on the cookie sheet.
8. If you're using the log-shaped cookie dough, have Cub Scouts take turns slicing the dough using the knife and cutting board. If you're using the break apart dough, have Cub Scouts take turns breaking it apart. Ask them to put their cookie dough on the cookie sheet.
9. Have a Cub Scout carefully put the cookie sheet in the oven.
10. After the time indicated on the package, ask a Cub Scout to remove the pan from the oven using the oven mitt. Then have them put it on the potholders.
11. Instruct Cub Scouts to take turns using the spatula to remove the cookies from the cookie sheet and put them on the cooling rack. Remind Cub Scouts that the cookie sheet is hot and to avoid touching it.
12. When the cookies are cool, allow Cub Scouts to enjoy them!

## **Additional Resources**

[Kitchen Safety worksheet](#)

[Kitchen Safety Answers worksheet](#)

[Back to Standing Tall Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Standing Tall  
Personal Safety  
Required

Requirement 4



# Science Safety Gear

## Snapshot of Activity

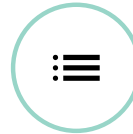
Learn about personal safety gear needed for conducting a science experiment.



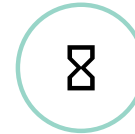
Outdoor



3



3



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Safety goggles for each Cub Scout
- Latex gloves
- Apron or lab coat
- Closed toe shoes
- Flip flops
- Sunglasses
- 20 oz. bottles of diet soda, one for each Cub Scout
- Package of Mentos, one for each Cub Scout
- Index card, one for each Cub Scout
- Strip of paper as wide as the roll of Mentos for each Cub Scout
- Two pieces of tape for each Cub Scout
- Small piece of plywood, approx. 2' x 2', if there is no flat surface available

### Directions

Before the meeting:

1. Set up meeting space for Cub Scouts to have room to conduct the experiment. Cover table tops and floor.
2. Review the **During the meeting** instructions and complete the experiment yourself wearing safety goggles. Identify areas that may be difficult for Cub Scouts or that may require additional instructions.
3. Cut the strips of paper so that they can be wrapped around the Mentos. Make the strip a little longer than the roll.
4. Find a flat surface outside of your meeting location for the Mentos and Diet Coke experiment. This will need to be an area that is ok to get wet with Diet Coke. You may need to bring a small piece of plywood, if there isn't a flat area.

During the meeting:

1. Explain that when conducting science experiments, a scientist must have the following gear to stay safe. Ask Cub Scouts why they think each item is necessary.
  - Safety goggles
  - Gloves
  - Apron or lab coat
  - Closed toe shoes
2. As each safety item is identified demonstrate how to properly wear the item and keep it on as you prepare for the experiment.
3. Explain to Cub Scouts that they will be conducting a fun science experiment. They will be preparing for the experiment inside, but they'll need to do it outside.
4. Hand out a pack of Mentos, a strip of paper, and two pieces of tape to each Cub Scout.
5. Instruct them to wrap the paper around the Mentos, and tape it. Tell them to fold one end of the paper over one end of the Mentos and tape it. The other end will remain open.
6. Have Cub Scouts open the pack of Mentos and place all of them in the tube.
7. Tell Cub Scouts to bring their Mentos tube and go outside.
8. Ask Cub Scouts to put on their goggles and apron and gather at least 3 feet away from the flat surface.
9. One at a time, have each Cub Scout take their bottle of Diet Coke to the flat surface. Have them open the bottle. Ask Cub Scouts to put the open end of their tube of Mentos on the card and place it directly over the opening of the soda bottle.
10. When Cub Scouts are ready, ask them to remove the card and let all the Mentos drop into the soda at once and quickly move out of the way.
11. Give each Cub Scout a turn.

[Back to Standing Tall Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Standing Tall  
Personal Safety  
Required

Requirement 4



# Sport Safety Gear

## Snapshot of Activity

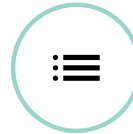
Learn about personal safety gear needed for skating / rollerblading.



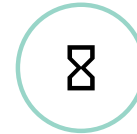
Outdoor



5



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Sport Safety Gear worksheet found in Additional Resources
- Printer
- Pencils
- Helmet for each Cub Scout
- Wrist guards for each Cub Scout
- Knee pads for each Cub Scout
- Elbow pads for each Cub Scout
- Cub Scouts will need to bring their own roller blades, roller skates or a skateboard
- If a Cub Scout does not have roller blades, roller skates, skateboard, or safety gear then arrange for them to borrow from another family.
- First Aid Kit to include band-aids, first aid cream, and an ace bandage
- [Activity Consent](#) form

### Directions

Before the meeting:

1. Become familiar with the Guide to [Safe Scouting Skating regulations](#).
2. Locate a flat space, free of obstacles, where the Cub Scouts can safely skate or rollerblade.
3. Secure additional adult supervision from parents or legal guardians so there is at least one adult for every five youth.
4. Two days before the meeting remind Cub Scouts, parents, and legal guardians that the Cub Scouts will be going skating/rollerblading at the meeting and that they should bring their safety gear: helmet, wrist guards, kneepads, and elbow pads along with their skates or rollerblades.
5. Remind Cub Scouts, parents, and legal guardians of the date, time, and location of the meeting, especially if the location is different from your regular meeting location.
6. If meeting at a different location than your regular meeting location have parents complete an [Activity Consent](#) form.

7. Print one copy of the Sport Safety Gear worksheet for each Cub Scout.

During the meeting:

1. Hand out a worksheet and pencil to each Cub Scout. Have them complete the worksheet.
2. When Cub Scouts are finished, go over the worksheet to see if everyone got the correct answers.
3. Ask the following questions:
  - Why is it important to wear a helmet?
  - Why is it important to wear wrist guards?
  - Why is it important to wear knee and elbow pads?
4. Demonstrate to know that your bike helmet is fitted properly and if it doesn't how to adjust it.
  - Your helmet should fit snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.
  - The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.
  - Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.
  - Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.
  - Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.
  - A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap. B. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again. C. Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again. D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.
5. After the questions have been answered, ask Cub Scouts to put on their safety gear. Ask parent or legal guardian to check that the gear is being correctly worn.
6. Have Cub Scouts go skating or rollerblading.

## **Additional Resources**

[Sport Safety Gear worksheet](#)

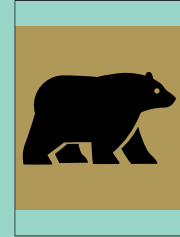
[Back to Standing Tall Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Bear Habitat

Outdoor

REQUIRED



## Snapshot of Adventure

A bear is at home in the outdoors, and so is a Bear Cub Scout. In this Adventure, you'll learn how to plan a one-mile walk with your den. Your walk may be around where you live, it may be on a historical trail that has been in use for hundreds of years, or it may be on a nature trail.

When we are outside we also have responsibilities to make sure that others can enjoy the outdoors, too. Knowing and following the Leave No Trace Principles for Kids helps us do just that.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Review [Age Appropriate Guidelines for Scouting Activities](#).
- Complete the on-line training "Hazardous Weather" training module that is part of the Position Specific Training for den leaders [my.scouting](#). If you have already completed den leader, Cubmaster, or pack committee chair training on-line, then you have completed this module.
- Watch the [Weather Related Safety Moment](#) video (1 minute 48 seconds).
- Review the [BSA Annual Health and Medical Record](#) for all Cub Scouts and adults going On the walk and check for any safety concerns.
- Watch the [four-minute video](#) on the Cub Scout Six Essentials.
- Become familiar with the Leave No Trace Principals for Kids found in the front of the Bear Handbook.

If there is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#).

During the Adventure:

- Use the buddy system.
- All adults are to provide active supervision.

Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Bear Habitat.

**Requirement 1**

Prepare for a one-mile walk by gathering the Cub Scout Six Essentials and weather appropriate clothing and shoes.

- Cub Scouts [learn to pack a backpack for a walk](#).

**Requirement 2**

“Know Before You Go” Identify the location of your walk on a map and confirm your one-mile route.

- Cub Scouts use [digital mapping devices to view a one-mile route](#).
- Cub Scouts use [paper maps to review the route of the one-mile walk](#).

**Requirement 3**

“Choose the Right Path” Learn about the path and surrounding area you will be walking on.

- [Invite a guest with knowledge of the path to speak about the history of the path](#).
- Cub Scouts learn about [special attributes of the Bear Walk route](#).

**Requirement 4**

“Trash your Trash” Make a plan for what you will do with your personal trash or trash you find along the trail.

- [Play trash timeline game](#) to understand decomposition time and the need to trash the trash.

**Requirement 5**

“Leave What You Find” Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.

- While on a walk, [Cub Scouts take pictures or bring a sketchbook to draw five things that they want to remember](#).

**Requirement 6**

“Be Careful with Fire” Determine the fire danger rating along your path.

- [Play a fire danger level matching game](#).

**Requirement 7**

“Respect Wildlife” From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, reptiles.

- [While on a walk, Cub Scouts identify six signs of any mammals, birds, insects, or reptiles](#).

**Requirement 8**

“Be Kind to Other Visitors” Identify what you need to do as a den to be kind to others on the path.

- [While on a walk, Cub Scouts find one way to be considerate to other visitors on the path](#).

**Requirement 9**

Go on your one-mile walk while practicing your Leave No Trace Principles for Kids.

- [Cub Scouts go on a one-mile walk while practicing Leave No Trace Principles for Kids](#).

[Back to Required Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Bear Habitat  
Outdoor  
**Required**

Requirement 1



# Backpack Packing Challenge

## Snapshot of Activity

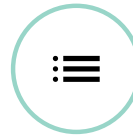
Cub Scouts learn to pack a backpack for a walk.



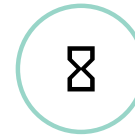
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Backpack
- Cub Scout Six Essentials, recommend using small or youth-sized items
  - Filled Water Bottle
  - Whistle
  - Flashlight
  - Sunscreen, Hat, Sunglasses
  - Trail Mix
  - Small first aid kit
- Articles of clothing for current weather conditions: jacket, hat, raincoat, gloves, sunglasses, boots, socks, etc.
- Bear handbook

### Directions

Before the meeting:

1. Watch the [four-minute video](#) on the Cub Scout Six Essentials.
2. Review the Cub Scout Six Essentials in the front of the Bear handbook so you can explain the items to the den.
3. Remind Cub Scouts, parents and legal guardians for Cub Scouts to bring their Cub Scout Six Essentials and a day bag and to wear the clothes they will wear  
On the walk.
4. Gather your Cub Scout Six Essentials and place them in your day bag.

During the meeting:

1. Ask Cub Scouts to line up with their day bags and place the contents in front of them at their feet.

2. Bear handbook Start with the Cub Scout Six Essentials, one item at a time, as they pick up their item discuss the item and why it is important. After describing the item, the Cub Scouts put the item back into the pack.
3. Discuss appropriate clothing for the current weather.
  - Sunshine – hat, light-colored clothing, sunglasses
  - Rain- rain jacket with hood or hat
  - Cold – warm jacket, hat, gloves, scarf
4. Discuss appropriate footwear.
  - Footwear must always be closed-toed for Scouting activities. The right shoes depend on where you will be walking. For a paved path walking shoes or sneakers work fine. For outdoor or more rugged paths shoes that have a harder sole and provide greater ankle support are best. Shoes should fit snug and if the shoe has laces, they should be tied appropriately based on the design of the shoe.
  - Socks are a must for walks. The best socks will keep your feet dry and pull moisture away from your feet. This helps to prevent fungus that may cause bad smells and itchy feet.
  - If your feet get wet during the walk just make sure that when you are finished, you take them off along with your socks and allow your feet to dry.

[Back to Bear Habitat Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Bear Habitat  
Outdoor  
**Required**



Requirement 2

# Digital Path Finding

## Snapshot of Activity

Cub Scouts use digital mapping devices to view a one-mile route.



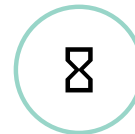
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Smart device with an App that has a mapping function, one for every two Cub Scouts
- Paths for Everyone worksheet, found in Additional Resources
- Printer
- Map with route

### Directions

Before the meeting:

1. Identify an area where the den could take a 1-mile walk.
2. Print Paths for Everyone worksheet, one for each Cub Scout.

During the meeting:

1. Gather the Cub Scouts and assign buddies. Give each buddy group a smart device with the mapping App already open with the area where your den will take their 1-mile walk.
2. Explain to Cub Scouts that this is a map of the area that they will take a walk at. Show them the scale of the map. The scale of the map will change when they zoom in and out. The scale is usually in the lower right corner.
3. Have Cub Scout buddies identify a one-mile route. Have them share their routes. Review everyone's route and come together to identify the route that the den will take.
4. Discuss how to find the starting point, ask them to highlight the starting point. Have them find several other points along the route, such as bathrooms, water fountains, scenic areas, or other points of interest, and the ending point.
5. Have Cub Scouts gather around a table and give each Cub Scout a printed copy of the Paths for Everyone.
6. Ask the following questions:
  - - Which of these paths is most appropriate for our den?
    - Is there anyone in our den who might have a hard time on any of these paths?

- What are some safety concerns for each type of path?
- Do you know if the route we have chosen contains any of these paths?
- What kind of terrain do you think our route should have?
- Does our route have any terrain that is too advanced for our den?

Tip: Possible apps/websites to create a digital map:

- [Apple Maps](#)<sup>®</sup>
- [Google Maps](#)<sup>™</sup>
- [Footpath Route Planner](#)<sup>™</sup>
- [Komoot](#)<sup>™</sup>
- [Plotaroute.com](#)<sup>™</sup>

[Back to Bear Habitat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Habitat  
Outdoor  
Required



Requirement 2

# Paper Paths

## Snapshot of Activity

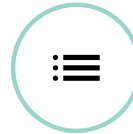
Cub Scouts use paper maps to review the route of the one-mile walk.



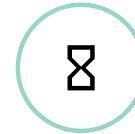
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Highlighter, one per Cub Scout
- A printed map of the location of your walk, one per Cub Scout
- Paths for Everyone worksheet, found in Additional Resources
- Printer
- Map with route

### Directions

Before the meeting:

1. Determine a route for a one-mile walk.
2. Print out a map that includes the area for the walk for each Cub Scout. Take note of the scale of the map.
3. Print Paths for Everyone worksheet, one for each Cub Scout.

During the meeting:

1. Gather the Cub Scouts and give each Cub Scout a copy of the map that includes the area for the walk
2. Explain to Cub Scouts that this is a map of the area that they will take a walk at. Show them the scale of the map. Using rulers and pencils Cub Scouts identify a one-mile route on the map.
3. Have Cub Scouts share their routes. Review everyone's route and come together to identify the route that the den will take.
4. Discuss how to find the starting point, ask them to highlight the starting point. Have them find several other points to highlight along the route, such as bathrooms, water fountains, scenic areas, or other points of interest, and the ending point. They should have a highlighted route from beginning to end.
5. Have Cub Scouts gather around a table and give each Cub Scout a printed copy of the Paths for Everyone.
6. Ask the following questions:
  - - Which of these paths is most appropriate for our den?
    - Is there anyone in our den who might have a hard time on any of these paths?

- What are some safety concerns for each type of path?
- Do you know if the route we have chosen contains any of these paths?
- What kind of terrain do you think our route should have?
- Does our route have any terrain that is too advanced for our den?

## **Additional Resources**

[Paths for Everyone worksheet](#)

[Back to Bear Habitat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Habitat  
Outdoor  
**Required**



Requirement 3

# Ask the Path Expert

## Snapshot of Activity

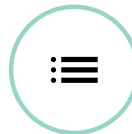
Invite a guest with knowledge of the path to speak about the history of the path.



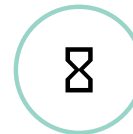
Indoor



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5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Map or picture of the area you where Cub Scouts are walking

### Directions

Before the meeting:

1. Identify a path or trail in your community.
2. Research who owns the trail and who is responsible for maintenance.
3. Invite a guest to come speak about the path, its history, and its maintenance.

During the meeting:

1. Before the guest speaks, remind Cub Scouts to be respectful during the presentation.
2. Encourage Cub Scouts to ask questions.
3. Have the guest speak about the path, path surface, and maintenance.
4. Thank the speaker at the end of the meeting.

After the meeting:

1. Send a thank you card to the speaker.

[Back to Bear Habitat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Habitat  
Outdoor  
Required

Requirement 3



# No Two Trails Alike

## Snapshot of Activity

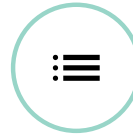
Cub Scouts learn about special attributes of the Bear Walk route.



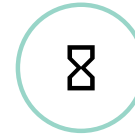
Indoor



2



2



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Digital map of route

### Directions

Before the meeting:

1. Identify a trail in your community.
2. Download any necessary apps or software for the identified trail.

During the meeting:

1. Ask Cub Scouts to look at a digital map of their route. Show Cub Scouts how they can zoom in or out of the map to find unique characteristics of their route. Ask them the following questions:
  - Does our route have a name? ex. trail or location name
  - Is our route a part of any parks? ex. city, state, national
  - Is our route a part of any wilderness reserves?
  - Are there other trails attached to our route? Why is this important to know?

Can you predict what the landscape will be along your route?

[Back to Bear Habitat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Habitat  
Outdoor  
**Required**



Requirement 4

# Trash Timeline Game

## Snapshot of Activity

Play trash timeline game to understand decomposition time and the need to trash the trash.



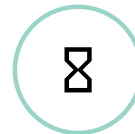
Indoor



4



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Trash Timeline Cards found in Additional Resources
- Trash Timeline found in Additional Resources
- Trash Timeline Key found in Additional Resources
- Cardstock
- Printer
- Time

### Directions

Before the meeting:

1. Set up meeting space such that Cub Scouts have room to move about.
2. Print two sets of Trash Timeline Cards, two sets of Trash Timeline, and cut them out.
3. Ensure access to Trash Timeline Key, either by printing or digitally.

During the meeting:

1. Divide the Cub Scouts into two teams.
2. Give each team a set of Trash Timeline cards.
3. Explain the rules:
  - The object is to place their cards on the correct decomposition time of the item on the timeline.
  - The timer will be set to five minutes.
  - Once the time is up, the leader will walk through the timeline and say if the place trash card is correct or not.
  - The team with the most correct wins.
4. After Cub Scouts have completed their guesses, put the items in the actual order on the timeline of decomposition.
5. Ask Cub Scouts if they were surprised with the results.
6. Ask Cub Scouts what they plan to do to keep this trash out of nature.

## **Additional Resources**

[Trash Timeline](#)

[Trash Timeline Key](#)

[Trash Timeline Cards](#)

[Back to Bear Habitat Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Bear Habitat  
Outdoor  
**Required**



Requirement 5

# Take Only Memories

## Snapshot of Activity

While on a walk, Cub Scouts take pictures or bring a sketchbook to draw five things that they want to remember.



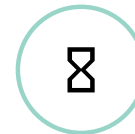
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- For picture taking, for each Cub Scout:
  - 
  - Smart device or camera
- Or for drawing, for each Cub Scout:
  - 
  - Sketchbook
  - Pencils
  - Crayons or markers

### Directions

Before the meeting:

1. Remind Cub Scouts to bring a picture-taking device or drawing materials to the meeting.
2. Identify a place where the Cub Scouts will be taking a one-mile walk.

During the walk

1. Check to make sure all Cub Scouts have their Cub Scouts Six Essentials.
2. Remind Cub Scouts that we “Leave What You Find” on the trail. Instead, they should take five pictures or make five drawings of things that interest them.
3. After the walk, ask them to share the things they took as memories and why they interested them.

Tip: Requirements 5, 7, 8, and 9 can all be done  
On the walk.

[Back to Bear Habitat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Habitat  
Outdoor  
**Required**



Requirement 6

# Fire Danger Matching

## Snapshot of Activity

Play a fire danger level matching game.



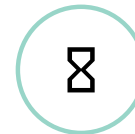
Indoor



4



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Fire Danger Matching Game found in Additional Resources
- Printer

### Directions

Before the meeting:

1. Print and cut out Fire Danger Matching game cards. Mix up the cards in the deck. Save the Answer Sheet portion of the printout as a reference sheet for meeting.

During the meeting:

1. Place the Low, Moderate, High, Very High, and Extremely High cards in order on the table face up.
2. Place the remaining cards face down on the table.
3. Explain the fire danger rating system using the Fire Danger rating system as a guide.
4. Identify which Cub Scout will go first.
5. Ask Cub Scout to draw a card from the deck.
6. Ask Cub Scout to show and read the card selected.
7. Ask Cub Scout to place the card face up on the table in the proper pile. For example, if a bright green square is chosen, this card should go in the Low pile.
8. Ask the second Cub Scout to select a card from the deck.
9. Ask Cub Scout to show and read the card they select.
10. Ask Cub Scout to place the card face up on the table in the appropriate pile.
11. Play continues until all the cards have been read and placed in the correct pile.
12. Ask Cub Scouts at what fire danger level would a walk not be able to be done safely.

On the walk:

1. Ask Cub Scouts to assess the fire danger rating for their walk.

## **Additional Resources**

[Fire Danger Matching Game](#)

[Back to Bear Habitat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Habitat  
Outdoor  
Required



Requirement 7

# Wildlife Snapshot

## Snapshot of Activity

While on a walk, Cub Scouts identify six signs of any mammals, birds, insects, or reptiles.



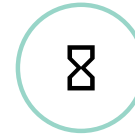
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- None

### Directions

Before the meeting:

1. Research the type of animals (mammals, birds, insects, or reptiles) that are common in the area that you will be walking. This includes domesticated and wild animals.
2. Research the signs these animals leave behind.

During the meeting:

1. Gather Cub Scouts and share with them the type of animals you may encounter on your walk and the signs they leave behind. Ask Cub Scouts if they know of any other animals you may have left out.
2. Discuss the signs of the animals habitat, food sources, or travel paths.
  - Listen for sounds. Not just the sound the animal would make, but also the sound of the animal moving.
  - Look for where they live. A bird's nest, a burrow (hole in the ground), or a plant.
  - Look for what they eat. Many animals eat plants, so you might see a bite mark on a leaf. Others might go through trash that has food in it.
  - Look for animal scat (poop). Different animals leave different types of scat.
  - Look for animal tracks. If it has rained recently and there is mud, you may see footprints that animals left behind as they walked.

Ask how we can respect wildlife.

[Back to Bear Habitat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Habitat  
Outdoor  
Required



Requirement 8

# Consider Others

## Snapshot of Activity

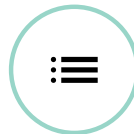
While on a walk, Cub Scouts find one way to be considerate to other visitors on the path.



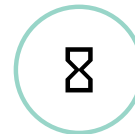
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- None

### Directions

During the meeting:

1. Ask Cub Scouts how they can be kind and considerate to visitors on the path. Make sure to cover the items that are listed in the Bear handbook.
  - Know your right of way. For example, you should walk on the right side of a path and not the left side. Check signs on the path and follow their **Directions**.
  - If you're on a trail or path that is wide enough for only one person and your den or family must walk single file, step aside, and give space to anyone who is going uphill. If it's a flat area, be the first to step aside and give space for others to pass.
  - Bicyclists yield to walkers/hikers.
  - Be mindful of the plants or animals that are near the trail if you must step off the trail.
  - Make yourself known. When you encounter other people, offer a friendly "hello." This helps create a friendly atmosphere on the path. If you approach another walker from behind, announce yourself in a friendly, calm tone and let them know you want to pass.
  - Stay on the path or trail. Going off a trail or path can damage or kill certain plant or animal species and can hurt the ecosystems that surround the trail.
  - Always practice Leave No Trace principles: Leave rocks, vegetation, and artifacts where you find them for others to enjoy.
  - Do not disturb wildlife. They need their space, and you need yours, too. Keep your distance from any wildlife you encounter.
  - Be mindful of the path or trail conditions. If a path or trail is too wet, muddy, or slippery, turn back and do the walk another day or find a different path.

- Take time to listen. Be respectful of both nature and the other users and keep the noise from electronic devices off.
  - Be aware of your surroundings. It will help keep you and any members of your group safe. Know the rules for walking on your trail or path.
2. Have Cub Scouts execute that plan during the walk.

[Back to Bear Habitat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bear Habitat  
Outdoor  
Required



Requirement 9

# Leave No Trace Walk

## Snapshot of Activity

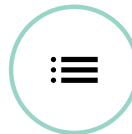
Cub Scouts go on a one-mile walk while practicing Leave No Trace Principles for Kids.



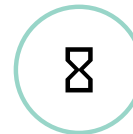
Travel



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2



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- [Activity Consent Form](#)
- Each Cub Scout brings their Cub Scout Six Essentials
  - Filled Water Bottle
  - Whistle
  - Flashlight
  - Sunscreen, Hat, Sunglasses
  - Trail Mix
  - Small first aid kit
- Den First Aid Kit to include an ace bandage and moleskin

### Directions

*This outdoor walk can be done in any environment, it may be in an urban, suburban, or rural area. It may be a local park or neighborhood. It may be outside of your normal meeting location.*

Before the meeting:

1. Based on requirement 2 have your route planned and distribute the route to all Cub Scouts, parents, and legal guardians.
2. Identify an adult who is not going on the trip. Give a copy of the route you are taking and inform them of your start time and expected end time.
3. Remind Cub Scouts, parents, and legal guardians that Cub Scouts will need to bring their Cub Scout Six Essentials and to wear appropriate clothes and closed-toe shoes.
4. Three days before the walk check the weather and if severe weather is in the forecast, reschedule the walk.
5. Have parents and legal guardians complete [Activity Consent Form](#).
6. The day before the walk remind Cub Scouts, parents, and legal guardians of the date, time, and location of your walk.

During the meeting:

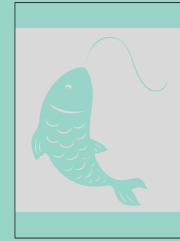
1. Check to see if everyone has their Cub Scout Six Essentials.
2. Tell everyone the route that will be followed for the walk.
3. Share any hazards that may be on the path and how to avoid them.
4. With your den, go on the one-mile walk while practicing the Leave No Trace Principles for Kids.
5. During the walk complete requirements 5, 7, and 8. Review how the den is using the principles.

[Back to Bear Habitat Requirements](#)



# A Bear Goes Fishing

Elective



## Snapshot of Adventure

Grizzly bears in the wild use their fishing skills to catch good, nutritious food. After you complete this Adventure, you'll be able to do the same thing. You won't have to use your paws and teeth, however. Instead, you'll use a cane pole or a rod and reel. You'll also learn about the fish that live nearby and the rules that must be followed when fishing. And who knows? You may discover a hobby that you can enjoy for years to come. So, grab your tackle, and let's go fishing.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting the Adventure:

- Review content about [fishing](#) on Scouting.org.
- Check state requirements for fishing licenses or permits for youth and adults.
- Secure additional adult supervision that can assist Cub Scouts during the activity.
- Get permission to fish where you plan to fish.
- Check the weather before you go. Do not fish in a thunderstorm or inclement weather.
- If fishing in freshwater, review Fishing Basics [PowerPoint presentation](#) and [Instructor's Guide](#) to teach freshwater fishing.
- Additional fishing resources can be found at [Scout Life Magazine](#).

During the Adventure:

- Use the buddy system.
- Give plenty of room to others who are fishing nearby.
- Never fish where people are swimming.

Once you know your local fishing rules and regulations, here are the 6 things to know to keep you and others safe:

1. Fish with proper adult supervision.
2. Get permission to fish where you plan to fish.
3. Check the weather before you go. Do not fish in a thunderstorm or inclement weather.
4. Use the buddy system. You must be able to see them.
5. Give plenty of room to others who are fishing nearby.
6. Never fish where people are swimming.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete A Bear Goes Fishing.

**Requirement 1**

Learn about three types of fish in your area.

- Cub Scouts [practice casting a rod and learn about different types of fish.](#)
- Cub Scouts [learn about fish at a zoo or aquarium.](#)
- Cub Scouts [learn about local fish from a guest speaker.](#)
- Cub Scouts [learn three types of fish in their local community.](#)

**Requirement 2**

Learn about your local fishing regulations with your den leader or an adult.

- Cub Scouts [learn about local fish regulations from a guest speaker.](#)
- Cub Scouts [learn about fishing regulations in your area.](#)

**Requirement 3**

List three of the regulations you learned about, and one reason each regulation exists.

- Cub Scouts [create a matching game learning their local fishing regulations.](#)
- Cub Scouts [document fishing regulations they learned.](#)

**Requirement 4**

Become familiar with the safe use of the fishing equipment you will be using on your outing.

- Cub Scouts [make their own bamboo fishing pole.](#)
- Cub Scouts [become familiar with a rod and reel.](#)

**Requirement 5**

Learn the proper way to attach the hook, lure, or fly to the line.

- Cub Scouts [learn a simple fishing knot to attach a hook, lure or fly to a line.](#)

**Requirement 6**

Go on a fishing adventure, and for 30 minutes or more, put into practice the things you learned about fish and fishing equipment.

- Cub Scouts [go fishing with their den or pack.](#)
- Cub Scouts [participate in a local fishing derby.](#)

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective



Requirement 1

# Cast And Catch

## Snapshot of Activity

Cub Scouts practice casting a rod and learn about different types of fish.



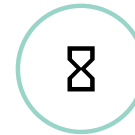
Indoor



4



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Printer
- Laminator
- 8 – ¾" button magnets
- ¼" steel washers (washers must attract to the magnets) one for every two Cub Scouts
- 1 hardwood round dowel – 48" . x 0.5", one for every two Cub Scouts
- 4 feet of string
- 1 roll of 1" blue painter's tape
- Hot glue gun and sticks
- Cast and Catch game found in Additional Resources
- Scissors
- Tape

### Directions

Before the meeting:

1. Print one set of the Cast and Catch game found in Additional Resources for every two Cub Scouts. You may need to update the fish and fish information based on fish in your local area.
2. Cut out the fish and fish information and tape the fish information onto the back of the designated fish image. Laminate them and cut them out again.
3. Glue a small magnet to the mouth of the laminated fish with hot glue.
4. Build the fishing rod by attaching a string to dowel rod, then tie on a small washer at the end of the string. Build one pole for every two Cub Scouts.
5. Using blue painter's tape create one 8ft. circle for every two Cub Scouts to create a designated fishing spot.

Space circles at least 6 ft. apart.

Arrange a set of fish in the middle of each pond.

During the meeting:

1. Explain that Cub Scouts will be “catching” fish and then reading about the type of fish they caught.
2. Have Cub Scouts find a buddy and give each buddy pair a fishing pole and a designated pond to fish.
3. Instruct Cub Scouts not to enter the pond to catch their fish. If they do, they will have to move to the back of the line.
4. Buddies take turns catching a fish and then reading about the fish out loud.
5. Buddies keep fishing until all fish have been caught out of their pond.

Tip: Use this activity to also fulfill requirement 4.

## **Additional Resources**

[Cast and Catch game](#)

[Back to A Bear goes Fishing Requirements](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective



Requirement 1

# Fish Field Trip

## Snapshot of Activity

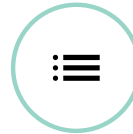
Cub Scouts learn about fish at a zoo or aquarium.



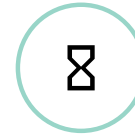
Travel



3



2



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- [Activity Consent Form](#)
- Cub Scout Six Essentials

### Directions

Before the meeting:

1. Find a local zoo or aquarium that includes an exhibit on local fish and schedule a tour.
2. A week prior to the meeting remind Cub Scouts, parents and legal guardians with the date, time, and location, and to bring filled out Activity Consent forms and their Cub Scout Six Essentials.
3. A day prior to the meeting send a second reminder.

During the meeting:

1. Allow Cub Scouts to explore and learn about fish.
2. Before departing from the location, ask the following questions:
  - What type of fish did we see and learn about today?
  - What other types of animals did we see and learn about today?
  - Have any of you ever gone fishing before?
  - If you have, do you know what kind of fish you have caught?
  - Did any of you notice the colors of fish?

[Back to A Bear goes Fishing Requirements](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective



Requirement 1

# Local Fish Expert

## Snapshot of Activity

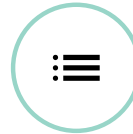
Cub Scouts learn about local fish from a guest speaker.



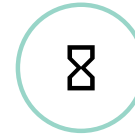
Indoor



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4

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- No additional supplies

### Directions

Before the meeting:

1. Contact a local fishery or local state fish and wildlife representative to come to the next den meeting. Ask them to please discuss local fish and their habitats.
2. Inform the guest speaker that the den is made up of third graders and they are learning about the types of fish in the area.
3. A few days before the meeting, confirm the date and time for the visit.

During the meeting:

1. Explain to the den that they will be learning about fish and their habitats during the meeting. Introduce guest speaker.
2. Allow guest speaker to present.
3. Allow Cub Scouts to ask questions.

After the meeting:

1. Send thank you card to guest speaker.

Tip: Also have expert discuss local fishing regulations, seasons, and licenses to complete requirement 2.

[Back to A Bear goes Fishing Requirements](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective



Requirement 1

# Types of Fish

## Snapshot of Activity

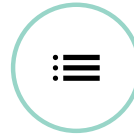
Cub Scouts learn three types of fish in their local community.



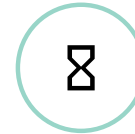
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Computer or smart device, one for every two Cub Scouts
- Pencils, one for each Cub Scout
- Colored pencils or crayons in assorted colors, enough to share
- Three Local Types of Fish worksheet found in Additional Resources
- Printer

### Directions

Before the meeting:

1. Print Three Local Types of Fish worksheet, one for each Cub Scout.
2. Set up meeting space with place for Cub Scouts to access the internet and complete their worksheet.

During the meeting:

1. Explain that Cub Scouts will be learning about local fish. The type of fish in their area is not the same as fish elsewhere. For example, in Washington state they have King salmon. The salmon in New York is different.
2. Have adults help Cub Scouts find their local state fish and wildlife website and search local fish in their area.
3. Ask Cub Scouts to identify three types of fish in their area. Have them discover what each type of fish looks like, what they like to eat, what their habitat is, and what their average weight is.
4. Complete the worksheet.
5. Have Cub Scouts share their results.

## **Additional Resources**

[Three Local Types of Fish worksheet](#)

[Back to A Bear goes Fishing Requirements](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective



Requirement 2

# Local Fish Expert

## Snapshot of Activity

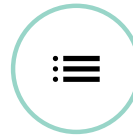
Cub Scouts learn about local fish regulations from a guest speaker.



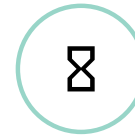
Indoor



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4

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- No additional supplies needed

### Directions

Before the meeting:

1. Contact a local fishery or local state fish and wildlife representative to come to the next den meeting. Ask them to please discuss local fishing regulations.
2. Inform the guest speaker that the den is made up of third graders and they are learning about the types of fish in the area.
3. A few days before the meeting, confirm the date and time for the visit.

During the meeting:

1. Explain to the den that they will be learning about fishing regulations. Introduce guest speaker.
2. Allow guest speaker to present.
3. Allow Cub Scouts to ask questions.

After the meeting:

1. Send thank you card to guest speaker.

Tip: Have guest speaker discuss local fish, habitats, and regulations to complete requirements 1 and 3.

[Back to A Bear goes Fishing Requirements](#)



## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective



Requirement 2

# Post That Fish

## Snapshot of Activity

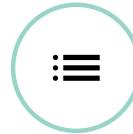
Cub Scouts learn about fishing regulations in your area.



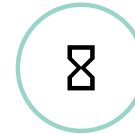
Indoor



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4



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Computer or smart device, one for every two Cub Scouts
- 11" x 17" poster board, one for each Cub Scout
- Fishing magazines, enough to share
- Glue sticks, enough to share
- Scissors, enough to share
- Fishing stickers, enough to share
- Paper in assorted colors, enough to share

### Directions

Before the meeting:

1. Gather needed supplies.
2. Set up meeting space with place for Cub Scouts to access the internet and room to work on their poster.

During the meeting:

1. Using your local fishing and wildlife regulations website, have adults and Cub Scouts look up the local fishing regulations. Information could include:
  - Fishing license
  - Types of fish you can catch
  - Length of those fish that you can keep
  - Where you are allowed to fish
  - Fishing season
2. After information has been collected, explain to Cub Scouts they will now create a mini-poster on the three different regulations using the materials available.

After Cub Scouts have finished their posters, allow them to share what they have created.

[Back to A Bear goes Fishing Requirements](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective

Requirement 3



# Create Your Own Matching Game

## Snapshot of Activity

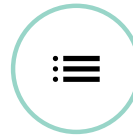
Cub Scouts create a matching game learning their local fishing regulations.



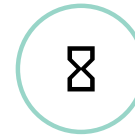
Indoor



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3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Create Your Own Matching Game worksheet found in Additional Resources , one for every two Cub Scouts
- Printer
- Pencils, one for each Cub Scout
- Fishing regulations pamphlet for your state and/or local area

### Directions

Before the meeting:

1. Print Create Your Own Matching Game worksheet, one for each Cub Scout buddy group.
2. Set up the meeting space with a place for Cub Scouts to complete their worksheet to create their own game.

During the meeting:

1. Divide Cub Scouts into buddy groups. Give each group a set of the Create Your Own Matching Game worksheet and pencil.
2. Using the fishing regulations pamphlet, Cub Scouts can create their cards together.
  - The worksheet contains an example
  - On one card write a “Fishing Regulation Title”
  - On the matching card, will write the “Fishing Regulation Rule”
3. Once all cards have been completed, mix all the cards up.
4. Have buddy groups exchange their card game.
5. Have buddy groups play the game.
6. When done playing the game have each buddy group share a fishing regulation they learned and why it is important.

## Additional Resources

[Create Your Own Matching Game worksheet](#)

[Back to A Bear goes Fishing Requirements](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective



Requirement 3

# What I Learned

## Snapshot of Activity

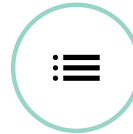
Cub Scouts document fishing regulations they learned.



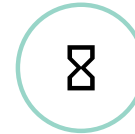
Indoor



2



2



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Fishing Regulations worksheet found in Additional Resources or Bear handbook
- Pencils, one for each Cub Scout

### Directions

Before the meeting:

1. Print one copy of Fishing Regulations worksheet for each Cub Scout or ask that Cub Scouts bring their Bear handbook to the meeting.
2. Set up meeting space for Cub Scouts to be able to fill out their worksheet.

During the meeting:

1. Distribute the Fishing Regulations worksheet or have Cub Scouts find the correct page in the Bear handbook.
2. Ask Cub Scouts to fill out the worksheet listing the regulation they found and the reason the regulation exists.
3. Have Cub Scouts share what they found.

Tip: Do this requirement together with requirement 2.

## Additional Resources

[Fishing Regulations worksheet](#)

[Back to A Bear goes Fishing Requirements](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective



Requirement 4

# Bamboo Pole

## Snapshot of Activity

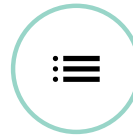
Cub Scouts make their own bamboo fishing pole.



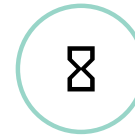
Outdoor



2



3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bamboo fishing pole or a hardwood round dowel of 48" x 0.5", one per Cub Scout
- Fishing line, one spool
- 1" steel washers or fishing practice plugs, one per fishing pole
- Scissors

### Directions

Before the meeting:

1. Collect the materials needed.
2. Learn how to make a bamboo fishing rod by watching this YouTube video, "[A Bear Goes Fishing](#)" – [Bamboo Fishing Pole Construction](#)."
  - Find a suitable stick or bamboo pole that is about 6-10 feet long and has a diameter of about 1/2 to 1 inch. Look for a stick that is straight and sturdy.
  - Tie the fishing line to the end of the stick or bamboo pole. Use a Palomar knot.
  - Attach the fishing hook to the end of the fishing line using an improved clinch knot.
3. Build a bamboo fishing rod to identify key areas that Cub Scouts may have a challenges with and to use an example. .
4. Set up meeting space giving Cub Scouts plenty of room to build their bamboo fishing rod and practice casting.

During the meeting:

1. Explain to Cub Scouts they will be building their own bamboo fishing pole.
2. Hand each Cub Scout a pole, piece of fishing line and washer or practice plug.
3. Demonstrate how to tie the fishing line to the end of the pole.
4. Assist Cub Scouts, if needed, to attach their fishing line to their pole.

5. Demonstrate how to tie the washer to the end of their fishing line.
6. Assist Cub Scouts, if needed, in attaching their washer to the end of their fishing line.
7. Allow Cub Scouts to take turns practicing casting.

[Back to A Bear goes Fishing Requirements](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective



Requirement 4

# Rod and Reel

## Snapshot of Activity

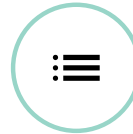
Cub Scouts become familiar with a rod and reel.



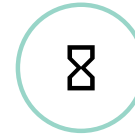
Outdoor



3



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2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Rod and reel fishing pole, one per Cub Scout
- 1" washer or fishing practice plugs, one per Cub Scout
- 8 – 20" diameter hula hoops
- 1 sports cone for every Cub Scout

### Directions

Before the meeting:

1. Prep the rod and reel fishing pole by removing any hooks and attaching a 1" washer or practice plug to the end of the line. .
2. Identify a safe area free of obstacles for Cub Scouts to practice casting,
3. Create a casting area by setting up sports cones in a straight line 6 ft. apart from each other.
4. Place the hula hoops in various spots to give Cub Scouts something to aim for when they are casting.

During the meeting:

1. Using your rod, point out the various parts having Cub Scouts follow along on their own rod:

**Butt Cap:** Bottom of the handle sometimes made of rubber, sometimes of cork. This is the end you might press into your stomach if you're fighting a good fish.

**Handle or Grip:** Where you hold the rod; can be made of foam or cork.

**Reel Seat:** This is where your reel gets attached to the rod.

**Hook Keeper or Keeper Ring:** Place to hook your hook so you won't impale yourself when you're on the move.

**Butt:** This is the thick part of your rod that closest to the handle.

**Butt Guide:** This is the guide closest to the handle end of your rod. Its located on the thickest part of the rod (butt), that's why they call it the butt guide.

**Guides:** These are the rings going all the way down the rod, they "guide" the line down the length of rod to the

Tip. The number, spacing, and size of the guides depend on the kind of rod you are using. But, generally speaking, the more guides the better. A higher quality rod will have at least one guide for every foot of its length (i.e. 6-foot rod should have at least 6 guides).

**Wrapping:** Those wrapping are how the guides get and stay attached to the rod. It's basically string that gets wound around the foot of the guide and is then painted over with a kind of glossy enamel to protect it.

2. Point out the parts of the reel, asking Cub Scouts to follow along with their own reel:

**Reel Body:** Housing refers to the main component of a fishing reel.

**Reel Handle:** The handle is rotated by hand to retrieve line back to the rod after making a cast, the handle should be smooth and comfortable to hold. Most reel handles are either round or T-bar shaped and can be operated by either the right or left hand (depending on which socket is used to secure the handle to the reel body).

**Reel Spool:** The spool is the part of a reel that holds the fishing line, but it also plays an important role in casting distance and smoothness.

**Drag Adjustment:** The drag adjustment knob looks like a dial and is generally found on the top of the spool. Learn how to set the drag according to the breaking strength of the line.

**Bail:** The bail on a spinning reel acts as a gate for the line on the reel spool. When the bail is engaged, fishing line is prevented from unwinding from the spool. When the bail is open, as it would be when casting, it releases line from the spool. During line retrieval, the bail serves to guide fishing line back onto the spool of the reel.

3. Allow Cub Scouts to take turns practice casting.

[Back to A Bear goes Fishing Requirements](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective

Requirement 5



# Simple Fishing Knots

## Snapshot of Activity

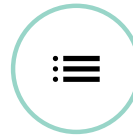
Cub Scouts learn a simple fishing knot to attach a hook, lure or fly to a line.



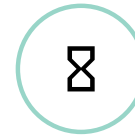
Indoor



2



3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Cub Scouts will need their Bear Handbook
- Fishing line, a least one spool
- Small washers, two per Cub Scout
- Scissors, enough to share

### Directions

Before the meeting:

1. Collect needed supplies. Cub fishing line into 1-foot pieces, enough for each Cub Scout to have line to tie two knots.
2. Practice tying an improved clinch knot and a Palomar knot so you can show Cub Scouts. Instructions and graphics are in the Bear Handbook.
3. Set up meeting space for Cub Scouts to have room to tie their knots.

During the meeting:

1. Explain to Cub Scouts they will be learning how to tie two fishing knots.
2. Demonstrate how to tie an improved clinch knot:
  - Run the end of the line through the eye of the washer, double the line back, and make six twists around the standing part (the long part of the line).
  - Run the end of the line through the small loop where the line joins the eye and then back through the large loop you just formed.
  - Partially close the knot and moisten it a little with water before securing it tightly against the hook eye. Cut off the short (tag) end of the line.
3. Have Cub Scout practice tying an improved clinch knot.
4. Demonstrate how to tie a Palomar knot:



- Double the line to make a 4- to 6-inch loop, then pass the end of the loop through the eye. (You may need to crimp the end of the loop so it will go through the eye.)
  - Tie a loose overhand knot in the doubled line.
  - Pass the hook through the loop and pull on the doubled line to tighten the knot, guiding the loop over the top of the eye.
  - Cut off the short (tag) end of the line.
5. Have Cub Scout practice tying a Palomar knot.

Tip: Many knot tying apps have visual demonstrations to help from different viewpoints.

[Back to A Bear goes Fishing Requirements](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective



Requirement 6

# Bear Goes Fishing

## Snapshot of Activity

Cub Scouts go fishing with their den or pack.



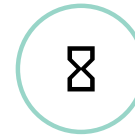
Travel



4



5



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Fishing poles, one per Cub Scout
- Tackle box which includes:
  - Fishing line
  - Fishing license if required
  - Barbless hooks
  - Bobbers
  - Sinkers
  - Swivels
  - Artificial bait
  - Needle nose pliers
  - Scissors
  - De-hooker
- Fishing net
- Bait or tackle based on the fish you will be fishing for
- Den first aid kit
- Cub Scout Six Essentials
- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Research local fishing spots that are family-friendly and have easy access. Get permission, if needed, to fish there.
2. Ensure you are aware of any fishing regulations and licensing requirements in your area. Purchase a fishing license if necessary. Youth may not need a fishing license but adults who are fishing are likely to need one.

3. Inform parents and guardians of the date, time, and location of the fishing activity.
4. Secure additional adult supervision.
5. Remind parents and guardians to complete and bring along [Activity Consent Form](#)
6. A week prior to the activity visit the site to become familiar with facilities such as access to drinking water, bathrooms, and parking. Inform parents and guardians of any details about the facilities that are important such as where to park and where the den will meet up.
7. Confirm with parents and guardians that every Cub Scout has a fishing pole and develop a plan to provide fishing poles for those who do not have one.

During the meeting:

1. Meet at the designated area of the fishing spot.
2. Collect Activity Consent Forms.
3. Review the fishing safety rules and any local rules or regulations with Cub Scouts.
  - Fish with proper adult supervision.
  - Get permission to fish where you plan to fish.
  - Check the weather before you go. Do not fish in a thunderstorm or inclement weather.
  - Use the buddy system. You must be able to see them.
  - Give plenty of room to others who are fishing nearby.
  - Never fish where people are swimming.
4. Discuss what type of fish you will be fishing for and what type of bait or lure to use.
5. Have adults help Cub Scouts with attaching bait or lures.
6. Ensure that Cub Scouts are spaced a safe distance apart from each other and away from obstacles.
7. If a fish is caught practice catch and release by assisting the Cub Scouts.
8. Cub Scouts fish for at least 30 minutes.

[Back to A Bear goes Fishing Requirements](#)

## Bear – 3<sup>rd</sup> Grade

A Bear Goes Fishing

Elective



Requirement 6

# Fishing Derby

## Snapshot of Activity

Cub Scouts participate in a local fishing derby.



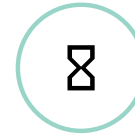
Travel



4



5



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Fishing poles, one per Cub Scout
- Fishing line
- Barbless hooks
- Fishing net
- Bait or tackle based on the fish you will be fishing for
- Tacklebox
- Fishing pliers or multitool
- Den first aid kit
- Cub Scout Six Essentials
- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Find a local fishing derby.
2. Email date and times for fishing derby to parents and legal guardians. Remind them to bring their own equipment unless the fishing derby is providing the equipment.
3. Remind everyone to bring their completed Activity Consent form.

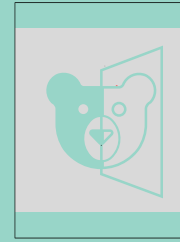
During the meeting:

1. Gather the den members at the fishing derby.
2. Remind Cub Scouts to use their fishing knowledge to get their fishing gear ready.
3. Have Cub Scouts fish during the fishing derby for at least 30 minutes.

[Back to A Bear goes Fishing Requirements](#)

# Balancing Bears

Elective



## Snapshot of Adventure

You are probably familiar with a basic math problem like  $3 + 2 = 5$ . Mathematicians don't call these problems; they call them equations. The equal sign means that the expressions on the left side and right side of the equal sign are the same, or you could think of them as being balanced.

Math doesn't always involve adding and subtracting numbers. Finding patterns in things is the first step in becoming a mathematician. After spotting a pattern, a mathematician uses the math tools to find a way to recreate that pattern. In this Adventure, you'll have fun making "trail mix math." Then, you'll look to nature and discover a world of mathematics called symmetry in which things are balanced.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

For requirement 1, before starting this Adventure:

- Review the [Food Allergies](#) safety moment.
- Review each Cub Scouts [BSA Annual Health and Medical Record](#) for any food allergies or restrictions.
- Ask if any member of the den, youth, or adult, has any religious, or cultural dietary concerns.
- If there is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#).
- Review the [Keep Your Food Safe](#) guide to properly keep, store, and prepare food.

Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

Before conducting a craft activity, review the [Craft](#)

[Tips](#) video (2 minutes 34 seconds.)

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Balancing Bears.

#### Requirement 1

Make trail mix using trail mix math.

- [Use math to make a bag of trail mix.](#)

**Requirement 2**

Identify an animal that has a pattern to its physical appearance. Investigate how the animal uses its pattern.

- [Pick an animal with a pattern and learn about it.](#)

**Requirement 3**

Find examples of bilateral symmetry in nature.

- [Find bilateral symmetry in nature using a scavenger hunt.](#)
- Cub Scouts [take a walk and take pictures of things they believe have bilateral symmetry.](#)

**Requirement 4**

Find examples of radial symmetry in nature.

- [Find radial symmetry in nature using a scavenger hunt.](#)
- Cub Scouts [take a walk and take pictures of things they believe have radial symmetry.](#)

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Balancing Bears

Elective

Requirement 1



# Bear Trail Mix Math

## Snapshot of Activity

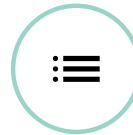
Use math to make a bag of trail mix.



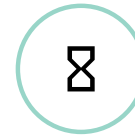
Indoor



2



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Trail Mix Math worksheet found in Additional Resources
- Printer
- Pencils, one for each Cub Scout
- 1 box of Chex cereal
- 1 box of chocolate Cherrios
- 1 bag of Craisins
- 1 bag of twisted pretzels
- 1 bag of yogurt chips
- 1 small bag of M&Ms
- 1 bowl of popcorn
- 1 small bag of Reece's Pieces
- 1 bag of pretzel sticks
- 1 bag of peanuts
- 1 small bowl of almonds
- 1 bag of mini marshmallows
- 1/4 cup measuring cup or scoop OR 1 tablespoon measuring spoon – one for each Cub Scout
- Covering for tabletop
- Large bowl OR 1 bowl for each Cub Scout
- Snack bags, enough for Cub Scouts and adults

### Directions

This activity may be done by the den making the trail mix together or having each individual make their own trail mix. If each individual Cub Scout is making their trail mix consider using a smaller measurement such as a tablespoon. instead of a 1/4 cup.

Before the meeting:

1. Review food allergies for Cub Scouts.
2. Print Trail Mix Math worksheet, one for each Cub Scout.
3. Cover the tabletop. Set out food items on the table. Do not open them.
4. Set up meeting space for Cub Scouts to have room to work on their worksheet and prepare trail mix.

During the meeting

1. Hand out Trail Mix Math Ingredients worksheets and pencils.
2. Explain they will be creating trail mix based on items found on the table. As a den or as individuals they pick out the ingredients they would like to use to make trail mix. They are making enough for the entire group. Explain that the total number of ingredients chosen is how many parts that will make up the whole trail mix, this number is called the denominator and is the number on the bottom of a fraction. So if they pick 8 different ingredients the denominator will be 8.
3. They do not have to use all the ingredients; they should pick and choose what they like.
4. Once they have decided which items they would like to use, fill out the Trail Mix Math worksheet.
  - o Enter a "0" above the items that were not selected.
  - o Have them complete number 1 "What is the total number of ingredients to choose from to create trail mix." This is the total number of items on the table that were selected to make the trail mix. This is the denominator.
  - o Next, complete number 2, have them enter the number of scoops they will place of that item into their trail mix. This will indicate how many parts of the whole this item is of the trail mix. For now have them enter a 1 for 1 scoop. This number is called the numerator and is placed at the top of the fraction. Ask a Cub Scout to share what fraction they have. It will be the number of scoops of that item (1) over the number of ingredients they chose.
  - o For number 3, have them place a zero in the box if they didn't use the item and the fraction if they did. If they have two items used in their trail mix share with them what they would do is simply add the numerator (top number) and leave the denominator (bottom number) the same. Explain that since the total size of our trail mix didn't change and that is what the denominator represents it too doesn't change.
5. Have them make their trail mix following their recipe.
  - o Are you happy with the amount you have of each item?
  - o Now we are going to add another scoop, by adding another scoop we are going to increase how much trail mix we will have so what number of our fraction will we need to change? (denominator / bottom number)
  - o By how much will we need to increase the denominator by if we add one scoop? (One) Have them change the denominator for all the fractions made in step 2.
  - o What if we added two more scoops? (Two)
  - o Give Cub Scouts the choice of adding another scoop of a new ingredient OR adding a second scoop of an ingredient they already have.
  - o What fraction is used if we added a new ingredient? (1 as the numerator -top number / denominator stays the same, we already increased it when we decided to add another scoop)
  - o What fraction is used if we added a second scoop of an ingredient we already have? (The numerator changes to 2 to represent 2 scoops)
  - o Explain that the top number, numerator, shows how many scoops of that ingredient is in the trail mix. The bottom number, denominator, is how many total scoops of everything is in the trail mix.
  - o Ask Cub Scouts if we added all the numerators (top numbers) together what number should we get? (the same as the denominator (bottom number))
6. Have them finish making their trail mix with the added ingredient. If making it as a den divide the trail mix into smaller bags for each Cub Scout.

Tip: Take the trail mix along on activities to complete requirements 3 and 4.

### **Additional Resources**

[Trail Mix Math worksheet](#)

[Back to Balancing Bears Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Balancing Bears

Elective

Requirement 2



# Patterns in the Animal World

## Snapshot of Activity

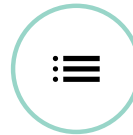
Pick an animal with a pattern and learn about it.



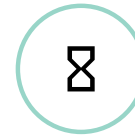
Indoor



1



1



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Photos of animals that have a pattern:
  - Zebra
  - Butterfly
  - Poison Dart Frog
  - Rattlesnake
  - Giraffe
  - Tiger
  - Cheetah
  - Parrot
  - Clownfish
  - Giant panda
  - Ladybug
  - Dalmatian Dog
- Animal Research worksheet found in Additional Resources
- Printer
- Pencil or pen, one for each Cub Scout
- Crayons or markers, assorted colors, enough to share
- Computer or smart device, 1 for every 2 Cub Scouts
- Timer

### Directions

Before the meeting:

1. Print Animal Research worksheet, one for each Cub Scout.
2. Set up meeting space for Cub Scouts to work on their worksheet and access to computer or smart device.

During the meeting:

1. Explain that a pattern is a design is repeated. We can see patterns in nature, very easily in animals and insects.
2. Share that each of them will select an animal and research the pattern on the animal.
3. Give them 15 minutes to research their animal and fill out their worksheet.
4. Have Cub Scouts share their findings.

## **Additional Resources**

[Animal Research worksheet](#)

[Why Zebras Have Stripes](#) (2 minutes 20 seconds)

[Why Do Zebras Have Stripes?](#) (4 minutes 5 seconds)

[Why do Butterflies Have Wing Patterns](#) (1 minute 8 seconds)

[Why do butterflies have such vibrant colors and patterns?](#) (3 minutes 23 seconds)

[Poison Dart Frogs](#) (6 minutes 41 seconds)

[5 Fascinating Facts About Poison Dart Frogs](#) (2 minutes 59 seconds)

[Canebrake Rattlesnake Camouflage](#) (2 minutes 1 second)

[Rattlesnake Adaptations | How Rattlesnakes Survive](#) (3 minutes 58 seconds)

[Back to Balancing Bears Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Balancing Bears

Elective

Requirement 3



# Bilateral Symmetry Hunt

## Snapshot of Activity

Find bilateral symmetry in nature using a scavenger hunt.



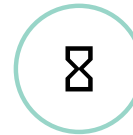
Travel



4



2



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bilateral Symmetry Scavenger Hunt worksheet found in Additional Resources
- Pencil, one for each Cub Scout
- Printer
- Cub Scout Six Essentials
  - Filled water bottle
  - Sun protection
  - Flashlight
  - Whistle
  - First aid kit
  - Trail snack (use the snack from requirement 1)
- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Identify an area where Cub Scouts can take a walk and see various plants, insects, and animals.
2. Print the Bilateral Symmetry Scavenger Hunt worksheet, one for each Cub Scout.
3. Contact Cub Scouts' parents or legal guardians to give them the location for the walk. Remind them to bring their child's completed Activity Consent Form and their Cub Scout Six Essentials.

During the meeting:

1. Introduce bilateral symmetry: "Bilateral symmetry means that the object or image can be divided by a line into right and left halves that are mirror images of each other. If an image can be folded in half and sides match up, it is symmetrical. It is also called mirror symmetry."
2. Hand out the Bilateral Symmetry Scavenger Hunt worksheets and pencils.

3. Tell Cub Scouts you will be taking a nature walk. They are to fill out their scavenger hunt worksheet  
On the walk.
4. Have Cub Scouts buddy up.
5. Walk slowly. Remind Cub Scouts to look down, around, and up. They may want to examine leaves and insects. They can take many pictures.
6. After the walk, gather Cub Scouts.
7. While they are eating their snack, ask them to share the results of their scavenger hunt.

Tip: This activity can be done together with requirement 4.

### **Additional Resources**

<https://thesmarthappyproject.com/wp-content/uploads/2018/02/bilateral-symmetry-hunt.pdf>  
[Bilateral Symmetry Scavenger Hunt worksheet](#)

[Back to Balancing Bears Requirements](#)



## Bilateral Symmetry Snapshot

### Snapshot of Activity

Cub Scouts take a walk and take pictures of things they believe have bilateral symmetry.



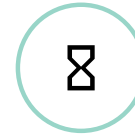
Outdoor



4



2



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Camera or phone to take pictures, one for each Cub Scout
- Cub Scout Six Essentials
  - Filled water bottle
  - Sun protection
  - Flashlight
  - Whistle
  - First aid kit
  - Trail snack (use the snack from requirement 1)
- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Identify an area where Cub Scouts can take a walk and see various plants, insects, and animals.
2. Contact Cub Scouts' parents or legal guardians to give them the location for the walk. Remind them to bring their child's completed Activity Consent Form, a camera, and their Cub Scout Six Essentials.

During the meeting:

1. Introduce bilateral symmetry: "Bilateral symmetry means that the object or image can be divided by a line into right and left halves that are mirror images of each other. If an image can be folded in half and sides match up, it is symmetrical. It is also called mirror symmetry."
2. Tell Cub Scouts they will take a nature walk. They are to take pictures of things that have mirror symmetry.
3. Have Cub Scouts buddy up.
4. Walk slowly. Remind Cub Scouts to look down, around, and up. They may want to examine leaves and insects. They can take many pictures.
5. After the walk, gather Cub Scouts.

6. While they are eating their snack, ask them to each find a picture of something they believe has bilateral symmetry or a mirror image.
7. Ask them to draw an imaginary line down the middle of the picture. Ask them if the two sides are the same. This is bilateral symmetry.

Tip: This activity can be done together with requirement 4.

[Back to Balancing Bears Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Balancing Bears

Elective

Requirement 4



# Radial Symmetry Hunt

## Snapshot of Activity

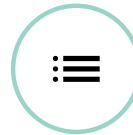
Find radial symmetry in nature using a scavenger hunt.



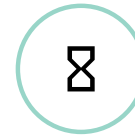
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Radial Symmetry Scavenger Hunt worksheet found in Additional Resources
- Pencil, one for each Cub Scout
- Printer
- Cub Scout Six Essentials
  - Filled water bottle
  - Sun protection
  - Flashlight
  - Whistle
  - First aid kit
  - Trail snack (use the snack from requirement 1)
- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Identify an area where Cub Scouts can take a walk and see plants, flowers and spider webs.
2. Contact Cub Scouts' parents or legal guardians to give them the location for the walk. Remind them to bring their child's completed Activity Consent Form, a camera, and their Cub Scout Six Essentials.

During the meeting:

1. Explain to Cub Scout that radial symmetry is when there are many lines of symmetry around a fixed point, known as the center. An example of radial symmetry would be a starfish, spiderweb, and some flowers.
2. Tell Cub Scouts they will taking a nature walk. They are to take pictures of things they have radial symmetry.
3. Have Cub Scouts buddy up.
4. Walk slowly. Remind Cub Scouts to look down, around, and up. They may want to examine plants, flowers

and spider webs. They can take many pictures.

5. After the walk, gather Cub Scouts.
6. While they are eating their snack, ask them to each find a picture of something they believe has radial symmetry.

Tip: This activity can be done together with requirement 3.

### **Additional Resources**

<https://thesmarthappyproject.com/wp-content/uploads/2018/02/bilateral-symmetry-hunt.pdf>  
[Radial Symmetry Scavenger Hunt worksheet](#)

[Back to Balancing Bears Requirements](#)





## Radial Symmetry Snapshot

### Snapshot of Activity

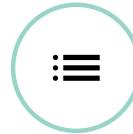
Cub Scouts take a walk and take pictures of things they believe have radical symmetry.



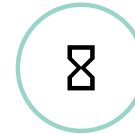
Outdoor



4



2



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Camera or phone to take pictures, one for each Cub Scout
- Cub Scout Six Essentials
  - Filled water bottle
  - Sun protection
  - Flashlight
  - Whistle
  - First aid kit
  - Trail snack (use the snack from requirement 1)
- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Identify an area where Cub Scouts can take a walk and see plants, flowers and spider webs.
2. Contact Cub Scouts' parents or legal guardians to give them the location for the walk. Remind them to bring their child's completed Activity Consent Form, a camera, and their Cub Scout Six Essentials.

During the meeting:

1. Explain to Cub Scout that radical symmetry is when there are many lines of symmetry around a fixed point, known as the center. An example of radial symmetry would be a starfish, spiderweb, and some flowers.
2. Tell Cub Scouts they will taking a nature walk. They are to take pictures of things they have radial symmetry.
3. Have Cub Scouts buddy up.
4. Walk slowly. Remind Cub Scouts to look down, around, and up. They may want to examine plants, flowers and spider webs. They can take many pictures.
5. After the walk, gather Cub Scouts.
6. While they are eating their snack, ask them to each find a picture of something they believe has radial

symmetry.

Tip: This activity can be done together with requirement 3.

[Back to Balancing Bears Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Baloo the Builder

Elective



## Snapshot of Adventure

Learning to build things that are useful or fun is an important skill. You might grow up to build houses as a career or models as a hobby. Or you might just learn some skills that will help you in everyday life.

Building materials may include wood, cement, plastic, steel, or a combination of all these things. For this Adventure, we will focus on wood. You will learn about hand tools and how to use them safely. You will learn how to choose the right type of wood for a project and follow project instructions. And before you're finished, you will use your new skills to make two projects from wood.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Review [Age Appropriate Guidelines for Scouting Activities before starting a project](#).
- Cub Scouts are allowed to use common craft tools, such as paintbrushes, scissors, hammers, and screwdrivers.
- Know the proper use of the tools that will be used for the project, by any youth or adult.

During the Adventure

- Give time for proper training on the use of the tools that will be used to complete the project for all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Baloo the Builder.

#### Requirement 1

Learn about some basic tools and the proper use of each tool. Learn about and understand the need for safety when you work with tools.

- [Cub Scouts practice using four different tools](#).

#### Requirement 2

Practice using four of the tools you learned about in requirement 1.

- [Cub Scouts practice using four different tools](#).

**Requirement 3**

Choose a project to build.

- Cub Scouts [determine a project to build that is not in the handbook](#).
- Cub Scouts [choose a project to build: bat house, candy dispenser, tic-tac-toe board or caddy](#).

**Requirement 4**

Determine the tools and materials needed to build your project in requirement 3.

- Cub Scouts [determine tools and materials are needed to build their selected project](#).

**Requirement 5**

Build your project.

- Cub Scouts [build a bat house](#).
- Cub Scouts [build a candy dispenser](#).
- Cub Scouts [build a tic-tac-toe board](#).
- Cub Scouts [build a caddy for tools or art supplies](#).

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Baloo the Builder

Elective



Requirement 1

# Tool Time

## Snapshot of Activity

Cub Scouts practice using four different tools.



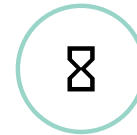
Indoor



3



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Safety glasses
- 8-to-10-ounce claw hammer
- Flathead screwdriver
- Phillips head screwdriver
- Brace and bit
- 20" hand saw
- Coping saw
- Vice or clamp
- Measuring device, this can be a measuring tape, ruler, or square
- Sandpaper in various grits
- Small piece of wood
- First aid kit

### Directions

Before the meeting:

1. Gather the items on the **Supply List**.
2. Set up meeting space for Cub Scouts to have room to handle the tools individually.

During the meeting:

1. Start with the safety glasses. Explain that safety glasses aren't really a tool but an important piece of equipment for building and that they must be worn at all times. Allow Cub Scouts to try on the safety glasses.
2. Hold up the hammer and allow it to be passed around. Explain that a hammer is used to drive nails into wood.

3. Hold up the two screwdrivers and allow them to be passed around. Explain that a screwdriver puts a screw into a piece of wood. Screws do a better job than nails of holding projects together when the pieces will be under strain. There are two main kinds of screwdrivers: flathead and Phillips head. Pick the one with a Tip that matches the screw you want to drive. A flathead screwdriver is used for a screw with a single slot across its head. A Phillips screw has a "+" design.
4. Hold up the brace and bit and allow it to be passed around. Explain that a brace and bit is used to drill holes. This is a two-part tool. The bit does the drilling, and the brace turns the bit. There are many kinds and sizes of bits depending on the material and size of hole needed. All bits for wood have a spiral edge that digs out small pieces of wood as you turn it.
5. Hold up the hand saw, do not pass it around. Explain that a hand saw lets you cut boards along straight lines.
6. Hold up the coping saw, do not pass it around. Explain that a coping saw lets you cut curves and odd shapes in wood.
7. Hold up the vice and/or clamp and allow it to be passed around. Explain that a vise or clamp is like having that third hand, the tool holds the wood in place.
8. Hold up the measuring device and allow it to be passed around. Share the saying, "Measure twice and cut once."
9. Pass around the sandpaper. Explain that sandpaper is used to rub off any rough edges on a project. Sandpaper comes in different grits. The higher the number of grit, the finer the feel of the sandpaper. Finer grits mean a smoother wood surface. Rub the sandpaper on the wood to show how it is used.
10. And finally, hold up the first aid kit. Show Cub Scouts where it will be kept during project building.

[Back to Baloo the Builder Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Baloo the Builder

Elective



Requirement 2

# Tool Practice

## Snapshot of Activity

Cub Scouts practice using four different tools.



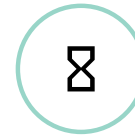
Indoor



3



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

*In this activity, Cub Scouts will use a hammer, Philips screwdriver, hand saw, and clamps. You may choose four different tools to meet the requirement.*

- 8-to-10-ounce claw hammer, one for each Cub Scout
- Philips head screwdriver, one for each Cub Scout
- 20" hand saw, one for each Cub
- Vice or clamp, one for each Cub Scout
- 1 lb. box of 1 1/2" penny or common nails
- Wood screws, Philips head
- 1 ft long 1" x 4" pine, two per Cub Scout
- 1 ft long 2" x 4" pine, one per Cub Scout
- Rag or cloth, one per Cub Scout
- Safety glasses for each Cub Scout
- First aid kit
- Timer

### Directions

Before the meeting:

1. Gather supplies.
2. Become familiar with the proper use of the tools you will be using by watching the following YouTube videos:
  - [The Right Way to Use a Hammer](#)
  - [How to Use a Screwdriver](#)
  - [How to use Hand Saws](#)
3. Pre-drill a few pilot holes for the screwdriver activity in the 1" x 4" boards.
4. Ask Cub Scout families to bring any tools they have in the above list to share.
5. Set up meeting space for each Cub Scout to have a designated work area with plenty of room to move about

and a safe distance away from one another.

6. Place a pile of nails and screws at each Cub Scout work area.

During the meeting:

1. Ask Cub Scouts to put on their safety glasses. Show them the location of the first aid kit.
2. Share with Cub Scouts that they will practice using their hammer. Hand out one piece of the 2" x 4" pieces of lumber.
  - Have Cub Scouts see how many hits it takes to drive a nail into a piece of wood. Their parent or legal guardian can count.
  - Next, have Cub Scouts see how many nails they can drive in five minutes. Set a timer and let them hammer for 5 minutes. Once stopped, have them count the number of nails and share with the den.
3. Hand out the second piece of 1" x 4" board. Using the vice or clamp, Cub Scouts clamp the two pieces of wood with the pilot holes together. Next, have them use their screwdriver and see how long it takes to place one screw through both pieces. Have each adult time their Cub Scout.
4. Hand out the 1" x 4".
  - Starting with the 1" x 4" board, Cub Scouts use the hand saw to cut through the wood.
  - Have the Cub Scouts check their cuts to ensure they are straight and not slanted.
5. Have the Cub Scouts wipe down their tools.

[Back to Baloo the Builder Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Baloo the Builder

Elective



Requirement 3

# Find Our Own Project

## Snapshot of Activity

Cub Scouts determine a project to build that is not in the handbook.



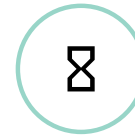
Indoor



1



1



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- No additional supplies

### Directions

During the meeting:

1. Discuss with Cub Scouts what ideas they have for a project. You may present a few ideas or ask Cub Scouts to think of their own. Here are some ideas from Scout Life magazine:
  - [How to Build a Little Free Library](#)
  - [How to Make a Pinewood Derby Car Display](#)

[Back to Baloo the Builder Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Baloo the Builder

Elective

Requirement 3



# Project from Handbook

## Snapshot of Activity

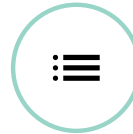
Cub Scouts choose a project to build: bat house, candy dispenser, tic-tac-toe board or caddy.



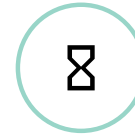
Indoor



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1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Half sheet of 8 ½" x 11" paper, one for each Cub Scout
- Pencil or pen, one for each Cub Scout

### Directions

During the meeting:

1. Distribute ½ sheets of paper and pencil.
2. Explain that a vote will be held to determine which wood building project the den will be using to complete the Adventure.
3. Share that the choices are bat house, candy dispenser, tic-tac-toe board or tool/art supply caddy. Provide a brief description of each choice.
4. Ask Cub Scouts to write down in order of preference (1, 2, 3) the project they would like to do together.
5. Collect the voting ballots. Tally the ballots and announce the winner.

Tip: You may limit the voting options.

[Back to Baloo the Builder Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Baloo the Builder

Elective

Requirement 4



# Tool and Material Selection

## Snapshot of Activity

Cub Scouts determine tools and materials are needed to build their selected project.



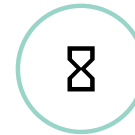
Indoor



2



2



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Tool and Supply List found in Additional Resources
- Pencil or pen, one for each Cub Scout
- Printer

### Directions

Before the meeting:

1. Print the Tool and Supply List, one for each Cub Scout.
2. Set up meeting space for Cub Scouts to be able to sit and complete their tool and Supply List.

During the meeting:

1. Have Cub Scouts list the name of their project at the top of the worksheet.
2. Discuss required tools to build their selected project. Have them write down the tools.
3. Discuss materials needed to build their selected project. Have them write down the materials.

## Additional Resources

[Tool and Supply List](#)

[Back to Baloo the Builder Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Baloo the Builder

Elective

Requirement 5



# Project Build – Bat Box

## Snapshot of Activity

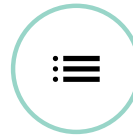
Cub Scouts build a bat house.



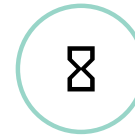
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bat House instructions found in Additional Resources
- Printer
- Power drill. Power drills may only be used by adults
- Drill bits
  - ½-inch drill bit for vent holes
  - 3/32-inch drill bit for screw pilot holes
- Countersink bit
- Crosscut saw or circular saw
- Screwdriver
- Tape measure
- Pencil
- Straight edge
- Safety glasses
- Pocketknife
- (2) Squeeze tube of exterior caulk
- Paintbrushes
- One quart of exterior water-based primer
- Two quarts of exterior black or gray water-based paint
- (53) 1-inch exterior wood screws
- (7) 1 ¾-inch exterior wood screws
- ½-by-30-by-36-inch sheet of exterior plywood (not pressure treated)
- ½-by-26-by-36-inch sheet of exterior plywood (not pressure treated)
- 1-by-4-by-40-inch board for the roof
- (2) 1-by-2-by-24½-inch boards for interior frame

- 1-by-2-by-36-inch board for interior frame
- (4) 1-by-2-by-3-inch wood spacer blocks

### **Directions**

Before the meeting:

1. Print Bat House instructions, one for each Cub Scout.
2. Purchase or gather necessary tools and materials based on the list from requirement 4. This may include contacting families to bring tools.
3. Cut the boards to size and sand the edges smooth.
4. Pre-drill pilot holes for nails or screws.
5. Set up meeting space for each Cub Scout to have a designated work area with plenty of room to move about and a safe distance away from one another.

During the meeting:

1. Review appropriate tool safety with Cub Scouts.
2. Distribute Bat House instructions.
3. To build the bat house:
  - Cut out all the bat house boards.
  - Use your pocketknife to scribe shallow grooves (less than 1/16 inch deep) across the inside of the back sheet of plywood, about ¼- to ½-inch apart. The grooves help bats grip the plywood.
  - Run a bead of caulk onto the contact surfaces of the interior frame and spacer blocks, and then screw them in place on the back of the front panel. All surfaces that are in contact with each other should be caulked before screwing them together. Caulking acts as a gasket, sealing out water.
  - Drill ½-inch vent holes in the front panel. In cold climates, you need only three or four vent holes.
  - Stain the interior of the bat house, including the plywood, frame, and spacer blocks. Allow the stain to dry.
  - Caulk and screw the back panel to the frame and spacer blocks. Be sure to drill pilot holes to avoid splitting.
  - Caulk and screw on the roof. A drop of caulking in each screw pilot hole will help waterproof the bat house and keep the inside dry.
  - . Paint the exterior with primer, then apply two coats of paint. Use black paint for colder climates and gray paint for warmer climates. Attach the bat house to a building or other structure. Face it south or east, about 10- to 12-feet off the ground.

After the meeting:

1. Find a place to hang the bat house.

### **Additional Resources**

[Bat House instructions](#)

[How to Build a Bat House](#)

[Back to Baloo the Builder Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Baloo the Builder

Elective

Requirement 5



# Project Build – Candy Dispenser

## Snapshot of Activity

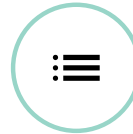
Cub Scouts build a candy dispenser.



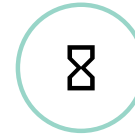
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Candy Dispenser instructions found in Additional Resources
- Printer
- Power drill. Power drills may only be used by adults
- Drill bits
- Countersink bit
- 7/8-inch spade bit
- Screwdriver
- Hammer
- Tape measure
- Pencil
- Straight edge
- Pocketknife
- Sandpaper
- Wood glue
- Safety glasses
- 24 inch long 2-by-6 board
- Dowel or peg about ¼ inch in diameter, 4 inches long
- Dowel or peg about ¼ inch in diameter, 2 inches long
- A clean quart or pint canning jar with metal ring
- Circular saw or jigsaw
- (12) 2.5-inch nails or wood screws
- (4) Flathead brads
- Jellybeans or gumballs

### Directions

Before the meeting:

1. Print Candy Dispenser instructions, one for each Cub Scout.
2. Purchase or gather necessary tools and materials based on the list from requirement 4. This may include contacting families to bring tools.
3. Cut the boards to size and sand the edges smooth.
4. Pre-drill pilot holes for nails or screws.
5. Set up meeting space for each Cub Scout to have a designated work area with plenty of room to move about and a safe distance away from one another.

During the meeting:

1. Review appropriate tool safety with Cub Scouts.
2. Distribute Candy Dispenser instructions.
3. To build the candy dispenser:
  - Cut all the boards to size and sand smooth.
  - Glue and screw the base onto the sides.
  - Pencil an X from corner to corner on the top board.
  - Drill a  $\frac{7}{8}$ -inch hole through the center of the top board.
  - Glue and screw the top board onto the sides and base. Sand the slide until it moves smoothly in the square hole in the center of the dispenser.
  - Drill a hole  $\frac{3}{4}$  inch from the front of the slide. This is for the 4-inch peg or dowel. Drill a hole  $\frac{1}{2}$  inch from the back of the slide. This is for the 2-inch peg or dowel. Glue the 4-inch peg or dowel in the front hole on the slide.
  - Push the slide into place until it stops at the 4-inch peg. Draw a circle through the  $\frac{7}{8}$ -inch hole on the top board onto the slide.
  - Drill a  $\frac{7}{8}$ -inch hole  $\frac{3}{8}$  inch deep into the slide as shown.
  - Bevel the  $\frac{7}{8}$ -inch slide hole with the pocketknife and sand smooth.
  - Drill and nail the jar ring onto the top board.
  - Push the slide into place. When the slide is pushed in all the way, the hole in the top and the hole in the slide should line up. Glue the 2-inch peg or dowel onto the back of the slide.
  - Fill the jar with candy, screw it onto the ring and your dispenser is complete.

## **Additional Resources**

[Candy Dispenser instructions](#)

[How to Make a Homemade Candy Dispenser](#)

[Back to Baloo the Builder Requirements](#)



## Project Build – Tic-Tac-Toe Board

### Snapshot of Activity

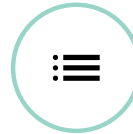
Cub Scouts build a tic-tac-toe board.



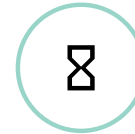
Indoor



3



4



4

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Tic-Tac-Toe Board instructions found in Additional Resources
- Printer
- Power drill. Power drills may only be used by adults
- Drill bits
- Tape measure
- Pencil
- Black Sharpie or marker
- Straight edge
- Sandpaper
- Safety glasses
- 2-by-4 board
- A bag of wooden golf tees
- Paint
- Hand saw

### Directions

Before the meeting:

1. Print Tic-Tac-Toe Board instructions, one for each Cub Scout.
2. Purchase or gather necessary tools and materials based on the list from requirement 4. This may include contacting families to bring tools.
3. Cut the boards to size and sand the edges smooth.
4. Set up meeting space for each Cub Scout to have a designated work area with plenty of room to move about and a safe distance away from one another.

During the meeting:

1. Review appropriate tool safety with Cub Scouts.



2. Distribute Tic-Tac-Toe Board instructions.
3. To build the tic-tac-toe board:
  - Cut a block of wood so it's 4 inches by 4 inches by 1 inch.
  - Mark evenly spaced holes and have adult drill.
  - Paint golf tees — five of one color for “X” and five of another color for “O.”

### **Additional Resources**

[Tic-Tac-Toe Board instructions](#)

[Back to Baloo the Builder Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Baloo the Builder

Elective

Requirement 5



# Project Build – Tool or Art Caddy

## Snapshot of Activity

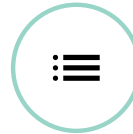
Cub Scouts build a caddy for tools or art supplies.



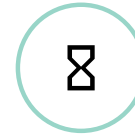
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Caddy instructions found in Additional Resources
- Printer
- Power drill. Power drills may only be used by adults
- Drill bits
- Tape measure
- Pencil
- Straight edge
- Sandpaper
- Safety glasses
- 72 inch long 2-by-6 board
- Dowel or peg about 3/4 inch in diameter, 18 inches long
- Hand saw or circular saw

### Directions

Before the meeting:

1. Print Caddy instructions, one for each Cub Scout.
2. Purchase or gather necessary tools and materials based on the list from requirement 4. This may include contacting families to bring tools.
3. Cut the boards to size and sand the edges smooth.
4. Set up meeting space for each Cub Scout to have a designated work area with plenty of room to move about and a safe distance away from one another.

During the meeting:

1. Review appropriate tool safety with Cub Scouts.
2. Distribute Caddy instructions.

3. To build the caddy:

- Cut two pieces of wood 17½ inches long for the two long sides.
- Cut one piece of wood 16 inches long for the bottom.
- Cut two pieces of wood 10 inches long for the ends.
- Cut off the corners of the end pieces at an angle, then drill a hole in each large enough for the handle. The center of each hole should be 1¾ inch from the top and centered between the edges of the piece.
- Insert the handle. Then, put your toolbox together with wood screws. If you wish, you may put wood glue on the joints and let it dry before using the wood screws.
- Finish your toolbox with a stain.

### **Additional Resources**

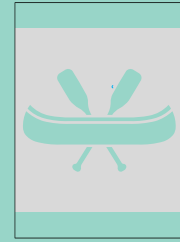
[Caddy instructions](#)

[Back to Baloo the Builder Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Bears Afloat

Elective



## Snapshot of Adventure

**This Adventure is limited to council/district events on flat-water ponds or controlled lake areas free of powerboats and sailboats.**

Grip, shaft, throat, shoulder, blade, and

Tip are all parts of a paddle. In this Adventure, you'll discover the world of paddle crafts. Canoes, kayaks, and stand-up paddleboards all rely on you as the source of power. There are places that you can get to only by paddle craft.

You will also learn how to be safe when using a paddle craft, from learning about your equipment to proper ways to paddle your craft.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before a BSA group may engage in any watercraft activity adult leaders for such activity must complete Safety Afloat training, have a commitment card, and be dedicated to full compliance with all [nine points of Safety Afloat](#). (Through enforcement of these nine measures, most watercraft accidents can be prevented.) At least one of the adult leaders must be trained in CPR. Safety Afloat training may be obtained from [my.scouting.org](http://my.scouting.org), at council summer camps, and at other council and district training events. – Supervision by an adult, 21 or older, who is trained in BSA Safety Afloat. At least one leader must be trained in first aid which includes CPR. Any swimming done in conjunction with the activity must be within [BSA Safe Swim Defense standards](#).

The following information is specific to Cub Scout boating activities:

- Supervision—the ratio of adult supervisors to participants is one to five.
- Skill Proficiency—Canoeing, rowboating, and rafting for Cub Scouts (including Webelos Scouts) is limited to council/district events on flat-water ponds or controlled lake areas free of powerboats and sailboats. Prior to recreational canoeing, Cub Scouts are to be instructed in basic handling skills and practices.
- Planning—Canoeing, rowboating, and rafting do not include “trips” or “expeditions” and are not to be conducted on running water (i.e., rivers or streams); therefore, some procedures are inapplicable. Suitable weather requires clear skies, no appreciable wind, and warm air and water.
- Life jackets—All persons engaged in activity on the open water must wear properly fitted U.S. Coast Guard-approved life jackets.
- Complete the BSA Safety Afloat (30 minutes) training on [my.scouting.org](http://my.scouting.org).
- Confirm enough adults who will serve as supervisors during the activity to maintain a ratio of one supervisor to every 5 Cub Scouts.
- Have buddy tags for everyone who will be near the water, youth, and adults.

During the Adventure:

- Give an overview and instruction on the points of Safety Afloat prior to the activity.

- Provide continuous, qualified adult supervision and discipline during the activity.

All participants, both Cub Scouts and adults, must wear a life jacket during boating activities. Review the [Life Jackets / Personal Flotation Devices](#) Safety Moment.

### **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Bears Afloat.

#### **Requirement 1**

Before attempting requirements 6 and 7 for this Adventure, you must pass the BSA swimmer test.

- Cub Scouts [swim for the BSA swimmer test](#).

#### **Requirement 2**

Pick a paddle craft you'll use to complete all requirements: canoe, kayak, or stand-up paddleboard.

- Cub Scouts [pick from one of the paddle crafts to complete remaining requirements](#).

#### **Requirement 3**

With your den or an adult, discuss the role of qualified adult supervision at a paddle craft activity.

- Cub Scouts [identify the attributes of a qualified adult at a boating activity](#).

#### **Requirement 4**

Explain the safety rules to follow when safely using a paddle craft.

- Cub Scouts [learn the safety rules to follow when using a paddle craft](#).

#### **Requirement 5**

Discover how to tell if a life jacket is the correct size and approved for your paddle craft activity. Demonstrate how to wear it.

- Cub Scouts [learn about life jackets](#).

#### **Requirement 6**

Explore how your paddle craft responds as you move your paddle through the water from different places.

- Cub Scouts [practice paddling strokes](#).

#### **Requirement 7**

Have 30 minutes, or more, of canoe, kayak, or stand-up paddleboard paddle time.

- Cub Scouts [enjoy 30 minutes of paddle craft activity](#).

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Bears Afloat

Elective



Requirement 1

# Swimmers Test

## Snapshot of Activity

Cub Scouts swim for the BSA swimmer test.



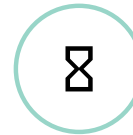
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [BSA Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review BSA Health and Medical Form for each Cub Scout.
3. Secure Qualified Supervision by an adult, 21 or older, who is trained in BSA Safety Afloat. Leadership is provided in ratios of one trained adult per 5 Cub Scouts. At least one leader must be trained in first aid that includes CPR. Any swimming done in conjunction with the activity must be within [BSA Safe Swim Defense standards](#).

During the meeting:

1. Tell Cub Scouts they will be taking the BSA swimmer test. To pass the test they must:
  - Jump feet first into water that's over your head in depth.
  - Level off and swim 100 yards in one swim (without stops and including at least one sharp turn). The first 75 yards must be done in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; the last 25 yards must be done using an easy resting backstroke.

- After completing the swim, rest by floating.
2. Have Cub Scouts attempt the test.
- Cub Scouts must successfully pass the BSA Swimmer Test before working on requirement 6 or requirement 7.*

### **Additional Resources**

Information about buddy boards can be found in the BSA Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Bears Afloat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bears Afloat

Elective



Requirement 2

# Picking Paddle Craft

## Snapshot of Activity

Cub Scouts pick from one of the paddle crafts to complete remaining requirements.



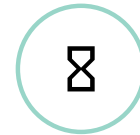
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Half sheet of 8 ½" x 11" paper, one for each Cub Scout
- Pencil or pen, one for each Cub Scout

### Directions

During the meeting:

1. Distribute ½ sheets of paper and pencil.
2. Explain that a vote will be held to determine which paddle craft the den will be using to complete the Adventure.
3. Share that the choices are canoe, kayak, and paddleboard. Provide a brief description of each choice.
4. Ask Cub Scouts to write down in order of preference (1, 2, 3) the type of paddle craft they would like to do together.
5. Collect the voting ballots. Tally the ballots and announce the winner.

Tip: You may limit the voting options depending on what is available.

[Back to Bears Afloat Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Bears Afloat

Elective



Requirement 3

# Qualified Supervision

## Snapshot of Activity

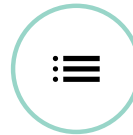
Cub Scouts identify the attributes of a qualified adult at a boating activity.



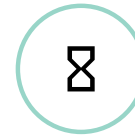
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- No additional supplies

### Directions

Before the meeting:

1. Review [BSA Safety Afloat](#) guidelines.

During the meeting:

1. Explain to Cub Scouts that when boating, Cub Scouts follow BSA Safety Afloat guidelines.
2. Tell Cub Scouts the first BSA Safety Afloat guideline is “Qualified Supervision.”
3. Share with Cub Scouts the attributes of qualified adult supervision at a boating activity.  
Supervision by an adult, 21 or older, who is trained in BSA Safety Afloat. Leadership is provided in ratios of one trained adult per 5 Cub Scouts. At least one leader must be trained in first aid that includes CPR. Any swimming done in conjunction with the activity must be within [BSA Safe Swim Defense](#) standards.
4. Ask Cub Scouts questions to ensure they understand the meaning of “Qualified Supervision.” Example questions include:
  - What type of job would a person have to meet the guidelines? *Aquatics Instructor, BSA; BSA Lifeguard; BSA Swimming & Water Rescue; or other lifeguard, swimming instructor*
  - What are the responsibilities of the person performing qualified supervision? *Watching Cub Scouts boating.*
  - How old must someone be to be eligible? *21*
  - How many Cub Scouts are assigned for each qualified supervisor? *5*
  - Where would you find someone to supervise your paddle craft Adventure? *Scout camp, BSA trained adult*

Tip: It is strongly recommended that all units have at least one adult or older youth member currently trained in BSA Aquatics Supervision: Swimming and Water Rescue or BSA Lifeguard to assist in planning and conducting all swimming activities.

[Back to Bears Afloat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bears Afloat

Elective

Requirement 4



# Paddling Safely Rule Game

## Snapshot of Activity

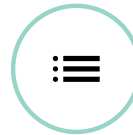
Cub Scouts learn the safety rules to follow when using a paddle craft.



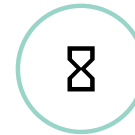
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Paddling Safely Rules Game found in Additional Resources
- Printer
- Access to Paddling Safely Rules Key found in Additional Resources

### Directions

Before the meeting:

1. Review safety rules when using a paddle craft.  
**Personal Health Review**—Completing the BSA Annual Health and Medical Record will be needed. Are there any restrictions on the part of the participant?  
**Swimming Ability**—Complete an annual swim test. Do you know what that is?  
**Life Jackets**—Properly fitted U.S. Coast Guard–approved life jackets are worn by everyone engaged in boating activities.  
**Buddy System**—Make sure each member is accounted for, especially when in the water.  
**Skill Proficiency**—Everyone in an activity afloat must have sufficient knowledge and skill to participate safely.  
**Planning**—Check for weather and contingencies as needed prior to your activity.  
**Equipment**—All craft must be suitable for the activity, be seaworthy, and be capable of floating if capsized.  
**Discipline**—Remember that rules are only effective when they are followed.
2. Print a single copy of the Paddling Safely Rules Game cards. Cut into 16 individual cards, 8 topic cards and 8 rule cards.
3. Mix up the topic cards and lay flat on a tabletop, print side down. Mix up the rule cards and lay flat on a tabletop in a separate layout.

During the meeting:

1. Explain to Cub Scouts the safety rules to follow when safely using a paddle craft.

2. Explain to Cub Scouts that they will be playing a matching type game. In turn, they will each select two cards. One from the topic pile and one from the rule pile. The object is to match the rule topic with the rule.
3. One Cub Scout will go first. They select one card from each pile. Ask them to read the rule aloud and decide if the rule matches the topic.
  - If the topic matches the rule, and they got the right answer, they are done, and it is the next Cub Scout's turn.
  - If they are incorrect, they place they return the cards and try again.
  - If the topic does not match the rule and they got the right answer, they replace the cards and try again.

### **Additional Resources**

[Paddling Safely Rules Game](#)

[Paddling Safely Rules Key](#)

[Back to Bears Afloat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bears Afloat

Elective



Requirement 5

# Life Jacket Education

## Snapshot of Activity

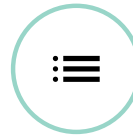
Cub Scouts learn about life jackets.



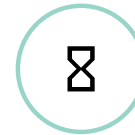
Indoor



2



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- United State Coast Guard approved life jackets in assorted sizes, one for each Cub Scout

### Directions

Before the meeting:

- Gather life jackets.
- Set up meeting space with life jackets distributed around and enough room for Cub Scouts to move around.

During the meeting:

1. Tell Cub Scouts that they must wear a properly fitted life jacket for all boating activities.
2. Explain that the only life jackets Cub Scouts should use are the ones that have been approved by the United States Coast Guard. Show Cub Scouts that a life jacket that has been approved by the Coast Guard has the approval information printed on the inside of the jacket.
3. Share with Cub Scouts the performance list of Coast Guard-approved life jackets. It is required that everyone, Cub Scouts and adults, wear a level 70 life jacket or above during paddle- craft activities.
  - Level 50 Buoyancy Aid: Not recommended for weak or nonswimmers. No self-turning ability.
  - Level 70 Buoyancy Aid: Equivalent to the Type III life jackets. They are the most common life jackets worn by recreational boaters. No self-turning ability.
  - Level 100 Life Jacket: High flotation life jacket. Some self-turning ability.
  - Level 150 Life Jacket: High flotation life jacket. Offshore waters, self-turning ability.
4. Demonstrate with Cub Scouts how to wear a life jacket.
  - Check the label to see if it's designed for your size and weight.
  - Put the jacket on, buckle it, and tighten the straps.
  - Hold your arms over your head. Have a friend pull up on the tops of the arm openings. If the jacket rides up over your chin or face, it's too loose.

5. Ask Cub Scouts to find a buddy. Have Cub Scouts try on the life jackets. Tell them to take turns pulling up on the tops of the arm openings to see if their jacket fits properly.

Tip: You may want to do this activity at the boating site as they would have life jackets readily available.

[Back to Bears Afloat Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bears Afloat

Elective



Requirement 6

# Paddle Practice

## Snapshot of Activity

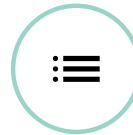
Cub Scouts practice paddling strokes.



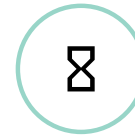
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Paddle craft and paddles chosen in requirement 1 for each Cub Scout
- Qualified adult supervision
- [Activity Consent Form](#)
- [BSA Health and Medical Form](#)
- Whistles for lifeguards and look-outs

### Directions

Before the meeting:

1. Using the type of paddle craft selected in requirement 2, locate an area to boat.
2. Review BSA Health and Medical Form for each Cub Scout.
3. Secure Qualified Supervision by an adult, 21 or older, who is trained in BSA Safety Afloat. Leadership is provided in ratios of one trained adult per 5 Cub Scouts. At least one leader must be trained in first aid that includes CPR. Any swimming done in conjunction with the activity must be within [BSA Safe Swim Defense](#) standards.

During the meeting:

1. Explain to Cub Scouts that they will be learning and practicing how to paddle.
2. Assemble Cub Scouts onshore and distribute paddles. Practice the following strokes on land:
3. **Forward paddle stroke**
  - Catch Lower the paddle blade edgewise into the water in front of you, not too deep.
  - Power Pull backward.
  - Recover Position the paddle forward, ready to begin another stroke.
4. **Backstroke** Push on the paddle instead of pulling.
5. **Sweep** Use sweeps to turn. Reach out with the paddle and move it in a quarter circle, either forward or

backward. Or use draw and pry strokes, pulling or pushing the paddle straight toward or away from the canoe.

6. Practice again before getting into the paddle craft by standing in knee-high water.
7. Once on the water, demonstrate each stroke.

Tip: Combine this requirement with requirement 7.

[Back to Bears Afloat Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Bears Afloat

Elective

Requirement 7



# Paddling Around for Fun

## Snapshot of Activity

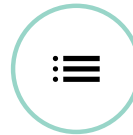
Cub Scouts enjoy 30 minutes of paddle craft activity.



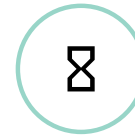
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Paddle craft and paddles and equipment for chosen paddle craft
- Qualified adult supervision
- [Activity Consent Form](#)
- [BSA Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before the meeting:

1. Using the type of paddle craft selected in requirement 2, locate an area to boat.
2. Review BSA Health and Medical Form for each Cub Scout.
3. Secure Qualified Supervision by an adult, 21 or older, who is trained in BSA Safety Afloat. Leadership is provided in ratios of one trained adult per 5 Cub Scouts. At least one leader must be trained in first aid that includes CPR. Any swimming done in conjunction with the activity must be within [BSA Safe Swim Defense](#) standards.

During the meeting:

1. With qualified adult supervision and using the learned paddling skills, go boating for 30 minutes.

## **Additional Resources**

Information about buddy boards can be found in the BSA Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Bears Afloat Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Bears on Bikes

Elective



## Snapshot of Adventure

Get together with your den, pack, or family to go on a bike ride. In this Adventure, you'll learn what to wear to ride your bike safely and some basic maintenance. Then get ready for a bike ride. Grab your helmet, check your tires, and take a buddy to head out on another Cub Scout Adventure.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

**The use of push or balance bikes, training wheels, tricycles, or adaptive bikes are acceptable if the Cub Scout has not learned how to ride a bicycle.**

**Electric or hybrid bikes are not allowed in Scouting activities.**

Before starting this Adventure:

- Review and become familiar with Bicycle Safety guidelines found on the [BSA Sports and Activities](#) page.

During the Adventure:

- Conduct an “ABC Quick Check” on the bicycles before riding. The Pedestrian and Bicycle Information Center has a [checklist](#) for air, brakes, and cranks, chain, and cogs.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Bears on Bikes.

#### Requirement 1

Show how to properly wear a bicycle helmet.

- Cub Scouts [demonstrate proper helmet fitting during a relay game](#).

#### Requirement 2

Decide what you should wear when riding a bike.

- Cub Scouts [learn proper bike attire by playing a game](#).

**Requirement 3** Demonstrate proper hand signals.

- Cub Scouts [learn and demonstrate proper biking hand signals](#) by playing “BearSays.”
- Cub Scouts [learn and practice bike hand signals](#).

#### Requirement 4

Demonstrate how to adjust saddle height.

- Cub Scouts [demonstrate how to adjust a bike seat.](#)

**Requirement 5** Demonstrate how to operate brakes.

- Cub Scouts [demonstrate how to operate their bicycle brakes.](#)

**Requirement 6**

Learn how to use a pump to inflate your tires. Discuss why riding with low-pressure or flat tires is unsafe and can cause damage to your bike.

- Cub Scouts [learn how to pump up their tires safely.](#)

**Requirement 7**

With your family, den, or pack, follow the buddy system and go on a 30-minute bike ride.

- Cub Scouts [go on a 30-minute bike ride while using the buddy system.](#)

 **Safety Moment**

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Bears on Bikes

Elective



Requirement 1

# Helmet Relay

## Snapshot of Activity

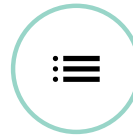
Cub Scouts demonstrate proper helmet fitting during a relay game.



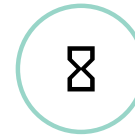
Outdoor



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2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bike helmet, one per Cub Scout
- Helmet Safety Checklist found in Additional Resources

### Directions

Before the meeting:

1. Remind parents and legal guardians that Cub Scouts will need to bring their bike helmet to the den meeting.
2. Secure additional adult supervision.
3. Print a copy of the Helmet Safety Checklist for each relay team.
4. Become familiar with the proper fitting of a bike helmet by reviewing "[Easy Steps to Properly Fit a Bicycle Helmet](#)."
5. Identify a safe area free of obstacles for the Cub Scouts to run a relay race.
6. The day before the meeting remind everyone in the den of the date, time, and location, and to bring their helmets and to wear what they would wear on a bike ride.
7. If anyone is going to borrow a helmet, disinfect the helmet with an over-the-counter disinfectant spray.

During the meeting:

1. Gather the Cub Scouts and inform them that when we ride bikes wearing a helmet is one of the most important safety gear we have. A bicycle crash can happen at any time. A properly fitted bicycle helmet reduces the risk of head injury. More children aged 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head. Just like any safety gear, in order for it to work properly you have to wear it properly.
2. Demonstrate to know that your bike helmet is fitted properly and if it doesn't how to adjust it.
  - Your helmet should fit snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your

head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.

- The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.
  - Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.
  - Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible.
  - Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.
  - A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap. B. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again. C. Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again. D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.
3. Separate Cub Scouts into two teams. Assign an adult to each team.
  4. Have Cub Scouts form two separate lines.
  5. Adults stand about 5 yards away with the helmets of the Cub Scouts on their team.
  6. When you say go, one player from each team runs run to their helmet, puts it on and checks to make sure it is on correctly.
  7. Using the checklist, the adult checks the fit. Once the helmet fits properly, the Cub Scout runs back to their team, with their helmet on, and tags the next player.
  8. Continue until all Cub Scouts have finished.
  9. The team that gets their helmets on properly and is sitting first wins.

## **Additional Resources**

[Helmet Safety Checklist](#)

[Back to Bears on Bikes Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bears on Bikes

Elective



Requirement 2

# Dress the Cub Scout

## Snapshot of Activity

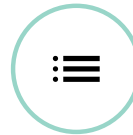
Cub Scouts learn proper bike attire by playing a game.



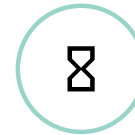
Outdoor



3



3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Chalk
- Various pieces of appropriate and inappropriate clothing for bike riding, for example:
  - Sneakers
  - Socks
  - Sandals
  - Flip flops
  - T-shirt
  - Bicycle helmet
  - Big baggy pants
  - Shorts
  - Strap to tie off bottom of pants
  - Baseball cap
  - Black jacket
  - Orange hoodie
  - Knee pads
  - Elbow pads
  - Wool cap
- Orange safety cones

### Directions

Before the meeting:

1. Collect and gather needed supplies.
2. Place the clothes in a pile off to the side.
3. Set up orange safety cones to block off meeting space area.

4. Draw a stick figure of a Cub Scout on the sidewalk or driveway.

During the meeting:

1. Tell Cub Scouts that they will be dressing the Cub Scout in appropriate clothing for riding a bike. They are to each pick out one piece of clothing from the pile and place it on the drawn Cub Scout. The Cub Scout should be totally dressed.
2. When they are done, point out each piece of clothing and ask why that piece was chosen.

[Back to Bears on Bikes Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bears on Bikes

Elective

Requirement 3



# Bear Says

## Snapshot of Activity

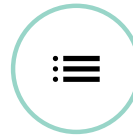
Cub Scouts learn and demonstrate proper biking hand signals by playing “Bear Says.”



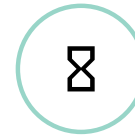
Outdoor



3



1



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- No additional supplies

### Directions

Before the meeting:

1. Set up meeting space for Cub Scouts to have room to move about freely.
2. Understand the rules for playing Simon Says. The adult leading the activity is “Bear.” The Cub Scouts gather around Bear, who gives instructions by saying, “Bear says...” telling the Cub Scouts to perform a physical action. For this activity, it will be the different hand signals for cycling. For example, “Bear says left turn,” “Bear says stop.” Each Cub Scout must perform the action. If Bear leaves out “Bear says” before giving instruction, anyone who performed the action or gave the wrong signal is out!
3. Become familiar with the hand signals for cycling.
  - To signal a left turn, fully extend your left arm out to your side. Make this signal approximately 100 feet before you turn to alert others so that you can get your hands back onto your bike as you turn.
  - There are two ways to signal a right turn. The first, and most frequently used, is to simply extend your right arm out to your side – just as you would for a left turn, on the opposite side. Another option to signal a right turn, is to extend your left arm out to the side and turn your arm up at a 90-degree angle. Whichever method you use, be sure to make the signal about 100 feet before turning, and leave your arm extended for about 3 seconds.
  - To indicate that you are stopping or slowing down, simply extend your left arm out, and bend your arm down at a 90-degree angle, with your hand open.

During the meeting:

1. Explain to Cub Scouts that when riding a bicycle, it is important for those around to know which way they will be going when turning and when they are stopping.



2. Demonstrate the hand signals for left turn, right turn (both options), and stop.
3. To practice the signs, they will be playing “Bear Says” which is like Simon Says but only using Bear.
4. Have Cub Scouts stand up. Practice the following signs calling out “Bear Says” or just the sign.:
  - Left Turn
  - Right Turn
  - Stopping
  - Alternate Right Turn
5. Do this for a few rounds until you feel confident Cub Scouts know the hand signals.

[Back to Bears on Bikes Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bears on Bikes

Elective

Requirement 3



# Left Turn, Right Turn

## Snapshot of Activity

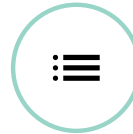
Cub Scouts learn and practice bike hand signals.



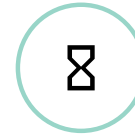
Outdoor



4



1



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Orange safety cones

### Directions

Before the meeting:

1. Using orange safety cones, set up meeting space with a start and finish line 10 yards in length.
2. Become familiar with the hand signals for cycling.
  - To signal a left turn, fully extend your left arm out to your side. Make this signal approximately 100 feet before you turn to alert others so that you can get your hands back onto your bike as you turn.
  - There are two ways to signal a right turn. The first, and most frequently used, is to simply extend your right arm out to your side – just as you would for a left turn, on the opposite side. Another option to signal a right turn, is to extend your left arm out to the side and turn your arm up at a 90-degree angle. Whichever method you use, be sure to make the signal about 100 feet before turning, and leave your arm extended for about 3 seconds.
  - To indicate that you are stopping or slowing down, simply extend your left arm out, and bend your arm down at a 90-degree angle, with your hand open.

During the meeting:

1. Explain to Cub Scouts that when riding a bicycle, it is important for those around to know which way they will be going when turning and when they are stopping.
2. Demonstrate the hand signals for left turn, right turn (both options), and stop.
3. Explain to Cub Scouts that they will be walking from the starting line to the finish line. As they walk, you will be calling out bicycle hand signals. They are to do the hand signal and complete the action. Have Cub Scouts gather at the starting line.
  - Have Cub Scouts start walking toward you.
  - Call out the hand signals at various intervals.

- "Left turn", Cub Scouts are to stick out their left arm, do a counter-clockwise turn and keep walking.
  - "Right turn," Cub Scouts are to stick out their right arm, do a clockwise turn, and keep walking.
  - "Stop," Cub Scouts are to bend their arm in the stop position and stop walking
  - Any Cub Scout who does not stop, has to go back to the starting line.
4. Cub Scout who reaches the end first wins.

[Back to Bears on Bikes Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bears on Bikes

Elective



Requirement 4

# Saddle Up

## Snapshot of Activity

Cub Scouts demonstrate how to adjust a bike seat.



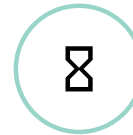
Outdoor



2



2



4

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bike with an adjustable seat

### Directions

Before the meeting:

1. Set up meeting space with a bicycle with an adjustable seat.

During the meeting:

1. Have Cub Scouts surround the bike as you demonstrate how to adjust the seat.
2. Explain to the Cub Scouts that you know your bike seat is at the right height if you can keep your hips stable on the bike instead of rocking them back and forth to reach the bottom of the pedal stroke. When your foot is at the lowest point while pedaling, you want your knee to be slightly bent, not locked out completely straight or curved.
3. Using the EDGE method do the following:
  - E: Explain how to adjust the seat: “You pull the lever under the seat away from the bar, and it should loosen.”
  - D: Demonstrate how to adjust the seat, while you are explaining how to do it.
  - G: Guide each Cub Scout by giving them the ability to try to do it on their own and assisting them if they need it.
  - E: Enable them to take a turn adjusting their own seat.
4. Have each Cub Scout adjust the seat of the bike so that is proper for them.

[Back to Bears on Bikes Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bears on Bikes

Elective



Requirement 5

# Brake Test

## Snapshot of Activity

Cub Scouts demonstrate how to operate their bicycle brakes.



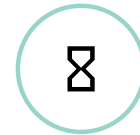
Outdoor



5



4



4

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bike, one per Cub Scout
- Helmet, one per Cub Scout
- Orange safety cones
- Chalk

### Directions

Before the meeting:

1. Find a safe area free of obstacles to conduct the activity.
2. Mark off area with orange safety cones.
3. A day prior to the meeting remind Cub Scouts, parents, and legal guardians to bring their bikes, bike helmets, and other safety gear to the meeting.
4. Draw a start and stop line on the parking lot in chalk.

During the meeting:

1. Review bicycle helmet safety and have Cub Scouts put on their helmets.
2. Have Cub Scouts line up along the start line. They will complete this activity one at a time.
3. Tell Cub Scout that when you say “GO!” they will begin pedaling toward the finish line. When you say “STOP!” they are to use their brakes and stop. Explain that they will start and stop several times on their way to the finish line. Remind them that they should use their “stop” hand signal.
4. Say “GO!” so that Cub Scout will start pedaling. After they’ve pedaled for a bit, say “STOP!”
5. Repeat until everyone is across the finish line.

[Back to Bears on Bikes Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bears on Bikes

Elective



Requirement 6

# Pump It Up

## Snapshot of Activity

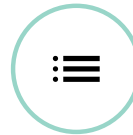
Cub Scouts learn how to pump up their tires safely.



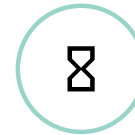
Outdoor



3



4



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bike tire pump
- Tire pressure gauge, if bike pump does not have one
- Bike

### Directions

Before the meeting:

1. Set up meeting space with a bicycle.
2. Become familiar with how to use the bike pump you will be using by reading the instruction manual for that bike pump.
3. Identify on the tire where the proper PSI (Pounds per Square Inch) for the tire.
4. Make sure the tire needs air by releasing air out of the tire so it is below the recommended PSI.

During the meeting:

1. Have Cub Scouts surround the bike as you demonstrate how to pump the tires.
2. Show Cub Scouts that on every bike tire there is a place that indicates how much air should be in the tire. Explain that air in bike tires expands and contracts with weather conditions. Air expands when it is hot and contracts when it is cold so you always should check your tire pressure before riding.
3. Show Cub Scouts on the tire where the PSI is. Explain to Cub Scouts that tire pressure is measured in PSI which stands for pounds per square inch. For example, if it says 60 PSI that means that the pressure pushing out on the tire is equal to 60 pounds for every 1 inch by 1 inch square on the tire. That would be like 7 gallons of milk stacked on top of each other placed on your toe.
4. Demonstrate how to check the tire pressure and compare it to what the pressure should be.
5. Demonstrate how to pump the tire up to the proper pressure.
6. Release the pressure in the tire and allow each Cub Scout to check the pressure and pump air into the tire to

reach the proper pressure.

[Back to Bears on Bikes Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Bears on Bikes

Elective



Requirement 7

# Bear Bike Ride

## Snapshot of Activity

Cub Scouts go on a 30-minute bike ride while using the buddy system.



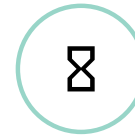
Travel



5



5



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Cub Scouts and adults bring their Cub Scout Six Essentials
- Cub Scouts and adults bring their own bike, bike helmet, and other safety gear.
- For those who do not have their own bike or bike helmet arrange for bikes and helmets to be borrowed.
- [Activity Consent Form](#)

### Directions

*Check with your pack and other den leader to see if they are planning a bike ride so you can coordinate efforts.*

Before the meeting:

1. If you have not already done so, become familiar with the Bicycle Safety guidelines found on the [BSA Sports and Activities](#) page.
2. Identify a bike bath that is away from traffic.
3. A week before the meeting remind Cub Scouts, parents, and legal guardians, of the date, time, and location of the meeting and that everyone will need to bring their bike, safety gear, and Cub Scout Six Essentials.
4. The day before the meeting remind Cub Scouts, parents, and legal guardians of the date, time, and location of the meeting and that everyone will need to bring their bike, safety gear, and Cub Scout Six Essentials.
5. Make sure everyone completes an activity consent form.

During the meeting:

1. Have Cub Scouts buddy up with one another. A group of 3 will also work.
2. Have Cub Scouts properly put on their helmets and check for closed-toe shoes.
3. Explain the route they will take during their bike ride.
4. Go on a 30-minute bike ride.

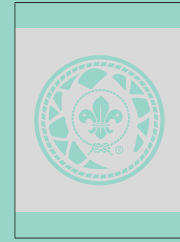
[Back to Bears on Bikes Requirements](#)



Bear – 3<sup>rd</sup> Grade

# Champions for Nature

Elective



## Snapshot of Adventure

We have three important resources for all living things on our planet: water, soil, and air. We use water to clean ourselves, our dishes, and our clothes. Soil is the resource that allows us to grow food. The air we breathe goes into our lungs, providing our bloodstream with oxygen. In this Adventure, you'll discover more about the resources of water, soil, and air and perhaps put what you discover into use with a conservation project. Knowing more about the resources of the planet will help you make good decisions about conserving the resources of our world.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Watch this video about [Service Projects in Cub Scouting](#) (6:44)

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Use the [Service Project Planning Checklist](#) to plan your den or pack service project.
- Review the [SAFE Project Tool Use](#) is an at-a-glance reference for service projects, not crafts. It includes age guidelines for tools and types of allowed activities allowed for service projects.

During the Adventure

- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Roaring Laughter.

#### Requirement 1

Discover natural resources.

- Cub Scouts [learn about natural resources](#) with a scavenger hunt.
- Cub Scouts will [identify natural resources while taking a walk outside](#).

**Requirement 2**

Discover what happens to the wastewater in your community.

- Cub Scouts will [learn ways of conserving water by playing charades](#).
- Cub Scouts [tour their local water management facility](#).
- Cub Scouts [make a poster showing what happens to wastewater in their community](#).

**Requirement 3**

Investigate soil.

- Cub Scouts [demonstrate how pollution can enter our groundwater](#).
- Cub Scouts will [build their own composter](#).
- Cub Scouts will [investigate different soils](#).

**Requirement 4**

Investigate air pollution.

- Cub Scouts [conduct an acid rain experiment](#).
- Cub Scouts [investigate air pollution](#).
- In this activity, Cub Scouts will be “[indoor pollution detectors](#)” to investigate air pollution.

**Requirement 5**

Participate in a conservation project.

- Cub Scouts [plant trees for a local organization](#).
- Cub Scouts will [add native plants to a garden for the chartered partner, school, or other community location](#).

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective

Requirement 1



# Natural Resources Scavenger Hunt

## Snapshot of Activity

Cub Scouts learn about natural resources with a scavenger hunt.



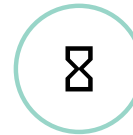
Travel



4



4



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Each Cub Scout will need their Cub Scout Six Essentials
  - Filled Water Bottle
  - Whistle
  - Flashlight
  - Sunscreen, Hat, Sunglasses
  - Trail Mix
  - Small first aid kit
- Natural Resources Scavenger Hunt worksheet found in Additional Resources
- Pen or pencil for each Cub Scout
- Printer
- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Print a copy of the Natural Resources Scavenger Hunt worksheet for each Cub Scout.
2. Identify an area where Cub Scouts can take a 30-minute walk to identify natural resources.
3. Contact Cub Scouts' parents or legal guardians to give them the location for the walk. Remind them to bring their child's completed Activity Consent Form.

During the meeting:

1. Tell Cub Scouts that they're going on a scavenger hunt to discover natural resources.
2. Give each Cub Scout a copy of the Natural Resources Scavenger Hunt worksheet and a pen or pencil.
3. Use the buddy system.
4. Go

On the walk. Ask Cub Scouts to mark off the items they see on their scavenger hunt printable.

### **Additional Resources**

[Natural Resources Scavenger Hunt worksheet](#)

[Back to Champions for Nature Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective

Requirement 1



# Natural Resources Walk

## Snapshot of Activity

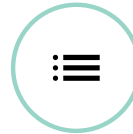
Cub Scouts will identify natural resources while taking a walk outside.



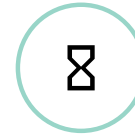
Travel



4



2



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Each Cub Scout will need their Cub Scout Six Essentials
  - Filled Water Bottle
  - Whistle
  - Flashlight
  - Sunscreen, Hat, Sunglasses
  - Trail Mix
  - Small first aid kit
- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Identify an area where Cub Scouts can take a 30-minute walk to identify natural resources. Natural resources include water, trees and plants, rocks, fresh air, wild animals, and sunlight.
2. Contact Cub Scouts' parents or legal guardians to give them the location for the walk. Remind them to bring their child's completed Activity Consent Form.

During the meeting:

1. Tell Cub Scouts that they're going on a walk to identify natural resources. Ask them to name some natural resources. Make sure they mention these:
  - Light
  - Air
  - Water
  - Plants
  - Animals
  - Soil

- Stone
  - Minerals
2. Have Cub Scouts use the buddy system.
  3. Go  
On the walk. Ask Cub Scouts to point out the natural resources they see.

[Back to Champions for Nature Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective

Requirement 2



# Water Conservation Charades

## Snapshot of Activity

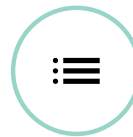
Cub Scouts will learn ways of conserving water by playing charades.



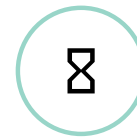
Indoor



4



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Conservation Charades clues found in Additional Resources
- Printer
- Scissors
- Timer
- Pen and paper for keeping score
- Small bowl

### Directions

Before the meeting:

1. Investigate how wastewater is managed in your community: physical water treatment, biological water treatment, chemical treatment, or sludge treatment.
  - a. Where does wastewater go to be cleaned?
  - b. How is it returned to the water cycle?
2. Print the Conservation Charades clues .Cut the clues into strips.
3. Fold each strip and place in a small bowl.
4. Set up meeting space so Cub Scouts have plenty of room to move around.

During the meeting:

1. Gather the Cub Scouts and share what you learned about what happens to wastewater in your community.
2. Explain to the Cub Scouts that something everyone can do to help the environment is to conserve water and today you will play a game of charades about how to conserve water.
3. Divide Cub Scouts into two teams.
4. Have one person from team one pull a water conservation clue from the bowl. Give Cub Scout one minute to act out their clue while the rest of their team tries to guess what the person is doing.

5. If the team guesses correctly, they get one point.
6. Continue this process giving each team a turn to guess. Have a different Cub Scout do the acting each time.
7. The team with the most points at the end wins.

## **Additional Resources**

[Conservation Charades clues](#)

[Back to Champions for Nature Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective

Requirement 2



# Water Management Facility Tour

## Snapshot of Activity

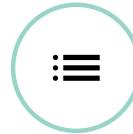
Cub Scouts tour their local water management facility.



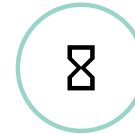
Travel



1



3



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Contact your local water management facility to schedule a tour. Identify a contact person and inform them of the Champions of Nature Adventure and the requirement to learn about wastewater. Confirm the date and time for the tour.
2. Inform Cub Scouts' parents or legal guardians about the time, date, and location of the visit and ask them to fill out an Activity Consent Form.

During the meeting:

1. Gather Cub Scouts outside the water management facility.
2. Encourage Cub Scouts to ask questions.
  - Where does the water come from?
  - How is the water cleaned?
  - How does the water get to my house?
  - How does the water get from my house to the facility?
  - How do you know how much water is used at my house?
3. Thank the person who guided the tour.

After the meeting:

1. Write a thank you note to the water management facility tour guide and send.

[Back to Champions for Nature Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective

Requirement 2



# Where Does Wastewater Go?

## Snapshot of Activity

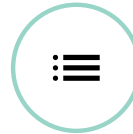
Cub Scouts make a poster showing what happens to wastewater in their community.



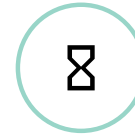
Indoor



2



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- [Activity Consent Form](#)

### Directions

Before the meeting:

3. Contact your local water management facility to schedule a tour. Identify a contact person and inform them of the Champions of Nature Adventure and the requirement to learn about wastewater. Confirm the date and time for the tour.
4. Inform Cub Scouts' parents or legal guardians about the time, date, and location of the visit and ask them to fill out an Activity Consent Form.

During the meeting:

4. Gather Cub Scouts outside the water management facility.
5. Encourage Cub Scouts to ask questions.
  - Where does the water come from?
  - How is the water cleaned?
  - How does the water get to my house?
  - How does the water get from my house to the facility?
  - How do you know how much water is used at my house?
6. Thank the person who guided the tour.

After the meeting:

2. Write a thank you note to the water management facility tour guide and send.

[Back to Champions for Nature Requirements](#)

Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective

Requirement 3



## Aqua Pollution Adventure

### Snapshot of Activity

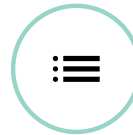
Cub Scouts demonstrate how pollution can enter our groundwater.



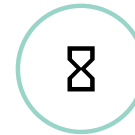
Indoor



3



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Clear glass loaf pan or baking pan, 9"x13", 1 per two Cub Scouts
- Powdered drink mix, red or purple in color
- Sand
- Spray bottle filled with water
- Book or small block of wood

### Directions

Before the meeting:

1. Set up workspace for Cub Scouts.

During the meeting:

1. Ask Cub Scouts to make a small pile of powdered drink mix in one end of the clear glass pan.
2. Have them sprinkle sand over the rest of the pan.
3. Place the end of the pan with the powdered drink mix on top of the book or wood block so the pan is tilted.
4. Using the spray bottle of water have Cub Scouts wet the sand. Make sure it's really wet. Let it sit for a few minutes, and then wet it again.
5. Carefully lift up the pan and look underneath it. What is happening?
6. As you can see, the water is carrying the powdered drink mix through the pan. Pollutants spread through our sources of water the same way. They can travel a long distance and can damage drinking water miles from where the pollution starts!

[Back to Champions for Nature Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective

Requirement 3



# DIY Composter

## Snapshot of Activity

Cub Scouts will build their own composter.



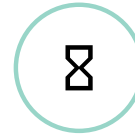
Indoor



4



4



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bear handbook
- One empty two-liter soda bottle for each Cub Scout
- Sharp knife
- Nail for each Cub Scout
- Shredded newspaper
- Dirt (not potting soil, use dirt from outside)
- Compost materials: grass clippings, vegetable scraps, coffee grounds
- Small handful of dead leaves
- Flat plastic dish to hold composter for each Cub Scout
- Spray bottle with water

### Directions

Before the meeting:

1. Rinse all the two-liter soda bottles and peel off labels.
2. Using the sharp knife, cut off the top of the bottle, approximately 1-2" inches below the neck of the bottle. Cub Scouts will need both pieces of the bottle.
3. Set up meeting space for Cub Scouts to have room to move around. Cover any tabletops.

During the meeting:

1. Have Cub Scouts investigate the types of soil found in their handbooks. Discuss with them the differences in soil and what things each type can do. Talk about what compost can do well.
2. Set out the shredded newspaper, dirt, compost materials, and dead leaves.
3. Give each Cub Scout a bottle, a nail, and a flat dish.
4. Ask Cub Scouts to carefully use a nail to punch 8 to 10 small air and drainage holes along the sides and bottom of the bottle.

5. Tell Cub Scouts to put their bottle on their flat dish. Have them put some dirt, shredded newspaper, and old leaves inside the composter as their compost starter.
6. Have Cub Scouts use the spray bottle to wet the compost starter.
7. Tell Cub Scouts to add compost materials to their compost. Next, have them turn the bottle top upside down and place it in the open top of the bottle.
8. Explain that Cub Scouts will take their composter home. They should place it in a spot where sunlight can reach it and should cover the top with a kitchen towel when not in use.
9. Tell Cub Scouts to check the composter each day to see what it looks like. Every few days, Cub Scouts should stir the compost and make sure to keep the contents damp. As their compost breaks down, they can add more kitchen scraps or plant litter, as well as some more soil from outside to mix in.

[Back to Champions for Nature Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective

Requirement 3



# Soil Investigation

## Snapshot of Activity

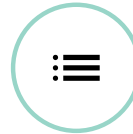
Cub Scouts will investigate different soils.



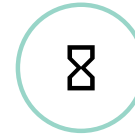
Indoor



3



4



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Three soil samples for each Cub Scout
  - 1 tablespoon clay-based soil
  - 1 tablespoon sandy soil
  - 1 tablespoon potting soil
- Three pieces of white card stock per Cub Scout
- Magnifying glasses for every three or four Cub Scouts
- Tweezers for every three or four Cub Scouts
- Sieves for every three or four Cub Scouts

### Directions

Before the meeting:

1. Set up meeting locations to allow for the project and protect tables and floors.

During the meeting:

1. Have Cub Scouts investigate the three different types of soil. Discuss with them the differences in soil and what things each type can do well.
2. Set out all of the supplies.
3. Have Cub Scouts carefully pour each sample of soil onto a piece of card stock.
4. Ask Cub Scouts to examine the soil using magnifying glasses, tweezers, and sieves.
5. Ask Cub Scouts these questions:
  - What color is the soil?
  - What does the soil feel like? Does it feel gritty or smooth?
  - Is the soil crumbly or clumpy?
  - Does the soil have rocks? How about leaves or sticks?
  - Can you squish the soil into a ball?

- How are the soil samples different from each other?

d

[Back to Champions for Nature Requirements](#)

Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective

Requirement 4



## Acid Rain Investigation

### Snapshot of Activity

Cub Scouts conduct an acid rain experiment.



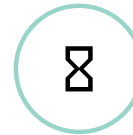
Indoor



3



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Three jars or other containers for each Cub Scout
- Three flowers with stems of equal lengths for each Cub Scout
- Three pieces of masking tape for each Cub Scout
- Pen for each Cub Scout
- Vinegar
- Water
- Small box or other container for taking flowers home

### Directions

Before the meeting:

1. Set up the meeting room with tables to provide enough space for the activity.
2. Lay out the supplies for the activity for each Cub Scout.

During the meeting:

1. Have Cub Scouts write “water,” “slightly acidic,” and “acidic” on the pieces of masking tape.
2. Have Cub Scouts add water to the three jars. Have them completely fill the first container, fill the second one  $\frac{1}{2}$  full, and the third one  $\frac{1}{4}$  full.
3. Ask Cub Scouts to add enough vinegar to the second and third containers to fill them completely. Tell them to put the pieces of masking tape on the appropriate container.
4. Tell Cub Scouts to put a flower into each jar.
5. Have Cub Scouts put their jars into their boxes and set aside until the end of the meeting.
6. At the end of the meeting, Cub Scouts look at their flowers. Ask them if they see any differences in them.
7. Allow Cub Scouts to take their flowers home and instruct them to examine them after 24 hours. Tell them to write notes on what they see.



8. At the next meeting, ask Cub Scouts to share what happened to their flowers.

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## Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective

Requirement 4



# Air Pollution Investigation

## Snapshot of Activity

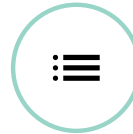
Cub Scouts investigate air pollution.



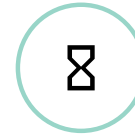
Indoor



3



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Four index cards for each Cub Scout
- Hole punches for every two or three Cub Scouts
- String or yarn, four pieces approximately 24" long for each Cub Scout
- Scissors
- Petroleum jelly
- One Q-Tip for each Cub Scout
- One piece of paper for each Cub Scout
- Pen or pencil for each Cub Scout
- Ziploc bag for each Cub Scout
- Magnifying glass

### Directions

During the meeting:

1. Pass out the index cards, pen or pencil, and string to each Cub Scout.
2. Ask Cub Scouts to draw a 2" x 2" square on each index card and number the cards.
3. Tell Cub Scouts to punch a hole in the top of each index card and tie the string to it .
4. Have Cub Scouts use the Q-Tips to smear Vaseline inside the square.
5. Tell Cub Scouts to put their index cards into their Ziploc bag and take them home.
6. Instruct Cub Scouts to hang the Index cards in different locations outside their home. Have them write down the number and location of each card.
7. Ask Cub Scouts to collect their Index cards after a few days and to examine the results.
8. Tell Cub Scouts to use a magnifying glass to count the number of particles stuck in each of the Index cards.

Have them write down their observations on the paper.

9. At the next meeting, ask Cub Scouts to share where they hung the index cards and how many particles were stuck to each one.

[Back to Champions for Nature Requirements](#)



# Human Air Pollution Detectors

## Snapshot of Activity

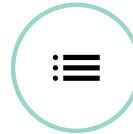
In this activity, Cub Scouts will be “indoor pollution detectors” to investigate air pollution.



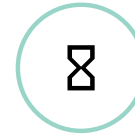
Indoor



2



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- One electric fan
- One onion cut up in a tightly sealed plastic bag
- Timer

### Directions

Before the meeting:

1. Cut up the onion, and tightly seal it in a plastic bag.

During the meeting:

1. Space individual Cub Scouts evenly around the room. Tell them that they will be “indoor air pollution monitoring instruments.”
2. Place a fan in the front of the room and turn it on. Show Cub Scouts the bag with the onion in it.
3. Ask the “monitoring instruments” to close their eyes tightly and use only their sense of smell for this activity. They need to keep their eyes closed until you tell them to open them.
4. Tell Cub Scouts to raise their hands as soon as they detect onion smell “pollution” and to leave their hands up as long as they continue to smell it.
5. In front of the fan, open the bag with the cut onion.
6. Use a stopwatch or watch with a second hand to time how long it takes for all of the “monitoring instruments” to detect the “pollution.”
7. Allow the fan to continue to run. Record how long it took for indoor air pollution to spread through the room.
8. Close and seal the bag as soon as each child has detected the “pollution”. Place the bag in a drawer or outside.
9. If possible, open a window and place the fan so that it is blowing in fresh air from outside.
10. Restart the stopwatch.

11. Ask the “monitoring instruments” to lower their hands when they can no longer smell the onion “pollution”.
12. Record how long it takes for fresh air to sweep the “pollution” from the room.
13. Have the children open their eyes.
14. Discuss how long it took for everyone to detect the “pollution,” and how it took for it to go away.

[Back to Champions for Nature Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective



Requirement 5

# Bears Plant Trees

## Snapshot of Activity

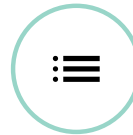
Cub Scouts plant trees for a local organization.



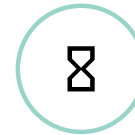
Travel



3



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4

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Shovels
- Gloves for each Cub Scout
- Mulch
- Accessible water: hose, watering can, bucket, etc.
- Tree saplings
- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Become familiar with tree planting in your area by visiting the [Arbor Day Foundation](#) website.
2. Identify an area where trees can be planted and get permission to do so. Consider the following;
  - Local Scout camp or service center
  - A local park or city building
  - School
  - Chartered partner
3. Secure tree seedlings – bulk seedlings are available for purchase through the Arbor Day Foundation
4. Once the location is secure provide address and **Directions** to parents and legal guardians in the den.
5. Remind everyone to bring clothes that can get dirty and appropriate footwear.
6. Remind everyone to bring their Cub Scout Six Essentials and work gloves.

During the meeting:

1. Divide Cub Scouts into small teams of two or three.
2. Show each team of Cub Scouts where they will be planting their tree.

3. Instruct Cub Scouts to dig a hole in the ground that is about twice the width of the root ball and deep enough to accommodate it.
4. Have Cub Scouts gently remove the tree sapling from its container, being careful not to damage the roots.
5. Ask Cub Scouts to place the sapling in the hole, ensuring the top of the root ball is level with the ground surface.
6. Tell Cub Scouts to fill the hole with soil and tamp it down gently to remove air pockets.
7. Tell Cub Scouts to add a layer of mulch around the base to help retain moisture and suppress weeds
8. Have Cub Scouts water the newly planted tree sapling thoroughly.

After the meeting:

1. Create a watering schedule for 2 weeks after planting. Including Cub Scouting families and members of the organization.

[Back to Champions for Nature Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Champions for Nature

Elective

Requirement 5



# Planting Native Plants

## Snapshot of Activity

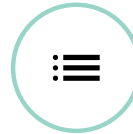
Cub Scouts will add native plants to a garden for the chartered partner, school, or other community location.



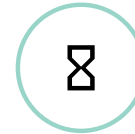
Travel



4



5



4

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Soil
- Plant fertilizer
- Accessible water: hose, watering can, bucket, etc.
- Native plants
- Small shovels, one per every 2-3 Cub Scouts
- Gloves, one pair for every Cub Scout
- Trash bag
- [Activity Consent Form](#)

### Directions

Before the Meeting:

1. Contact your chartered partner, school, or local organization to get approval to plant native plants. Ask if they have a water hose or other water source you can use. Schedule a time to plant.
2. Contact the Cub Scouts' parents or legal guardians to inform them of the meeting place and time. Ask that they bring the completed Activity Consent Form for their child. Ask each family to bring their own gloves and shovels if they have them.

During the meeting:

1. Tell Cub Scouts to clear the area where they plan to plant.
2. Ask Cub Scouts to dig small holes around the area.
3. Have Cub Scouts place plants into the small holes and cover the roots with dirt. Then ask them to water the plants.
4. Remind Cub Scouts that we "leave no trace," so tell them to pick up any trash and throw it away.

After the meeting:



1. To ensure that the plants survive, create a watering schedule for the first two weeks. Ask parents and legal guardians to pick a day to water.

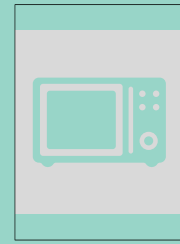
Tip: Native plants can be found [on the Native Plant Finder](#) website.

[Back to Champions for Nature Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Chef Tech

Elective



## Snapshot of Adventure

Cooking is a great way to see how technology has impacted our lives. As a Cub Scout, you may cook a hot dog using a stick on an open fire, which is the same way humans have cooked with fire for thousands of years. You could also cook a hot dog by boiling it in water in a pot on a stove. The fastest way to cook a hot dog is in a microwave in a matter of seconds. In this Adventure, we will explore technology in the kitchen.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure:

- Review the [Food Allergies](#) safety moment.
- Review each Cub Scouts [BSA Annual Health and Medical Record](#) for any food allergies or restrictions.
- Ask if any member of the den, youth, or adult, has any religious, or cultural dietary concerns.
- there is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#).
- Review the [Keep Your Food Safe](#) guide to properly keep, store, and prepare food.

Before starting this Adventure, **each Cub Scout must have completed the Whittling Adventure:**

- Watch the [Cub Scout Knife Safety video](#).
- Confirm that your meeting location will permit pocketknives or kitchen knives.
- Know the Cub Scout knife safety rules.
  - **Stop** – make sure no one else is within arm's reach
  - **Away** – always cut away from your finger or other body parts
  - **Sharp** – a sharp, clean knife is a safe knife
  - **Store** – knives closed, in a sheath or knife block
- Secure additional adult supervision as needed.

During the Adventure

- Review the Cub Scout knife safety rules.
- Check that all knives being used are sharp and in good condition.

Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Chef Tech.

**Requirement 1**

Pick a kitchen appliance that uses technology to complete the following requirements.

- Cub Scouts [learn about air frying](#).
- Cub Scouts [learn about pressure cooking](#).
- Cub Scouts [learn about microwave ovens](#).

**Requirement 2**

With an adult, review the safety guidelines in the owner's manual and follow all safety guidelines.

- Cub Scouts [read and review the owner's manual for the chosen kitchen device](#).

**Requirement 3**

With adult supervision, download a cooking app or search online to find a recipe.

- Use the [internet to identify a recipe that can be made in a den meeting](#)

**Requirement 4**

With adult supervision, follow the selected recipe and make the recipe.

- [Using the chosen appliance in Requirement 1 and the recipe chosen in Requirement 3 make the recipe](#).

**Requirement 5**

Think of a way technology can improve the appliance used to make your recipe.

- Cub Scouts [brainstorm ideas on how to improve the appliance used in requirement 3](#).
- Using cardboard [make a model of the appliance you used with one improvement](#).

[Back to Elective Adventures](#)



## Now we are Cooking with Air

### Snapshot of Activity

Cub Scouts learn about air frying.



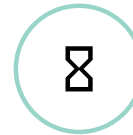
Indoor



1



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2

If you want to know more about The Adventure Activity Key [click here](#).

#### Supply List

- Air fryer

#### Directions

Before the meeting:

1. Review the owner's manual for the air fryer you will demonstrate.
2. Learn how air fryers work by watching the YouTube video "[How an air fryer works.](#)" (duration 56 seconds)
3. Set up the meeting so Cub Scouts can easily see the air fryer. Lay out the different pieces of the air fryer.

During the meeting:

1. Gather the Cub Scouts and inform them that for this Adventure they are going to use an air fryer.
2. Explain what an air fryer is and how it works. An air fryer uses hot air to cook food. This is like an oven, but the big difference is that an air fryer moves the air around the food at a much higher speed than an oven, which reduces cooking time.  
Explain the difference between frying with oil and using an air fryer. When you fry with oil the oil can cook food fast because it can get really hot. The problem that some have is that when frying in oil, some of the oil is absorbed into the food and for some that can be a problem for their health or other dietary concerns.
3. Tell the Cub Scouts to always have an adult supervise them when using an air fryer.
4. Point out the different parts of the air fryer and explain what they do.

## Bear – 3<sup>rd</sup> Grade

Chef Tech

Elective



Requirement 1

# Pick a Pot

## Snapshot of Activity

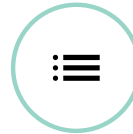
Cub Scouts learn about pressure cooking.



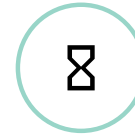
Indoor



1



5



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Pressure cooker

### Directions

Before the meeting:

1. Review the owner's manual for the pressure cooker you will demonstrate.
2. Learn how pressure cookers work by watching the YouTube video "[The Science Behind Pressure Cookers.](#)" (duration 1 minutes 49 seconds)
3. Set up the meeting so Cub Scouts can easily see the pressure cooker. Lay out the different pieces of the pressure cooker.

During the meeting:

1. Gather Cub Scouts and inform them that for this Adventure they are going to use a pressure cooker.
2. Explain what a pressure cooker is and how it works. A pressure cooker is a pot that has a lid with a special seal that locks the lid in place. When the pot heats up the water or moisture that is inside can get hotter than boiling water using a regular pot. This way the water gets hotter before turning into steam. This higher temperature cooks food faster and the moisture in the pressure cooker keeps it from drying out compared to cooking in an oven.
3. Explain that with this extra hot water and steam, the pressure inside the pot can be dangerous. Point out the safety valve on the pressure cooker and explain that there is a safety measure to keep from opening the lid if the pressure has not been released.
4. Tell the Cub Scouts to always have an adult supervise them when using a pressure cooker.
5. Point out the different parts of the pressure cooker and what they do.

[Back to Chef Tech Requirements](#)



# The Science Oven

## Snapshot of Activity

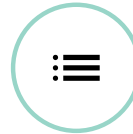
Cub Scouts learn about microwave ovens.



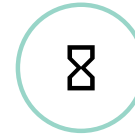
Indoor



1



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2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Microwave oven

### Directions

Before the meeting:

1. Review the owner's manual for the microwave oven you will demonstrate.
2. Learn how a microwave oven works by watching the YouTube video "[How a Microwave Oven Works](#)." (duration 5 minutes 11 seconds)
3. Set up the meeting so Cub Scouts can easily see the microwave oven.

During the meeting:

1. Gather the Cub Scouts and inform them that for this Adventure they will use a microwave oven.
2. Explain what a microwave oven is and how it works. Early microwave ovens in the 1950's was called science ovens and used only commercially. Residential microwaves were introduced in 1967. A microwave oven uses small waves of energy to make water molecules move. When water molecules move, they create energy which generates heat. Unlike other methods of cooking where heat is applied from the outside to cook the food to its inside, a microwave oven will cause the water molecules to heat all parts of the food at the same time.  
The more moisture a food has the quicker and more effective the microwave oven will cook the food. This also means that when the water molecules heat up, they can turn into steam causing moisture to leave the food that can cause it to become dried out when cooking.
3. Tell the Cub Scouts to always have an adult supervise them when using a microwave.

## Bear – 3<sup>rd</sup> Grade

Chef Tech

Elective



Requirement 2

# Read Me First

## Snapshot of Activity

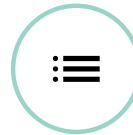
Cub Scouts read and review the owner's manual for the chosen kitchen device.



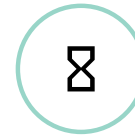
Indoor



1



5



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Printed copy of the owner's manual for the chosen kitchen device, one for each Cub Scout
- Green crayons, one for each Cub Scout
- Red crayons, one for each Cub Scout

### Directions

Before the meeting:

1. Review the owner's manual for the kitchen device chosen in requirement 1 and that will be used for requirements 3 and 4.
2. Make copies of the owner's manual for each Cub Scout.
3. If you don't have a copy of the owner's manual check the manufacturer's website, most will have a PDF version of the owner's manual for the products they make.
4. Complete requirement 1 with the Cub Scouts

During the meeting:

1. Gather the Cub Scouts and hand out a copy of the owner's manual for the kitchen device you have chosen to complete requirements 3 and 4 with.
2. Read through the owner's manual with the Cub Scouts and have them use a red crayon to circle anything that is in the owner's manual that tells you the things you shouldn't do and use the green crayon to circle the things that you should do.

[Back to Chef Tech Requirements](#)

Bear – 3<sup>rd</sup> Grade

Chef Tech

Elective

Requirement 3



## Time for an App-etizer

### Snapshot of Activity

Use the internet to identify a recipe that can be made in a den meeting



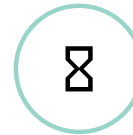
Indoor



2



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2

If you want to know more about The Adventure Activity Key [click here](#).

#### Supply List

- Computer or smart device with internet connection

#### Directions

Before the meeting:

1. Identify a website or cooking app that has recipes for the chosen appliance to complete requirement 4.
  - [allrecipes](#)
  - [food network](#)
2. Review and follow the rules for internet safety [Digital Safety and Online Scouting Activities](#).
3. Set up the meeting location so Cub Scouts can see the computer screen or smart device you will use.

During the meeting:

1. Gather the Cub Scouts and inform them that they are going to pick a recipe from online that they will make at the next den meeting.
2. Go to the website or app that you identified. Together with Cub Scouts, review recipes for the chosen appliance and pick one that you will do at the next den meeting.

[Back to Chef Tech Requirements](#)



Bear – 3<sup>rd</sup> Grade

Chef Tech

Elective

Requirement 4



## It's Time To Be A Tech Chef

### Snapshot of Activity

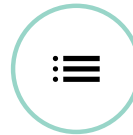
Using the chosen appliance in Requirement 1 and the recipe chosen in Requirement 3 make the recipe.



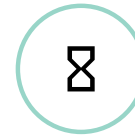
Indoor



3



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4

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Chosen appliance from requirement 1
- Ingredients for recipe chosen in requirement 3
- Cooking utensils needed based on chosen recipe
- Napkins
- Plates and utensils for each Cub Scout
- Water or soft drinks
- Cups
- Ice

### Directions

Before the meeting:

1. Gather the ingredients based on the recipe.
2. Prepare the recipe yourself to test it. Look for ways to divide up tasks so each Cub Scout is part of preparing the recipe.
3. Check with Cub Scouts, parents, and legal guardians for any food allergies and make any necessary adjustments.
4. Prepare the meeting location to ensure that the area is safe and clean to prepare the recipe.

During the meeting:

1. Gather Cub Scouts and share with them that they will be making the recipe they chose in requirement 3.
2. Review with Cub Scouts the safety items and proper use of the appliance they from requirement 2.
3. Share with Cub Scouts that when you have a recipe you should always read the recipe all the way through. The first time you read through the recipe you should look for things that you can have done ahead of time. A good first step is to measure out all of the ingredients. We should also check if there is something that we

need to do with the appliance we are going to use live pre-heating an oven.

4. Read the recipe all the way through with Cub Scouts.
5. Based on the recipe, have Cub Scouts help measure out the ingredients.
6. Follow the recipe and follow all safety guidelines and instructions for proper use as outlined in the owner's manual for the appliance.
7. When completed give everyone a chance to eat what was prepared.

[Back to Chef Tech Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Chef Tech

Elective

Requirement 5



# Brainstorming Bear Chefs

## Snapshot of Activity

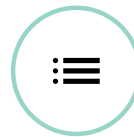
Cub Scouts brainstorm ideas on how to improve the appliance used in requirement 3.



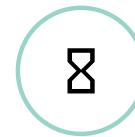
Indoor



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2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- A stack of post-it notes
- Pencils, one for each Cub Scout
- Computer or smart device connected to the internet

### Directions

Before the meeting:

1. Set up the meeting location so everyone in the den can share ideas and post them in a location that everyone can see.

During the meeting:

1. Gather the Cub Scouts and share with them that we now want to think about improvements that could be made to the appliance they have been using.
2. Pass out the post-it notes so Cub Scouts have 5 each and give each Cub Scout a pencil.
3. Give them time on their own to write down improvements they would make to the appliance, write down one improvement on each post-it note.
4. When everyone is done have them post one of their ideas and describe it to the den. If there are similar ideas for improvement place those post-it notes together. See if there is a common idea for improvement.
5. Use a computer or smart device to find out if:
  - Has one or more of the improvements already been made and is available in a different make or model?
  - Is there a way to make the recommendation to the manufacturer?

[Back to Chef Tech Requirements](#)



## What If It Did This?

### Snapshot of Activity

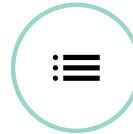
Using cardboard make a model of the appliance you used with one improvement.



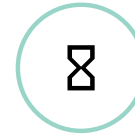
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Cardboard boxes of various sizes
- Empty toilet paper rolls
- Empty paper towel rolls
- Sheets of tin foil
- A roll of duct tape
- Scissors, a pair for each Cub Scout
- Markers of assorted colors, enough to share

### Directions

Before the meeting:

1. Prepare the meeting space so Cub Scouts can work on their project.

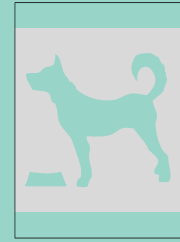
During the meeting:

1. Explain to Cub Scouts that they are going to make a model of the appliance they have been using. Ask them to think about what they have learned about the appliance and based on their experience with using the appliance, they are to you want them to include at least one improvement to the appliance model.
2. Give Cub Scouts time to make their model. These do not need to be working prototypes or models, they can use their imagination to make the model and the improvement.
3. When everyone is done, ask Cub Scouts to share their models and ideas for improvements.

Bear – 3<sup>rd</sup> Grade

# Critter Care

Elective



## Snapshot of Adventure

Many Americans have a pet dog, cat, horse, bird, fish, hamster, or other animal. The most popular pet is a dog. Almost one out of three American households have a dog as a pet. One out of four have a cat as a pet. Pets are fun, but they are also a big responsibility. Pets need food, water, shelter, and exercise to stay healthy. When you look after a pet, whether it belongs to you or a neighbor, you learn a lot about love, loyalty, and caring. Learning to look after pets — and having fun with them — is what this Adventure is all about.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

Before conducting a craft activity, review the [Craft](#)

[Tips](#) video (2 minutes 34 seconds.)

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Critter Care.

#### Requirement 1

Identify an animal that would be good pet for your family.

- Cub Scouts [describe their pet or the pet they would like to have](#).
- [Visit a local animal shelter](#) and identify an animal that could make for a good family pet.
- Cub Scouts [explore what animal would make for a good family pet](#).

#### Requirement 2

Choose two animals that are allowed as pets in your community. Compare and contrast why these pets may be a good choice for you.

- Cub Scouts [compare and contrast two animals that are allowed in their community](#).
- Cub Scouts [will choose two pets that are allowed in their community and create a compare and contrast chart](#).
- Cub Scouts [choose an animal that is allowed in their community and present a charades-act of that animal](#).

### **Requirement 3**

Based on your choice in requirement 1, investigate how to properly care for your chosen animal.

- Cub Scouts [describe the responsibilities, care, and activities that are required for the family pet or an animal that would make for a good family pet.](#)
- Cub Scouts investigate how to properly care for pets by [visiting with an animal shelter.](#)
- Cub Scouts investigate how to properly care for pets by [visiting with an animal trainer.](#)
- Cub Scouts investigate how to properly care for pets by [visiting with a veterinarian.](#)

### **Requirement 4**

Discover three ways a pet can help people.

- Cub Scouts [create a PowerPoint presentation showing three ways a pet can help people.](#)
- [Invite a professional who has an animal](#) as a partner to discuss their partnership and roles.
- Cub Scouts [explore why service animals are important.](#)

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Critter Care

Elective



Requirement 1

# My Pet

## Snapshot of Activity

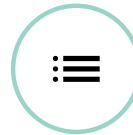
Cub Scouts describe their pet or the pet they would like to have.



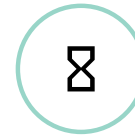
Indoor



1



1



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Pictures of pet animals

### Directions

Before the meeting:

1. Remind Cub Scouts, parents, and legal guardians, the week prior to this den meeting, to have the Cub Scouts bring pictures of their pet or of the pet they would like to have.

During the meeting:

1. Have the Cub Scouts describe their pet or the pet they would like to have.
  - Talk about the pet's needs.
  - How big or small the pet is.
  - What are the pet's dietary needs?
  - Does the pet need a small or large yard or some other type of enclosure?
  - Does the pet need a specialty vet?
  - Does the pet need exercise and what kind?
2. Have Cub Scouts share pictures of their pet or of the pet they would like to have.
3. The pet that the Cub Scouts describe will be used with requirement 3.

[Back to Critter Care Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Critter Care

Elective



Requirement 1

# Pet Savers

## Snapshot of Activity

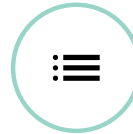
Visit a local animal shelter and identify an animal that could make for a good family pet.



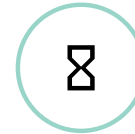
Travel



3



1



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Contact a local animal shelter and confirm a date and time for a visit.
2. Confirm the contact with the animal shelter who will be your guide for the visit. Inform them that the den is made up of third graders and that they are learning about pets and what makes a good pet.
3. Remind Cub Scouts, parents, and legal guardians that the Cub Scouts will be visiting a local animal shelter and to make sure Cub Scouts wear appropriate clothing and footwear.
4. Remind parents and legal guardians of the meeting location date and time and bring a completed [Activity Consent Form](#).

During the meeting:

1. Gather Cub Scouts outside the meeting space. Discuss with Cub Scouts the expectations when visiting:
  - Be respectful during the presentation
  - Raise your hand when you want to speak or ask a question
  - Stay seated while the speaker is talking unless they ask you to stand up
  - Use your listening ears
2. Encourage Cub Scouts to ask questions. Ask the animal shelter host to explain the following:
  - Why are animal shelters necessary
  - How to adopt or foster a sheltered pet
  - How the public can help animals in shelters and rescues
  - How old do you have to be to volunteer at an animal shelter
3. Have the contact from the animal shelter discuss what animals make good pets and what a family should consider before choosing a pet.



4. Have the Cub Scouts identify an animal that would make for a good family pet. This animal will be used in requirement 3.

After the meeting:

1. Send a thank you note to the organization.

[Back to Critter Care Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Critter Care

Elective



Requirement 1

# Pets, So Many

## Snapshot of Activity

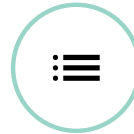
Cub Scouts explore what animal would make for a good family pet.



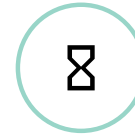
Indoor



1



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Choosing a Pet worksheet found in Additional Resources
- Pen or pencil for each Cub Scout
- Printer

### Directions

Before the meeting:

- Print the Choosing a Pet worksheet for each Cub Scout.
- Set up meeting space for Cub Scouts to be able to fill out worksheet.

During the meeting:

- Have the Cub Scouts brainstorm what makes each animal listed on the Choosing a Pet worksheet either a good or a bad family pet.
- Tell the Cub Scouts to identify the good pets and the bad pets with a check mark on the worksheet.
- Have the Cub Scouts identify the animal that would make for a good family pet. This animal will be used with requirement 3.

## **Additional Resources**

[Choosing a Pet worksheet](#)

[Back to Critter Care Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Critter Care

Elective



Requirement 2

# Help Me Choose

## Snapshot of Activity

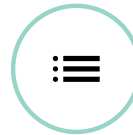
Cub Scouts compare and contrast two animals that are allowed in their community.



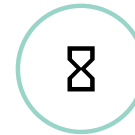
Indoor



2



2



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Compare and Contrast Chart found in Additional Resources
- Pen or pencil for each Cub Scout
- Printer
- Computer or smart device, one for every two Cub Scouts

### Directions

Before the meeting:

1. Print the Compare and Contrast Chart worksheet for each Cub Scout.
2. For ideas on comparing and contrasting animals, review the animals found on [Diffen](#).
3. Locate a list of allowed animals for pets in your community.
4. Set up meeting space for Cub Scouts to be able to fill out worksheet.

During the meeting:

1. Using the list you found of allowed pet animals in your community, have the Cub Scouts choose two animals.
2. Using the worksheet, have the Cub Scouts compare and contrast the two animals. Cub Scouts may want to go online and investigate.
3. Have a discussion with the Cub Scouts about their two animals' differences and similarities.
4. Have the Cub Scouts discuss why these pets may be a good choice for their family.

## Additional Resources

[Compare and Contrast Chart](#)

[Back to Critter Care Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Critter Care

Elective



Requirement 2

# Poster Pet

## Snapshot of Activity

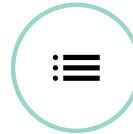
Cub Scouts will choose two pets that are allowed in their community and create a compare and contrast chart.



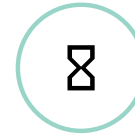
Indoor



2



4



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- 22" x 28" poster board, one for a pair of Cub Scouts
- Markers, crayons, and pencils in assorted colors, enough to share
- Pet images allowed in your community
- Scissors
- Glue sticks
- Clear tape
- Computer or smart device, one for every two Cub Scouts

### Directions

Before the meeting:

1. For ideas on comparing and contrasting animals, review the animals found on [Diffen](#).
2. Locate a list of allowed animals for pets in your community.
3. Gather supplies.
4. Set up meeting space for Cub Scouts to be able to create their posters.

During the meeting:

1. Have a group discussion about pet care and responsibilities.
2. Have Cub Scouts buddy up.
3. From the list of pet animals allowed in your community, assign 2 animals to each buddy group.
4. Using the poster board, Cub Scouts are to create a presentation about the differences and similarities of the two pets.
5. Present the poster boards to the den.

[Back to Critter Care Requirements](#)



## What Animal

### Snapshot of Activity

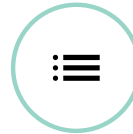
Cub Scouts choose an animal that is allowed in their community and present a charades-act of that animal.



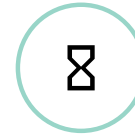
Indoor



4



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- A list of animals that are allowed as pets in your community
- A list of animals that are not allowed as pets in your community

### Directions

Before the meeting:

1. Read the rules on [How to Play Charades](#). Without speaking, act out an animal that others can guess. Whoever guesses correctly then begins his or her turn.
2. Write down separate strips of paper animals that are allowed in your community as pets and animals that are not allowed. Mix the slips of paper for each category together in a hat. Have one Cub Scout at a time choose a slip of paper from the mix. That's what they need to act out without the use of words or sounds.

During the meeting:

1. Teach the Cub Scouts the rules and how to play the game of charades. Keep it simple and have fun. Do not over emphasize the rules for charades.
2. Have a Cub Scout select an animal from the hat and present a charades-act of that animal.
3. Cub Scouts are to guess the animal.
4. Then Cub Scouts decide if this animal is allowed in their community. Discuss why this animal may or may not be a good pet.
5. Allow the next Cub Scout to choose an animal from the hat. Continue until every Cub Scout has had a turn.

[Back to Critter Care Requirements](#)

Bear – 3<sup>rd</sup> Grade

Critter Care

Elective

Requirement 3



## Pet Responsibilities

### Snapshot of Activity

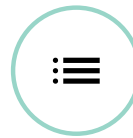
Cub Scouts describe the responsibilities, care, and activities that are required for the family pet or an animal that would make for a good family pet.



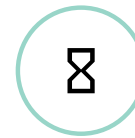
Indoor



2



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Caring for Chosen Animal worksheet found in Additional Resources
- Pet Care Chart found in Additional Resources
- Pen or pencil for each Cub Scout
- Printer

### Directions

Before the meeting:

1. Print Caring for Chosen Animal and Pet Care Chart worksheets, one for each Cub Scout.
2. Set up meeting space for Cub Scouts to be able to fill out worksheets.

During the meeting:

1. Have a group discussion about pet responsibilities and care required for the family pets or an animal that would make for a good family pet.
2. Using the Caring for Chosen Animal worksheet have the Cub Scouts complete the worksheet.
3. Using the Pet Care Chart worksheet have the Cub Scouts fill out the responsibilities to care for a pet for a week.
4. Have the Cub Scouts share their responses with the den.

Tip: A pet is not necessary to fulfill the requirement. The objective is to know and understand the responsibilities.

### **Additional Resources**

[Caring for Chosen Animal worksheet](#)

[Pet Care Chart worksheet](#)

[Back to Critter Care Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Critter Care

Elective



Requirement 3

# Shelter Visits

## Snapshot of Activity

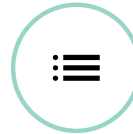
Cub Scouts investigate how to properly care for pets by visiting with an animal shelter.



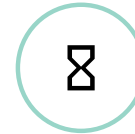
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Contact a local animal shelter and confirm a date and time for a visit.
2. Establish a person to serve as your point of contact for the animal shelter.
3. Inform the point of contact that the den is made up of third graders and they are learning about the proper care of pets. Share with the point of contact the list of animals that each Cub Scout has chosen to make sure they cover how to care for each type of animal.
4. Remind Cub Scouts, parents, and legal guardians that the Cub Scouts will be visiting a local animal shelter and to make sure Cub Scouts wear appropriate clothing and footwear.
5. Remind parents and legal guardians of the meeting location date and time and bring a completed [Activity Consent Form](#).

During the meeting:

1. Gather Cub Scouts outside the meeting space. Discuss with Cub Scouts the expectations when visiting:
  - Be respectful during the presentation
  - Raise your hand when you want to speak or ask a question
  - Stay seated while the speaker is talking unless they ask you to stand up
  - Use your listening ears
2. Encourage Cub Scouts to ask questions. Ask the animal shelter host to explain the following:
  - Regular exams
  - Spay and neuter
  - Preventing parasites
  - Maintain a healthy weight
  - Get regular vaccinations

- Provide an enriched environment
- Microchip and tattoo your pet
- Dental care
- Proper restraints

After the meeting:

1. Send a thank you note to the organization

[Back to Critter Care Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Critter Care

Elective



Requirement 3

# Trainer Visits

## Snapshot of Activity

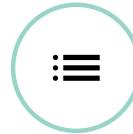
Cub Scouts investigate how to properly care for pets by visiting with an animal trainer.



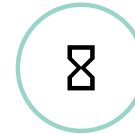
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- No additional supplies

### Directions

Before the meeting:

1. Contact a local animal trainer and invite them to a den meeting to discuss how to properly care for pets.
2. Inform the trainer that the den is made up of third graders and they are learning about the proper care of pets. Share with the trainer the list of animals that each Cub Scout has chosen to make sure they cover how to care for each type of animal.
3. A few days before the meeting, confirm the date and time for the visit.

During the meeting:

1. Remind Cub Scouts about expectations with a guest speaker:
  - Be respectful during the presentation
  - Raise your hand when you want to speak or ask a question
  - Stay seated while the speaker is talking unless they ask you to stand up
  - Use your listening ears
2. Encourage Cub Scouts to ask questions. Ask the animal trainer to explain the following:
  - Special training for the animal
  - Regular exams
  - Spay and neuter
  - Preventing parasites
  - Maintain a healthy weight
  - Get regular vaccinations
  - Provide an enriched environment
  - Microchip and tattoo your pet
  - Dental care

- Proper restraints

After the meeting:

1. Send a thank you note to the trainer.

[Back to Critter Care Requirements](#)



## Veterinarian Visits

### Snapshot of Activity

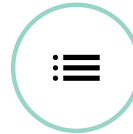
Cub Scouts investigate how to properly care for pets by visiting with a veterinarian.



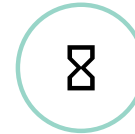
Indoor



3



1



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- No additional supplies

### Directions

Before the meeting:

1. Contact a local veterinarian and invite them to a den meeting.
2. Inform the veterinarian that the den is made up of third graders and they are learning about the proper care of pets. Share with the veterinarian the list of animals that each Cub Scout has chosen to make sure they cover how to care for each type of animal.
3. Confirm the date and time for the visit a few days before the visit.

During the meeting:

1. Discuss with Cub Scouts the expectations when having a guest speaker.
  - Be respectful during the presentation
  - Raise your hand when you want to speak or ask a question
  - Stay seated while the speaker is talking unless they ask you to stand up
  - Use your listening ears
2. Encourage Cub Scouts to ask questions. Ask the veterinarian to explain the following:
  - Regular exams
  - Spay and neuter
  - Preventing parasites
  - Maintain a healthy weight
  - Get regular vaccinations
  - Provide an enriched environment
  - Microchip and tattoo your pet
  - Dental care
  - Proper restraints

After the meeting:

1. Send a thank you note the veterinary clinic.

[Back to Critter Care Requirements](#)

Bear – 3<sup>rd</sup> Grade

Critter Care

Elective



Requirement 4

## Animal Helpers

### Snapshot of Activity

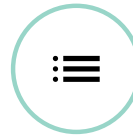
Cub Scouts create a PowerPoint presentation showing three ways a pet can help people.



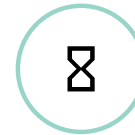
Indoor



2



4



2

If you want to know more about The Adventure Activity Key [click here](#).

#### Supply List

- Computer, iPad, or Surface with PowerPoint or Keynote software for each Cub Scout

#### Directions

Before the meeting:

1. Familiarize yourself with ways pets can be beneficial. Check out the [Healthy Pets, Healthy People](#) at the CDC website or the [Power of Pets](#) on the NIH website.
2. Set up meeting space for Cub Scouts to be able to work on their PowerPoint in pairs.

During the meeting:

1. Lead a group discussion about the different ways pets can help people. Things to think about:
  - Physical health benefits
  - Mental health benefits
2. Have Cub Scouts buddy up to create their presentation.
3. Give them 20 minutes to work on building a PowerPoint showing three ways a pet can help people.
4. Allow time for each set of buddies to share their presentation

[Back to Critter Care Requirements](#)



## Animal Partner

### Snapshot of Activity

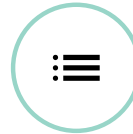
Invite a professional who has an animal as a partner to discuss their partnership and roles.



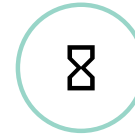
Travel



3



2



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

Before the meeting:

1. Contact a local professional that uses an animal as a partner and schedule a visit. This could be mounted police (horse), K-9 officers (dog), or a herding/cattle dog. Contact or schedule a visit to the professional's facility to discuss their partnership and roles.
2. Confirm the date and time for the visit.
3. Remind Cub Scouts, parents, and legal guardians that the Cub Scouts will be visiting a professional with an animal as a partner and to make sure Cub Scouts wear appropriate clothing and footwear.
4. Remind parents and legal guardians of the meeting location date and time and bring a completed [Activity Consent Form](#).

During the meeting:

1. Gather Cub Scouts outside the meeting space. Remind Cub Scouts about expectations when visiting:
  - Be respectful during the presentation
  - Raise your hand when you want to speak or ask a question
  - Stay seated while the speaker is talking unless they ask you to stand up
  - Use your listening ears
2. Encourage Cub Scouts to ask questions. Sample question include:
  - How did you become interested in this job?
  - What do you do for your job?
  - Is the job what you envisioned it to be when you applied for it?
  - How did your friends react to your choosing this job?
  - Where does your animal live?
  - Who takes care of your animal?
  - How does your animal help people?

After the meeting:

1. Send a thank you note to the professional who visited

[Back to Critter Care Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Critter Care

Elective



Requirement 4

# Service Animals

## Snapshot of Activity

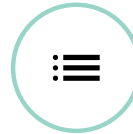
Cub Scouts explore why service animals are important.



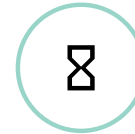
Indoor



3



1



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- No additional supplies

### Directions

Before the meeting:

1. Contact a local service animal trainer and invite them to a den meeting to discuss how to properly care for service animals.
2. Inform the trainer that the den is made up of third graders and they are learning about service animals, and they want to know three ways that service animals help people.
3. Confirm the date and time for the visit.

During the meeting:

1. Remind Cub Scouts about expectations with a guest speaker:
  - Be respectful during the presentation
  - Raise your hand when you want to speak or ask a question
  - Stay seated while the speaker is talking unless they ask you to stand up
  - Use your listening ears
2. Encourage Cub Scouts to ask questions. Ask the animal trainer to explain the following:
  - Special training for the animal
  - Regular exams
  - Spay and neuter
  - Preventing parasites
  - Maintain a healthy weight
  - Get regular vaccinations
  - Provide an enriched environment
  - Microchip and tattoo your pet



- Dental care
- Proper restraints

After the meeting:

1. Send a thank you note to the service animal trained

[Back to Critter Care Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Forensics

Elective



## Snapshot of Adventure

Everywhere you go, you leave behind clues: fingerprints on your juice glass, DNA on your toothbrush, bits of fabric on your favorite chair, and footprints in your yard. Criminals leave behind clues, too. Forensic scientists study those clues to help law enforcement officers solve crimes.

Forensics is all about using science to answer questions about crimes (and other things that have happened). In this Adventure, you will practice some of the skills of a forensic scientist.

You will analyze a fingerprint, a footprint, the contents of ink, and some mysterious white powder. Grab your magnifying glass and start detecting!

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Forensics.

#### Requirement 1

Explore the term “forensics” and how it is used to help solve crimes.

- Cub Scouts [become investigators by observing and analyzing the scene to determine who ate the cookie.](#)
- Cub Scouts [learn from an expert more about how forensics is used to help solve crimes.](#)

#### Requirement 2 Analyze your fingerprints.

- Cub Scouts [discover that even if they can't see their fingerprint with their naked eye, they are still there.](#)
- Cub Scouts [learn the different patterns in fingerprints and analyze their own fingerprints.](#)

#### Requirement 3 Make a shoe imprint.

- Cub Scout [investigate how their shoe can leave a print.](#)
- Cub Scout [make a shoe impression.](#)
- Cub Scout [investigate how their shoe can leave a print in the dirt.](#)

**Requirement 4**

Do an analysis of four different substances: salt, sugar, baking soda and cornstarch.

- Cub Scouts [learn how to test for various substances.](#)

**Requirement 5**

Learn about chromatography and how it is used in solving crimes.

- Cub Scout [learn that not all chemicals are what they appear to be.](#)

**Requirement 6**

Find out how officers collect evidence.

- Cub Scouts [learn how evidence is collected.](#)

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Forensics

Elective



Requirement 1

# Solve the Mystery

## Snapshot of Activity

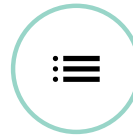
Cub Scouts become investigators by observing and analyzing the scene to determine who ate the cookie.



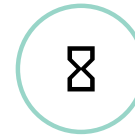
Indoor



3



3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Plate
- Cookies
- Cup
- Milk
- Chalk
- Sugar
- Baking soda
- Nitrile gloves
- Plastic sandwich bags
- Rope or crime scene tape

### Directions

Before the meeting:

1. Decide which leader or den chief ate the cookie.
2. Gather supplies.
3. Find an adult volunteer or den chief to be the “cookie eater.”
4. Set up the crime scene.
  - Use an ink pad to transfer the “cookie eater’s” fingerprint to the cup of milk.
  - Use chalk to transfer the “cookie eater’s” shoe print near the scene.
  - Leave a plate with cookie crumbs on the scene.
  - Leave bit of sugar and baking soda near the plate.
5. Rope off the area with rope or crime scene tape.

During the meeting:

1. Tell Cub Scouts they are going to be investigators by figuring out who ate the cookie.
2. Have Cub Scouts share their observations about the scene.
  - What do they see?
  - What is missing?
3. Give Cub Scouts a set of gloves to wear.
4. Have Cub Scouts collect fingerprints from one another, adults, and den chief (see requirement 2 “Fingerprint Fun.”)
5. Have Cub Scouts collect shoe imprints from one another, adults, and den chief (see requirement 3 “Gumshoe.”)
6. Allow Cub Scouts to compare the collected fingerprints and shoe imprints they have collected to the fingerprints and shoe imprints left at the crime scene.
7. Once Cub Scouts have discovered “the eater,” congratulate them and let them eat a cookie.
8. If they ask about the sugar and baking soda, have the “cookie eater” share that they were trying to make cookies of their own, but then decided eating already made cookies would be easier.

Tip: By doing this activity, you can also complete requirement 2, 3 and 6

[Back to Forensics Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Forensics

Elective



Requirement 1

# Visit an Expert

## Snapshot of Activity

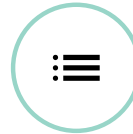
Cub Scouts learn from an expert more about how forensics is used to help solve crimes.



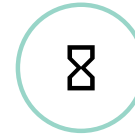
Travel



2



1



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Contact local law enforcement to see if they have a program for kids that explains how they use forensics to solve a crime or if there is an officer who would be willing to speak to the den. Some police agencies have a specific person that handles teaching kids' groups.
2. Let the local law enforcement know the Adventure requirements and coordinate with the agency on the activities:
  - How to take a fingerprint
  - How to take a shoe imprint
  - Discuss uses of chromatography
  - Evidence collection methods
3. Remind parents and legal guardians of the meeting location date and time and to bring a completed [Activity Consent Form](#).

During the meeting:

1. Gather Cub Scouts outside the meeting space. Discuss with Cub Scouts the expectations when visiting:
  - Be respectful during the presentation
  - Raise your hand when you want to speak or ask a question
  - Stay seated while the speaker is talking unless they ask you to stand up
  - Use your listening ears
2. Encourage Cub Scouts to ask questions.

After the meeting:

- Send a thank you note to the agency.

Tip: You can potentially complete requirements 2, 3, 5 and 6 by visiting a law enforcement agency.

[Back to Forensics Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Forensics

Elective



Requirement 2

# Are You There?

## Snapshot of Activity

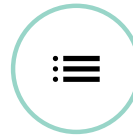
Cub Scouts discover that even if they can't see their fingerprint with their naked eye, they are still there.



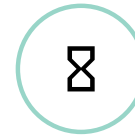
Indoor



2



5



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- 8 ½" x 11" piece of white paper, one for each Cub Scout
- Magnetic powder
- Magnetic applicator
- Magnifying glass, one for each Cub Scout

### Directions

Before the meeting:

1. Become familiar with using magnetic powder to find fingerprints by watching this video on YouTube, "[Developing Latent Fingerprints with Magnetic Powder](#) (2 minutes 46 seconds.)
2. Gather the supplies.
3. Set up meeting space so Cub Scouts have an area to do their fingerprinting.

During the meeting:

1. Let Cub Scouts know that fingerprints are skin patterns on the ends of your fingers and thumbs. Their fingerprints are different from those of everyone else on earth. Even identical twins have different fingerprints! When we touch things, we always leave fingerprints even if we cannot see them! That's because our skin produces sweat and oil.
2. Explain that because everyone has unique fingerprints, law enforcement officers can use them to figure out who was at a crime scene. Using the Fingerprint Pattern worksheet, show Cub Scouts the fingerprint patterns and point out differences.
3. Tell Cub Scouts that now they will get to investigate their own fingerprints.
4. Give each Cub Scout a blank piece of paper and ask them what they see. Can they see any fingerprints on the piece of paper?
5. Explain that when we touch things, we always leave fingerprints even if we cannot see them! That's because



our skin produces sweat and oil.

6. Demonstrate how to use magnetic powder. Remind the Cub Scouts that it doesn't need to touch the paper.
7. Hand each Cub Scout a magnifying glass to examine their fingerprints. Ask what they see? How is their fingerprint different than another Cub Scout's fingerprints?

### **Additional Resources**

[Bear Forensics 2 Fingerprint Patterns](#)

[Back to Forensics Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Forensics

Elective

Requirement 2



# Fingerprint Fun

## Snapshot of Activity

Cub Scouts learn the different patterns in fingerprints and analyze their own fingerprints.



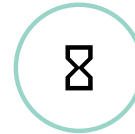
Indoor



2



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Fingerprint Card found in Additional Resources
- Fingerprint Patterns found in Additional Resources
- White cardstock
- Printer
- 2 pads of dark ink, black, blue or red work best
- Baby wipes
- Magnifying glass, one for each Cub Scout
- Scratch paper for practice

### Directions

Before the meeting:

1. Print one Fingerprint Card on white cardstock for each Cub Scout.
2. Print a single copy of Fingerprint Patterns.
3. Gather the supplies.
4. Set up meeting space so Cub Scouts have an area to do their fingerprinting.

During the meeting:

1. Let Cub Scouts know that fingerprints are skin patterns on the ends of your fingers and thumbs. Their fingerprints are different from those of everyone else on earth. Even identical twins have different fingerprints! When we touch things, we always leave fingerprints even if we cannot see them! That's because our skin produces sweat and oil.
2. Explain that because everyone has unique fingerprints, law enforcement officers can use them to figure out who was at a crime scene. Using the Fingerprint Pattern worksheet, show Cub Scouts the fingerprint patterns and point out differences.
3. Tell Cub Scouts that now they will get to investigate their own fingerprints.

4. Make sure Cub Scouts' hands are clean and dry so ink can stick to fingers.
5. Demonstrate how to take a fingerprint.
  1. Extend one finger at a time while tucking under the other four fingers.
  2. Roll the finger on the ink pad so the entire fingerprint pattern area is evenly covered with ink. The ink should cover from one edge of the nail to the other and from the crease of the first joint to the tip of the finger. Try not to push too firmly on the pad, you don't want the finger to have too much ink.
  3. Roll each finger from nail to nail in the appropriate space on fingerprint card. Make sure to lift each finger up straight up after rolling to avoid smearing and smudging.
6. Have each Cub Scout decide which hand they want fingerprinted.
7. Have each Cub Scout practice fingerprinting a finger or two on a piece of scratch paper until they feel they have the technique down.
8. Give each Cub Scout a fingerprint card to take their "real" fingerprints.
9. Once each finger is printed give Cub Scout a baby wipe to clean the ink off.
10. Give each Cub Scout a magnifying glass and a fingerprints patterns sample.
11. Have each Cub Scout share with a buddy what patterns they see in their fingerprints. Are they the same as their buddy?

Tip: Combine this activity with requirement 1 "Solve the Mystery."

### **Additional Resources**

[Fingerprint Card](#)

[Bear Forensics 2 Fingerprint Patterns](#)

[Back to Forensics Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Forensics

Elective



Requirement 3

# Gumshoe

## Snapshot of Activity

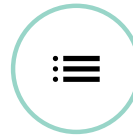
Cub Scout investigate how their shoe can leave a print.



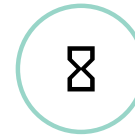
Indoor



2



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- 9" x 12" black construction paper, one sheet for each Cub Scout
- 1 light colored sidewalk chalk for each Cub Scout
- Baby wipes or a wet rag

### Directions

Before the meeting:

1. Using the information below, make a sample of a shoe impression.
2. Gather supplies.
3. Set up meeting space so Cub Scouts have an area to do their shoe print.

During the meeting:

1. Ask the Cub Scouts if they have ever walked outside in the snow and looked behind them? What did they see? Explain to Cub Scouts that just like our fingers have prints our shoes have prints. Law enforcement officers will look for shoe prints and will then make an impression. They can find the brand and size of the shoe. They can tell how tall the person is by measuring the length of the shoe. Today they will be looking more closely at their shoe impression. Show them your example.
2. Have each Cub Scout sit in a chair and place a piece of construction paper on the ground in front of them.
3. Give each Cub Scout a piece of chalk and have them liberally apply the chalk to the bottom of their shoe.
4. Have the Cub Scout stand on top of the piece of paper in front of them.
5. Have the Cub Scout sit back down and clean off their shoe with a baby wipe or damp cloth.
6. Let each Cub Scout look at their impression. Ask what do you notice? Do you see a shoe size? Is there a pattern? Is the bottom of your shoe the same as mine?

Tip: Combine this activity with requirement 1 "Solve the Mystery."

[Back to Forensics Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Forensics

Elective



Requirement 3

# Heavy Shoes

## Snapshot of Activity

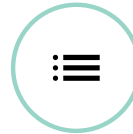
Cub Scout make a shoe impression.



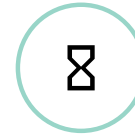
Indoor



2



5



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Shoe boxes, one for each Cub Scout
- One pound of Plaster of Paris in a strong plastic bag for each Cub Scout
- 2 cups of water in a plastic bottle for each Cub Scout
- Can of hairspray
- Wood craft sticks, one for each Cub Scout
- Toothpicks, one for each Cub Scout
- A small trowel or spade for each Cub Scout
- Soft paint brush for each Cub Scout
- Soft toothbrush for each Cub Scout
- Bubble wrap or a cardboard box (optional)

### Directions

*This activity will take two meetings to complete.*

Before the meeting:

1. Become familiar with shoe impressions by watching this YouTube video, "[Casting Footwear Impressions](#)." (duration 6 minutes and 10 seconds.)
2. Collect enough larger shoes boxes for your Cub Scouts.
3. Locate soil and fill shoe boxes half full.
4. Gather remaining supplies.
5. Set up meeting space so Cub Scouts have an area to do their shoe print.

During the first meeting:

1. Ask the Cub Scouts if they have ever walked outside in the snow and looked behind them. What did they see? Explain to Cub Scouts that just like our fingers have prints our shoes have prints. Law enforcement officers will look for shoe prints and will then make an impression. They can find the brand and size of the shoe. They can tell how tall the person is by measuring the length of the shoe. Today they will be looking

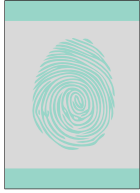
more closely at their shoe impression.

2. Demonstrate how to make a good shoe impression in the shoe box of dirt. Press your foot down firmly and lift straight up to avoid distortion.
3. Have each Cub Scout make their own impression in their shoebox full of dirt. Hint: Spray the impression with hairspray to help hold the soil in place and secure the impression.
4. Have the Cub Scouts help mix their Plaster of Paris mixture by following the **Directions** on the bag. When mixed there should be no lumps and should be the consistency of pancake batter.
5. Either cut a hole in the corner of the bag or open the bag a little at the top.
6. Begin pouring the Plaster of Paris on the top or bottom of the impression. Slowly pour toward the other end of the shoe. Avoid distorting the impression by not pouring in the middle.
7. Once all the Plaster of Paris is used, give each Cub Scout a wood craft stick to gently smooth out the surface.
8. Have each Cub Scout gently write their names or initials in the Plaster of Paris with a toothpick.
9. Let the impressions set for 30 minutes.
10. Use a spade or trowel to lift the cast from the shoe box. Dig into the soil a few inches away from the cast. Avoid hitting the cast with the spade to prevent breakages.
11. Set impression aside to finish setting. Finish cleaning and investigating at the next den meeting.

During the second meeting:

1. Have Cub Scouts carefully remove the soil using a soft paint brush or a soft toothbrush.
2. Once most of the soil has been removed, help the Cub Scouts put the cast under a running tap and use the paint brush to gently brush the cast to remove any remaining soil.
3. Let the impression dry again once it has been cleaned. Then, spray with hairspray (or lacquer) to strengthen the cast and prevent it from crumbling during handling.
4. Have the Cub Scouts observe the impression. Ask what they notice about this impression? Is there a difference in how deep their impression is versus yours? Do they notice patterns or cracks?
5. If the Cub Scout wishes to keep the cast, wrap it in bubble wrap or put it in a cardboard box to protect it from breaking.

[Back to Forensics Requirements](#)



## Muddy Shoe

### Snapshot of Activity

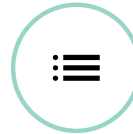
Cub Scout investigate how their shoe can leave a print in the dirt.



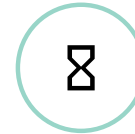
Outdoor



3



1



2

If you want to know more about The Adventure Activity Key [click here](#).

#### Supply List

- Muddy outdoor area for footprints
- Ruler

#### Directions

Before the meeting:

1. Determine the best place near your meeting location to make a shoe impression. Avoid rocky or hard surfaces.
2. Clear the area of extra rocks and debris. Smooth it out as much as possible.
3. Let parents and legal guardians know to have their Cub Scout wear a pair of shoes they don't mind getting a little muddy.

During the meeting:

1. Ask Cub Scouts if they have ever walked outside in the snow and looked behind them? What did they see? Explain to Cub Scouts that just like our fingers have prints our shoes have prints. Law enforcement officers will look for shoe prints and will then make an impression. They can tell how much a person weighs by how deep the impression is in the mud or soft ground. They can find the brand and size of the shoe. They can tell how tall the person is by measuring the length of the shoe. Today they will be looking more closely at their shoe impression.
2. Bring Cub Scouts to the pre-determined spot and demonstrate how to make a shoe impression by firmly pressing your foot into the ground and the lifting straight up to avoid distorting your impression. Be careful not to slide or fall.
3. Have Cub Scouts make their shoe impressions.
4. Have Cub Scouts observe their impression. Ask what they notice about this impression? Is there a difference in how deep their impression is versus yours? Do they notice patterns or cracks?
5. Have the Cub Scouts measure their shoe. Compare the size of their shoe to the impression. Is the size the same?

[Back to Forensics Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Forensics

Elective



Requirement 4

# In the Kitchen

## Snapshot of Activity

Cub Scouts learn how to test for various substances.



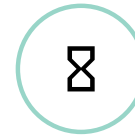
Indoor



2



4



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Substance Observations worksheet found in Additional Resources
- Pen or pencil, one for each Cub Scout
- ½ sheet black laminated paper split into 4 quadrants for each Cub Scout
- Magnifying glass, one for each Cub Scout
- Eye dropper/pipettes, one for each Cub Scout
- Toothpicks, one for each Cub Scout
- 1/4 teaspoon of salt for each Cub Scout
- 1/4 teaspoon of sugar for each Cub Scout
- 1/4 teaspoon of baking soda for each Cub Scout
- 1/4 teaspoon of cornstarch for each Cub Scout
- Cup of water, enough to share
- Cup of vinegar, enough to share

### Directions

Before the meeting:

1. Make laminated black quadrant papers for each Cub Scout. The lamination keeps the paper from soaking through and makes for easier clean-up. If you can't laminate, use a sheet protector folded in half.
2. Print Substance Observations worksheet, one for each Cub Scout.
3. Gather supplies.
4. Set up meeting space to conduct experiment.

During the meeting:

1. Explain to Cub Scouts that forensic chemists do tests to identify unknown substances. For example, they might add a chemical to the substance to see how it changes. They will now get to going to analyze some white substances that look a lot alike to see how we can tell them apart like a forensic chemist.



2. Give each Cub Scout a black quadrant paper, Substance Observations worksheet, and a pencil.
3. Tell Cub Scouts that you will be putting a little bit of white powder on their black paper. Have them begin looking at the substances with their naked eye. Ask what difference do you see? What similarities do you see? Have them write down observations.
4. Give each Cub Scout a magnifying glass. Have them look at the substances again. Ask what difference do you see? What similarities do you see? Have them write down observations.
5. Have each Cub Scout feel each substance between their fingers. Ask what it feels like. What differences do you feel?
6. Have each Cub Scout smell each substance. Caution them not to get too close. Ask what does it smell like?
7. Give each Cub Scout a toothpick. Tell them to split each substance in half using the toothpick.
8. Give each Cub Scout an eyedropper/pipette.
9. Let each Cub Scout put a drop or two of water on each of their substances. Ask what happened? Did the appearance change? Was there a chemical reaction?
10. Let each Cub Scout put a drop or two of vinegar on each of their substances. Ask what happened? Did the appearance change? Was there a chemical reaction?
11. Have them make their best guess in identifying each of the four substances.

### **Additional Resources**

[Substance Observations worksheet](#)

[Back to Forensics Requirements](#)

Bear – 3<sup>rd</sup> Grade

Forensics

Elective



Requirement 5

## What Color Is It?

### Snapshot of Activity

Cub Scout learn that not all chemicals are what they appear to be.



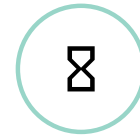
Indoor



2



4



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Coffee filters
- Ruler
- Scissors
- Assortment of nonpermanent felt-tip markers of different brands such as Flair and Color Scents.
- Pencil
- Glass of water for each Cub Scout
- Paper plates, one for each Cub Scout

### Directions

Before the meeting:

1. Test out each of the markers to ensure that they will work for the experiment. Not all markers will separate.
2. Cut the coffee filter into 1" strips.
3. Gather supplies.
4. Set up meeting space to conduct experiment.

During the meeting:

1. Explain that chromatography is the process forensics scientists use to separate different parts of a mixture. By separating the parts, they can identify drugs, DNA, and poisons. Most chromatography is done in laboratories with expensive equipment, but today they will get to do a simple chromatography investigation using felt tip marker, coffee filters, and water.
2. Give each Cub Scout a strip of pre-cut coffee filter.
3. Have each Cub Scout choose a marker.
4. Ask Cub Scouts to label one end of the coffee filter with the color and brand of marker. Fold the labeled end

so that it fits over the glass.

5. Have each Cub Scout draw a horizontal line across the middle of their coffee filter strip.
6. Put the strip in the glass of water, making sure the line the Cub Scout drew is above the water.
7. Now watch what happens. The coffee filter will slowly absorb water, which will rise toward the top of the strip. As the water rises, it will carry along components of the ink. Lighter components will travel the longest distance; heavier components will not travel very far.
8. When the water nearly reaches the top of the strip (or when you don't see any more changes happening), take the strip out of the water and set it on a paper plate to dry.
9. Repeat the experiment with several pens. Compare the results to see how similar or different the inks you used are.

[Back to Forensics Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Forensics

Elective



Requirement 6

# Collect the Evidence

## Snapshot of Activity

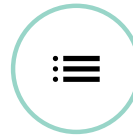
Cub Scouts learn how evidence is collected.



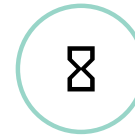
Travel



2



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5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- [Activity Consent Form](#)

### Directions

Before the meeting:

1. Contact a local law enforcement agency to see if they have a program for kids that explains how they use forensics to solve a crime or if there is an officer who would be willing to speak to the den. Some police agencies have a specific person that handles teaching kids' groups.
2. Remind parents and legal guardians of the meeting location date and time and to bring a completed [Activity Consent Form](#).

During the meeting:

1. Gather Cub Scouts outside the meeting space. Discuss with Cub Scouts the expectations when visiting:
  - Be respectful during the presentation
  - Raise your hand when you want to speak or ask a question
  - Stay seated while the speaker is talking unless they ask you to stand up
  - Use your listening ears
  - Encourage Cub Scouts to ask questions on how evidence is collected.

After the meeting:

1. Send a thank you note to the agency.

[Back to Forensics Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Let's Camp

Elective



## Snapshot of Adventure

Camping is a fun way to spend time with family and friends. Prepare for your campout by gathering what you will bring with you and setting up a tent. Your den leader and parents will help you get ready. Find the best spot to pitch your tent and make it your home for the campout.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Review [Age Appropriate Guidelines for Scouting Activities](#) before camping.

When camping:

- Basic Adult Leader Outdoor Orientation (BALOO) training is mandatory for a pack overnighter. At least one registered adult leader who will be present during the overnighter must complete BALOO training. BALOO training consists of an online pre-requisite component in addition to an overnight hand on practical. BSA's Cub Scout level camping policies will be taught along with the discovery of the necessary tools to help units carry out a successful camping experience. Check with your local council when the next available BALOO Training will be conducted.
- Complete the on-line training "Hazardous Weather" training module that is part of the Position Specific Training for den leaders [my.scouting](#). If you have already completed den leader, Cubmaster, or pack committee chair training on-line, then you have completed this module.
- Watch the [Weather Related Safety Moment](#) video (1 minute 48 seconds).
- Review [Guide to Safe Scouting](#) for camping,
- If building a campfire, review [Behavior Around Campfires](#).

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Let's Camp Bear.

#### Requirement 1

Review the buddy system and how it works in the outdoors.

- Cub Scouts [review what to do while using the buddy system](#).
- Cub Scouts [learn about the buddy system by playing a game](#).

**Requirement 2**

Pack your Cub Scout Six Essentials for the campout.

- Cub Scouts [review the Cub Scout Six Essentials](#).
- Cub Scouts [review the Cub Scout Essential Six with a word search puzzle](#).

**Requirement 3**

In addition to your Cub Scout Six Essentials, show the personal items you need for your campout.

- Cub Scouts [review items needed for a campout](#).
- Cub Scouts [learn about items needed for a campout other than their Cub Scout Six Essentials](#).
- Cub Scouts [choose extra gear needed for a campout that is not the Cub Scout Six Essentials](#) by playing a game similar to musical chairs.

**Requirement 4**

Help set up a tent. Determine a good spot for the tent. Explain why you picked the spot.

- Cub Scouts [practice setting up a tent](#).
- Cub Scouts [practice setting up a tent outside](#).

**Requirement 5**

Attend a council or district Cub Scout overnight camp or attend a campout with your pack.

- Cub Scouts will [attend an overnight campout with your pack or at a council or district event](#).

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Let's Camp

Elective



Requirement 1

# Bear Buddies Rule

## Snapshot of Activity

Cub Scouts review what to do while using the buddy system.



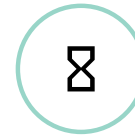
Indoor



3



2



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Cub Scouts will need their Bear handbook

### Directions

Before the meeting:

1. Become familiar with the Buddy System by watching this video "[The Buddy System](#)."

During the meeting:

1. Review the Buddy System section in the Bear handbook with Cub Scouts.
2. Separate Cub Scouts into buddy groups, by counting off 1-2. If an odd number of Cub Scouts are present, a group of three Cub Scouts can be created.
3. Tell Cub Scouts to be with their buddy during the entire meeting. Reinforce the fact that they should have a buddy with them at all times especially if they need to use the bathroom.
4. Conduct the meeting as you had planned.
5. At two or three random times  
During the meeting, yell "Buddy Check".
6. Identify which buddies are together and which buddies are not. If buddies are not together, encourage Cub Scouts to find their buddy. Once they have their buddy, ask Cub Scouts to hold hands and raise them above their heads.
7. At the end of the meeting, discuss:
  - Why is it important to remember our buddy when we are outside?
  - Why is it important to have a buddy when you have to leave the group?

[Back to Let's Camp Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Let's Camp

Elective



Requirement 1

# Standing Bear Buddies

## Snapshot of Activity

Cub Scouts learn about the buddy system by playing a game.



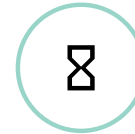
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bear handbook

### Directions

Before the meeting:

1. Become familiar with the Buddy System by watching this video "[The Buddy System.](#)"

During the meeting:

1. Review the Buddy System section in the Bear handbook with Cub Scouts.
2. Divide Cub Scouts into buddy pairs by counting off.
3. After Cubs Scouts paired up, have them space out across the room to ensure they have enough room to play the game.
4. Have Cub Scout buddy pairs sit down, with their backs together and touching. Have Cub Scouts interlock their arms.
5. Tell Cub Scouts that when you say go, they should try to stand up without unlocking or using their arms. The first pair to stand up wins.
6. After each pair has accomplished the goal, have Cub Scouts change buddies and play the game again.
7. After a few rounds, ask Cub Scouts the following questions:
  - Was this game hard or easy? Why was it easier the longer you played the game?
  - How did you have to work together as a buddy pair?
  - What were some things that you could have done to make it easier for your pair?
  - How should buddies work together when they are outside?
  - How should buddies work together when they are apart from the group?

[Back to Let's Camp Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Let's Camp

Elective



Requirement 2

# Bear Backpack

## Snapshot of Activity

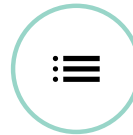
Cub Scouts review the Cub Scout Six Essentials.



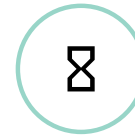
Indoor



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3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Backpack
- Water bottle
- Sun protection
- Flashlight
- Whistle
- First aid kit
- Trail snack
- Picture of family member
- Small mirror
- Deck of cards
- Small board game
- Pillow
- Stuffed animal
- Any other small silly items

### Directions

Before the meeting:

1. Become familiar with the Cub Scout Six Essentials by watching this video "[The Six Essentials.](#)"
2. Review the Cub Scout Six Essentials in the front of the Bear handbook.
3. Pack all the supplies in a backpack.

During the meeting:

1. Explain to Cub Scouts that they're going to decide which items are part of the Cub Scout Six Essentials.
2. Tell Cub Scouts that you will pull an item out of the backpack, and they are to shout "Cub Scout Six Essentials" if it is one of them and to shout "Nope" if it is not one of them.

[Back to Let's Camp Requirements](#)

Bear – 3<sup>rd</sup> Grade

Let's Camp

Requirement 2

Elective



# Cub Scout Six Essentials Word Search

## Snapshot of Activity

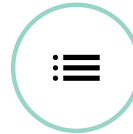
Cub Scouts review the Cub Scout Essential Six with a word search puzzle.



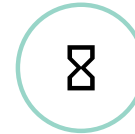
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Cub Scout Six Essentials Word Search found in Additional Resources
- Pencil, one per Cub Scout
- Printer
- Access to Cub Scout Six Essentials Word Search key

### Directions

Before the meeting:

1. Print Cub Scout Six Essentials Word Search, one for each Cub Scout.
2. Become familiar with the Cub Scout Six Essentials by watching this video "[The Six Essentials.](#)"
3. Review the Cub Scout Six Essentials in the front of the Bear handbook.

During the meeting:

1. Provide the Cub Scout Six Essentials Word Search and pencil to each Cub Scout.
2. Explain that the word search has more than the Cub Scout Six Essentials listed. Cub Scouts are only to circle the Six Essentials and nothing else.
3. Go over the answers.
4. Encourage Cub Scouts to use this list to pack their Cub Scout Six Essentials for their upcoming campout.

## **Additional Resources**

[Cub Scout Six Essentials Word Search](#)

[Cub Scout Six Essentials Word Search key](#)

[Back to Let's Camp Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Let's Camp

Elective



Requirement 3

# Check It Off The List

## Snapshot of Activity

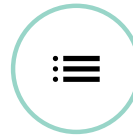
Cub Scouts review items needed for a campout.



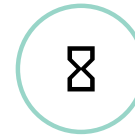
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bear handbook or Camping Checklist found in Additional Resources
- Pencil, one per Cub Scout
- Printer

### Directions

Before the meeting:

1. Remind Cub Scouts to bring their handbook to the next meeting or print the Camping Checklist, one for each Cub Scout
2. Become familiar with the Cub Scout Six Essentials by watching this video "[The Six Essentials.](#)"
3. Review the Cub Scout Six Essentials in the front of the Bear handbook.

During the meeting:

1. Have Cub Scouts open to the Let's Camp Adventure in their handbook and find requirement 3.
2. Review the list of "individual items" together with your den. Ask Cub Scouts to put a checkmark next to the things they should bring to the campout other than the Cub Scout Six Essentials.
3. Review the list of "group items" with your den. Make changes to the list based on the needs of the upcoming camping experience. Decide with your Cub Scouts who will be bringing which group items.

## Additional Resources

[Camping Checklist](#)

[Back to Let's Camp Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Let's Camp

Elective



Requirement 3

# Den Approval

## Snapshot of Activity

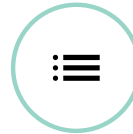
Cub Scouts learn about items needed for a campout other than their Cub Scout Six Essentials.



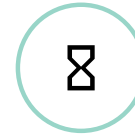
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Cub Scouts will be bringing needed camping items from home

### Directions

Before the meeting:

1. Ask Cub Scouts to bring two items that they'll need on a campout (other than their Cub Scout Six Essentials) to the next den meeting.
2. Become familiar with the Cub Scout Six Essentials by watching this video "[The Six Essentials](#)."
3. Review the Cub Scout Six Essentials in the front of the Bear handbook.
4. Become familiar with the suggested Individual [Campout Checklist for Pack Overnighter](#).

During the meeting:

1. Tell Cub Scouts that they're going to vote on each item to make sure they need it for a campout.
2. Have each Cub Scout show what they brought and explain why they need it on a campout.
3. Ask Cub Scouts to vote on each unique item. For example, they may vote yes for a sleeping bag, but you don't need to have them vote if another Cub Scout also brought a sleeping bag.

[Back to Let's Camp Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Let's Camp

Elective



Requirement 3

# Musical Gear

## Snapshot of Activity

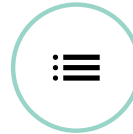
Cub Scouts choose extra gear needed for a campout that is not the Cub Scout Six Essentials by playing a game similar to musical chairs.



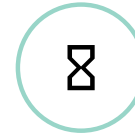
Indoor



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4



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Tent
- Sleeping bag
- Pillow
- Camp Stove
- Cooking gear
- Nintendo Switch
- Board game
- Deck of Cards
- Computer
- Rain gear
- Camp chair
- Firewood
- Laundry basket
- Any other items you wish to add to the game
- Electronic device that can play music

### Directions

Before the meeting:

1. Become familiar with the Cub Scout Six Essentials by watching this video "[The Six Essentials](#)."
2. Review the Cub Scout Six Essentials in the front of the Bear handbook.
3. Become familiar with the suggested Individual [Campout Checklist for Pack Overnighter](#).
4. Gather the needed supplies.
5. Layout the items around the meeting space.

During the meeting:

1. Divide Cub Scouts into buddies.
2. Explain the game:
  - The leader will play a song, and buddy groups are to walk around the space. When the music turns off, the buddies need to head to an item they need to take on the camping trip.
  - Cub Scouts should go to the same item as their buddy. If the buddies do not go to the same item, they are out.
  - Ask the buddies if the item is a Cub Scout Essential or an additional camping item. If the buddies do not answer correctly, they are out.
  - If the buddies choose an item that is not a camping item, they are out.
  - The leader will turn the music back on, and the game continues.
  - The last set of buddies standing wins

[Back to Let's Camp Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Let's Camp

Elective



Requirement 4

# Pitch It Fast

## Snapshot of Activity

Cub Scouts practice setting up a tent.



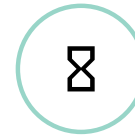
Indoor



4



3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Two tents
- Bear handbook

### Directions

Before the meeting:

1. Gather two tents for the meeting.
2. Set up meeting space with enough room to set up both tents.
3. Set up the two tents prior to the meeting to become familiar with how the tents are set up and to ensure there are no missing pieces.

During the meeting:

1. Divide den into two equal groups.
2. Give each group a tent and tell them that they will be having a race to see who can put their tent together the fastest. Remind them to work together as a team and to communicate with each other.
3. Instruct Cub Scouts to start.
4. When both groups are finished, ask the following questions:
  - What was the hardest part about putting together your tent?
  - How could you work better as a team next time?
  - If we are on a campout, where should we put our tent?
  - What do you think determines a good tent site?

Tip: If Cub Scouts are having a hard time answering questions, have them turn to the Let's Camp Adventure in their handbook to help answer questions

[Back to Let's Camp Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Let's Camp

Elective



Requirement 4

# Tent Set Up

## Snapshot of Activity

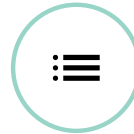
Cub Scouts practice setting up a tent outside.



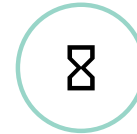
Outdoor



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2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Have Cub Scouts bring the tent they plan on using for the campout or have the tents that will be provided, one for every two Cub Scouts.
- Cub Scouts will need their Bear handbook.

### Directions

Before the meeting:

1. Find a local park, campground, or field that is big enough to set up tents.
2. If the den or pack provides tents, set the tents up so you are familiar with how they are set up and to ensure there are no missing pieces.

During the meeting:

1. Divide Cub Scouts into buddies.
2. Give each pair of buddies a tent and ask them to set up the tent.
3. After all the tents have been pitched. Ask the following questions:
  - What was the hardest part about putting together your tent?
  - How could you work better as a team next time?
  - If we are on a campout, where should we put our tent?
  - What do you think determines a good tent site?

Tip: If Cub Scouts are having a hard time answering questions, have them turn to the Let's Camp Adventure in their handbook to help answer questions.

[Back to Let's Camp Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Let's Camp

Elective



Requirement 5

# Let's Camp Bear

## Snapshot of Activity

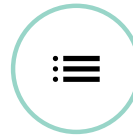
Cub Scouts will attend an overnight campout with your pack or at a council or district event.



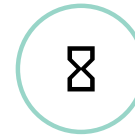
Travel



5



5



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Campground reservations
- [Individual Campout Checklist for Pack Overnighter](#)
- Cub Scout Six Essentials
- [BALOO](#) trained adult leader
- [BSA Health and Medical Record for every Cub Scout](#)
- [Activity Consent Form](#)
- Camping gear

Tip: Be sure and have fun activities for Cub Scouts to do while camping. Consider working on an Adventure such as Bear Habitat, A Bear Goes Fishing, Balancing Bears, Roaring Laughter or Salmon Run while camping.

### Directions

*A Bear Den may not go camping as a den. This activity is designed to be conducted as a pack campout.*

Before camping:

1. With your pack, locate a campground that is suitable for Cub Scouts and make a reservation.
2. Under the direction of the BALOO-trained leader develop a schedule for the campout including activities, Adventure requirements, and meals.
3. Determine what items you will need to take.
4. Distribute information to your den about time, date, location, and packing list.
5. Remind parents that a parent or legal guardian must attend with their Cub Scout.
  - How should we get our campsite ready for our tent?
  - How do we Leave No Trace when we pack up?

## **Additional Resources**

Scouting Magazine [Taking your pack or den camping?](#)

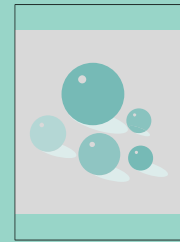
Scouting Magazine [Cub Scout camps can camp up to 2 consecutive nights](#)

[Back to Let's Camp Requirements](#)

Bear – 3<sup>rd</sup> Grade

XXXXXXXXXXXX

Elective



## Snapshot of Adventure

Long before board and video games, kids played with marbles. Those little balls of glass are just as fun to play with now as they were back then. In this Adventure, you'll play several different marble games. You'll also learn special words only marble players know and discover how to use marbles in mazes, obstacle courses, and more. Are you ready? Then grab your taws, aggies, and cat's eyes, and let's play marbles.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Marble Madness.

**Requirement 1** Make a marble bag.

- [Create a personal drawstring bag to hold your marbles.](#)
- [Make a personal drawstring bag to hold your marbles without sewing.](#)

### Requirement 2

Learn five words that are used when talking about marbles.

- Cub Scouts [learn marble jargon.](#)

### Requirement 3

Play three different marble games.

- [Learn and play Ringer, Plums, and Dropsies.](#)

### Requirement 4

Build a marble racetrack with at least two lanes.

- [Create a marble racetrack from recycled materials.](#)

**Requirement 5** Build a marble maze.

- [Create a maze for marbles.](#)

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Marble Madness

Elective

Requirement 1



# Make a Marble Bag

## Snapshot of Activity

Create a personal drawstring bag to hold your marbles.



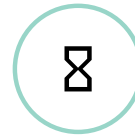
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- For each Cub Scout:
    - Piece of fabric about 5 inches by 9 inches
    - Needle and thread
    - Safety pin
    - Shoestring or piece of cord about 3 feet long
    - Scissors
  - Marbles
- Optional supplies to decorate bag:
- Beads, press on stickers or patches, felt/fabric markers, etc.

### Directions

Before the meeting:

1. Collect supplies.
2. Make a marble bag to use as an example.
3. Ask that parents and legal guardians be available to assist as needed.
4. Organize supplies into a set for each Cub Scout.
5. Set up meeting space with room for Cub Scouts to work on their marble bag.

During the meeting:

1. Tell Cub Scouts that they will be making a marble bag to hold their marbles using the supplies on the table.
2. Have Cub Scouts fold the long ends of the cloth over about 1 inch and make a crease. Sew along the cut edges of the fabric to form two pockets.
3. Fold the fabric in half so the printed side is on the inside. Sew along both edges — but not over the pockets you formed in the previous step.

4. Attach the safety pin to one end of the shoestring or cord. Put the safety pin at the end of one of the pockets and push it through to the other end.
5. Next, put the pin in the closest end of the other pocket, and push it through to the other end. Remove the safety pin and tie the ends of the shoestring or cord in an overhand knot.
6. Turn the bag right side out. Fill the bag with marbles. To close it, scrunch the fabric at the top together and tie another overhand knot where the shoestring or cord comes out.
7. Decorate if desired.
8. Put marbles into the bag.

### **Additional Resources**

[Make a Marble Bag instructions](#)

[Back to Marble Madness Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Marble Madness

Elective

Requirement 1



# No Sew Marble Bag

## Snapshot of Activity

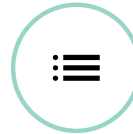
Make a personal drawstring bag to hold your marbles without sewing.



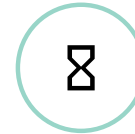
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- For each per Cub Scout:
  - 10-inch square scrap of felt, fleece, or other non-fray material
  - 24-inch-long shoestring, paracord, yarn, or other sturdy corded material
  - 9-inch paper plate
  - Pencil
  - Ruler
  - Scissors to cut fabric
- Marbles

Optional supplies to decorate bag:

- Beads, press on stickers or patches, felt/fabric markers, etc.

### Directions

Before the meeting:

1. Make a sample marble bag. Collect supplies.
2. Ask additional parents to be available to assist as needed.
3. Organize supplies into a set for each Cub Scout.
4. Set up meeting space with room for Cub Scouts to work on their marble bag.

During the meeting:

1. Tell Cub Scouts that they will be making a marble bag to hold their marbles using the supplies on the table.
2. Lay the fabric square out flat on the table.
3. Place the paper plate on top of the fabric face down. Note: Check to make sure no part of the plate is off the fabric.
4. Use the pencil to trace around the outer edge of the plate to create a circle pattern on the fabric.
5. Use scissors to cut out the circle.

6. Using the ruler and pencil, at the top of the fabric, measure one inch away from the edge of the fabric. Mark a  $\frac{1}{2}$  inch line. Mark a second  $\frac{1}{2}$  inch line  $\frac{1}{2}$  inch to the right.
7. Repeat the markings every 45 degrees. When complete, there should be eight sets of marks around the fabric.
8. Cut each mark to create a space to weave the thread through.
9. Tie an overhand knot towards the end of each end of the cord.  
Note: If beads or other decorations are available to add to the cord, they should be available to begin adding now.
10. Weave the cord through the holes of the fabric.
11. Pull the loose ends tight until bag is closed and tie into a bow or other desired knot.

### **Additional Resources**

[Make a No-Sew Marble Bag instructions](#)

[Back to Marble Madness Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Marble Madness

Elective



Requirement 1

# Marble Jargon

## Snapshot of Activity

Cub Scouts learn marble jargon.



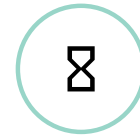
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Marble Jargon memory cards found in Additional Resources
- 8 ½" x 11" white cardstock
- Printer
- Scissors
- Access to Marble Jargon memory card key found in Additional Resources

### Directions

Before the meeting:

1. Print Marble Jargon memory cards. Printer should be set to double sided.
2. Cut out cards.

During the meeting:

1. Using the Marble Jargon memory cards key as a guide, allow the Cub Scouts to pick a minimum of five words associated with marbles they would like to learn about.
2. Pull the cards with the terms and associated cards with the definitions from the card deck.
3. Lay both the term and definitions randomly in a grid pattern, picture up, words down.
4. Choose one Cub Scout to pick two cards to turn over.
  - If the term and definition match, the Cub Scout can collect the cards.
  - If the term and definition do not match, the cards are turned back over.
5. Repeat step 3 with each Cub Scout until all the cards are chosen.

## **Additional Resources**

[Marble Jargon memory cards](#)

[Marble Jargon memory card key](#)

[Back to Marble Madness Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Marble Madness

Elective

Requirement 3



# Ringer, Plums, and Dropsies

## Snapshot of Activity

Learn and play Ringer, Plums, and Dropsies.



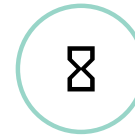
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Measuring tape
- Masking tape or painter's tape
- 2 shooter marbles, 1/2" – 3/4" in size for each Cub Scout
- 10 or more target marbles, 1/2" in size for each Cub Scout
- Timer

### Directions

Before the meeting:

- Collect all supplies
- Set up an area for each game in the meeting space allowing room for Cub Scouts to freely move about.
- Set up individual game areas:
  - RINGER Use the masking tape (or painter's tape) to create a ring on the ground 10 feet in diameter
  - PLUMS In another area, create two separate parallel lines each approximately 6 feet long (may be longer depending on the number of Cub Scouts) and approximately 4-8 feet apart. One is the shooting (taw) line, one is the target line.
  - DROPSIES In a third area, create a 2-foot square for every 4 players.

During the meeting:

1. Share with Cub Scouts that they will be playing three different marble games round robin style. They will start at one game, play for a period of time, and then move onto the next game.
2. Assign an adult to help at each of the game areas.
3. Allow 15 minutes for each game by using the timer.
4. Play each of the following games.

- RINGER This marble game needs at least two players.
    - Put 13 marbles in the middle of the ring arranged in an X shape. They should be about 3 inches apart.
    - The first player kneels outside the ring and uses their shooter to try to shoot a marble out of the ring. If it misses, the player's turn is over, and they pick up the shooter. If the shooter hits and stays in the ring, the player can shoot again from where the shooter stopped. If the shot hits and the shooter goes out of the ring, the player's turn is over. The player keeps any marbles that go out of the ring.
    - When the first player's turn is over, the second player takes a turn, etc.
    - Keep playing until time is up or most of the marbles have been knocked out. The player with the most marbles is the winner.
  - PLUMS This game is for an even number of players.
    - Draw two parallel lines about 6 feet apart.
    - Each player puts the same number of marbles (called "plums" in this game) on one line a few inches apart. The players stand behind the second line.
    - Players take turns shooting at the plums from behind the second line. They keep any plums they knock off the line.
    - Keep playing until time is up, if a time limit has been set, or until all the plums have been picked. The player with the most marbles is the winner.
  - DROPSIES This game is good for two, three, or four players.
    - Each player places five marbles inside the square.
    - The first player stands on one side of the square with their feet outside the line. That player drops a shooter from above waist height onto one of the other players' marbles to try to knock it out of the square. If that happens and the shooter stays in the square, the player keeps the marble that rolled out, and they get another turn. If a marble is knocked out, but the shooter also rolls out, the player keeps the marble that rolled out and their turn ends.
    - Keep playing until time is up or most of the marbles have been knocked out. The player with the most marbles is the winner.
1. After playing all the game, ask Cub Scouts which they liked the best and why.

[Back to Marble Madness Requirements](#)

Bear – 3<sup>rd</sup> Grade

Marble Madness

Elective

Requirement 4



## Marble Racetrack

### Snapshot of Activity

Create a marble racetrack from recycled materials.



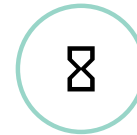
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

*The more recycled items gathered, the more options the Cub Scouts will have to design their racetrack.*

- Five to ten paper towel tubes
- Five to ten toilet paper tubes
- Ten paper plates of various sizes
- One egg carton
- Ten paper cups
- Two medium sized cardboard boxes
- Twenty pipe cleaners
- Masking tape
- Scissors
- Marbles
- Paper
- Pencils
- Ruler

Other potential supplies

- Wooden train track pieces
- Plastic bottles
- PVC pipes, at least ¼" larger diameter than the marble size

### Directions

Before the meeting:

1. Familiarize yourself with the possibilities by watching the following videos:
  - [Make an Easy DIY Marble Race Track](#)
  - [Marble Run Challenge](#)

- [How to make a recycled marble run](#)
- 2. Gather supplies.
- 3. Set up meeting space with room for Cub Scouts to build a marble racetrack together.

During the meeting:

1. Share with Cub Scouts that they will be building a racetrack together for marbles that has at least two lanes using the materials in the meeting space.
2. Talk about the different ways the supplies could be used to create a marble racetrack.
  - Tubes can be used as tunnels, cut in half length wise to create channels which could also be taped together to create different lanes, cut multiple times along the width and then reassembled to form a curve, and used as support towers to create varying heights to the track.
  - Paper plates can be cut and tilted to make spirals, cork screws, and funnels. Different sized plates will allow for wider or tighter curves.
  - Egg cartons can be used as a trap at the end of the course to collect the marbles, and an obstacle for the marble to navigate through during the race.
  - Pipe cleaners can be used to create different lanes for the marbles on the track
  - Paper or plastic cups can be used as traps at the end of the race, and tubes or funnels during the race
  - Cardboard boxes can be used as a frame for the racetrack, additional supplies for parts of the racetrack, or simply inclined with tape for lanes.
3. Talk about gravity and friction.
  - Gravity: The track needs inclines to allow the marbles to race under their own power. The track should start at a high point and end at a low point.
  - Friction: Different materials will affect the speed at which the marbles can race.
4. Let the Cub Scouts discuss what they would like their racetrack to look like. Remind them the more complex the design, the more time it will take to build the track before racing.
5. Play! Allow the Cub Scouts to race their marbles.

[Back to Marble Madness Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Marble Madness

Elective



Requirement 5

# Zig, Zag, Zoom

## Snapshot of Activity

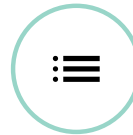
Create a maze for marbles.



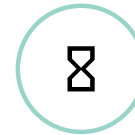
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Shallow cardboard box, cardboard box lid, or sheet cake pan, one for each Cub Scout
- Pipe cleaners and or straws, enough to share
- Construction paper in assorted colors, enough to share
- Tape to share
- Scissors, a pair for every 2 Cub Scouts
- Marbles

Possible additional supplies to build the maze

- LEGOS
- PVC pipes and elbows

### Directions

Before the meeting:

1. Gather supplies.
2. Build a sample maze using a shallow cardboard box and lanes defined by construction paper.
3. Set up meeting space with room for Cub Scouts to build a marble maze.

During the meeting:

1. Explain to Cub Scouts that a maze is a game with a defined starting point and end point. The goal is to get from the starting point to the end point by navigating the various twists and turns.
  - Mazes can be varying levels of complexity. The more corners, turns, and dead ends the mazer has, the more challenging it will be.
  - The marble is navigated through the maze by the player holding the maze and twisting and turning the maze to control the direction of the marble through the maze.
2. Share your marble maze design. Point out what you did and how you could make it different.

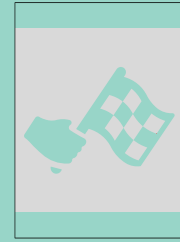
3. Allow Cub Scouts time to select their materials and build their maze.
4. Have Cub Scouts use their maze with their marbles. Ask each Cub Scout to share their maze with the den.

[Back to Marble Madness Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Race Time

Elective



## Snapshot of Adventure

There are many ways to make things go — electricity, fuel, and batteries, to name a few. Did you know that you have the power to make a boat sail in the water or that a car can move using the force of gravity?

Propulsion is what gives an object (such as a plane, car, or boat) the power to move. You will learn different ways to make and propel vehicles. Think about how the shapes of cars, boats, and planes affect the distance they can go. In this Adventure, you'll explore how you can use the air in your lungs, the force of gravity, and the power of your imagination to make things go.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Review [Age Appropriate Guidelines for Scouting Activities](#) before starting a project.
- Cub Scouts are allowed to use common craft tools, such as paintbrushes, scissors, hammers, and screw drivers.
- Know the proper use of the tools that will be used for the project, by any youth or adult.

During the Adventure

- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Race Time Bear.

#### Requirement 1

With an adult, build either a Pinewood Derby® car or a Raingutter Regatta™ boat.

- Den or pack provides a [Pinewood Derby build day](#) for CubScouts.
- Den or pack provides a [Raingutter Regatta build day](#) for CubScouts.



**Requirement 2**

Learn the rules of the race for the vehicle chosen in requirement 1.

- Cub Scouts complete a [crossword puzzle to learn the Pinewood Derby rules](#).
- Cub Scouts complete a [crossword puzzle to learn the Raingutter Regatta rules](#).

**Requirement 3**

Identify how you could increase the speed of your chosen vehicle.

- Cub Scouts [identify three ways to make their Pinewood Derby cars faster](#).
- Cub Scouts [identify three ways to make Raingutter Regatta boats faster](#).

**Requirement 4**

Before the race, discuss with your den how you will demonstrate good sportsmanship during the race.

- Cub Scouts [learn how to have good sportsmanship at their racing event](#).

**Requirement 5**

Participate in a Pinewood Derby or a Raingutter Regatta.

- [Conduct a Pinewood Derby car race](#).
- [Conduct a Raingutter Regatta](#).

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Race Time

Elective

Requirement 1



# Pinewood Derby Car Build Day

## Snapshot of Activity

Den or pack provides a build day for Cub Scouts.



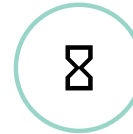
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

*Ask parents in the den or pack if anyone has a workshop with woodworking tools. Determine how many Cub Scouts and parents could fit in the space and develop a time schedule, if needed, to keep the workshop from being overcrowded.*

*OR*

*Ask parents in the pack if anyone has some of the tools below and would be willing to bring them to a location to conduct a build day. This would allow several cars to be worked on at once.*

*OR*

*Check with your local Scout Shop. Some Scout Shops will conduct Pinewood Derby build days.*

*Only adults may use power tools in Cub Scouting. Adults who are using power tools must wear appropriate safety gear including eye protection and ear protection.*

*Cutting out the basic shape of a Pinewood Derby car is easily done with a band saw or a scroll saw.*

- Safety goggles, for anyone working with or near power tools
- Ear protection, for anyone working with or near power tools
- Band saw, only adults may use
- Scroll saw, only adults may use
- Dremel, only adults may use
- 120 grit sandpaper, enough to share
- 220 grit sandpaper, enough to share
- 400 grit sandpaper, enough to share
- Small hammers, enough to share
- Pinewood Derby Car Kit, one for each Cub Scout and a couple of spare kits (Scout Shop SKU: 17006)
- Pinewood Derby flat weights, one for each Cub Scout (Scout Shop SKU: 7602)
- Small Phillips head screwdrivers, enough to share
- Small flathead screwdrivers, enough to share
- Paint, high gloss acrylic, various colors
- Small paint brushes, one for each Cub Scout

- Jar of water to wash off paint brushes
- Pinewood Derby Car Adjustment Tool (Scout Shop SKU: 16990)
- Small digital scale
- Wood glue
- Cub Scouts will need their Tiger Handbook, page 45
- Pencils, enough to share
- Scissors. enough to share
- 6ft. folding tables
- Folding chairs
- First Aid Kit

### **Directions**

*A build day is longer than a typical meeting. Cutting out cars, painting them, allowing them to dry, and assembling them will take hours based on the number of power tools available and the number of Cub Scouts in the den or pack.*

Before the meeting:

1. Visit the [Pinewood Derby website](#) and share with members of the den to get familiar with the race and ideas for designs.
2. Confirm meeting location.
3. Confirm that equipment is in good working order.
4. Three days before the meeting remind Cub Scouts, parents, and legal guardians of the meeting date, time, and location of the build day.
5. Prepare the meeting location to give everyone enough room to work on their cars.

During the meeting:

1. **Draw a design for your car.** Take the block of wood in the Pinewood Derby car kit and place it on its side. Draw an outline of the wood on paper. Now draw the profile (side view) of the car.
2. **Cut out your car from the block of wood.** Cub Scouts may use a handsaw, or an adult may use a power tool to cut out the car.
3. **Sand the car.** Sanding will remove any sharp corners and will allow paint or any other decoration to be added to the car stick better.
4. **Paint and decorate your car.** Pinewood Derby cars are made of soft wood. When painted, it may take a couple of layers or coats of paint. Paint the car once. When the paint is dry, use sandpaper to lightly sand it. Clean off any dust from sanding and paint it again. This can be repeated until you get the desired look is achieved.
5. **Assemble your car.** Using the nails that came with the kit, attach the wheels that came in the kit to the car in the pre-cut areas on the bottom of the car.
6. **Check the weight.** Do this step last as everything else will either add or subtract weight from the car. The car should weigh exactly 5 ounces. If it weighs less, additional weight may be added.

Tip: Make sure the axles are square, at a 90-degree angle. This will keep the car straight when going down the track. If the axles are not square, the car may want to turn and rub up against the track causing it to slow down. Test the car by simply pushing it across the floor to see if it goes straight.

## **Additional Resources**

[Pinewood Derby car kit](#)

[Back to Race Time Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Race Time

Elective

Requirement 1



# Raingutter Regatta Build Day

## Snapshot of Activity

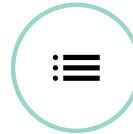
Den or pack provides a build day for Cub Scouts.



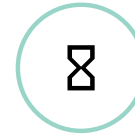
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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- 400 grit sandpaper, enough to share
- Raingutter Regatta™ Racing Trimaran Kit, one for each Cub Scout and a couple of spare kits (Scout Shop SKU: 612513)
- Small Phillips head screwdrivers, enough to share
- Small flathead screwdrivers, enough to share
- High gloss acrylic paint, various colors
- Small paint brushes, one for each Cub Scout
- Jar of water to wash off paint brushes
- Various stickers to decorate the sales
- Wood glue
- 6 ft. folding tables
- Folding chairs

### Directions

*A build day is longer than a typical meeting. Painting the boats, allowing them to dry, and assembling them will take hours based on the dry time of the paint.*

Before the meeting:

1. Confirm meeting location.
2. Three days before the meeting remind Cub Scouts, parents, and legal guardians of the meeting date, time, and location of the build day.
3. Prepare the meeting location to give everyone enough room to work on their boats.

During the meeting:

1. **Sand the wooden hulls.** It is easier to sand the wooden hulls before the boat is assembled.
2. **Attach** the plastic cabin to the two wooden hulls using the screws provided.
3. **Paint and decorate your boat.** If painting, use a primer first; this will help the paint stick to the plastic parts

of the boat. The sail may be decorated also.

4. **Assemble the sail and mast.** Use a small bit of glue in the hole where the mast will go, then place the mast into the hole. Allow the glue to dry before attaching the sail.

Tip: Add wax to the bottom of the boat, the hull, to make it extra smooth. The smoother the hull, the faster the boat can go.

## **Additional Resources**

Scout Shop

[Raingutter Regatta Racing Trimaran Kit](#)

[Raingutter Regatta Boat Pre-Cut Peel N' Stick Decal Sticker, Racing Stripes](#)

[Raingutter Regatta Boat Pre-Cut Peel N' Stick Decal Sticker, Sea Creatures](#)

[Back to Race Time Requirements](#)

Bear – 3<sup>rd</sup> Grade

Race Time

Elective



Requirement 2

## Pinewood Derby Rules

### Snapshot of Activity

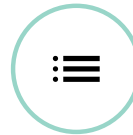
Cub Scouts complete a crossword puzzle to learn the Pinewood Derby rules.



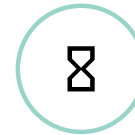
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Pinewood Derby Rules Crossword found in Additional Resources
- Printer
- Pencils, one per Cub Scout
- Access to Pinewood Derby Rules Crossword Key found in Additional Resources

### Directions

Before the meeting:

1. Print Pinewood Derby Rules Crossword, one for each Cub Scout.
2. Set up meeting space for Cub Scouts to have room to work on the crossword.

During the meeting:

1. Hand out a crossword puzzle and pencil to each Cub Scout.
2. Have Cub Scouts complete the crossword puzzle.
3. Go over each rule after Cub Scouts have completed the crossword puzzle.

### **Additional Resources**

[Pinewood Derby Rules Crossword](#)

[Pinewood Derby Rules Crossword Key](#)

[Back to Race Time Requirements](#)

Bear – 3<sup>rd</sup> Grade

Race Time

Elective

Requirement 2



## Raingutter Regatta Rules

### Snapshot of Activity

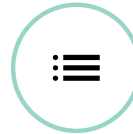
Cub Scouts complete a crossword puzzle to learn the Raingutter Regatta rules.



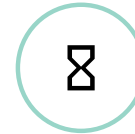
Indoor



2



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Raingutter Regatta Rules Crossword found in Additional Resources
- Printer
- Pencils, one per Cub Scout
- Access to Raingutter Regatta Rules Crossword Key found in Additional Resources

### Directions

Before the meeting:

1. Print Raingutter Regatta Rules Crossword, one for each Cub Scout.
2. Set up meeting space for Cub Scouts to have room to work on the crossword.

During the meeting:

1. Hand out a crossword puzzle and pencil to each Cub Scout.
2. Have them complete the crossword puzzle.
3. Go over each rule after Cub Scouts have completed the crossword puzzle.

### **Additional Resources**

[Raingutter Regatta Rules Crossword](#)

[Raingutter Regatta Rules Crossword Key](#)

[Back to Race Time Requirements](#)

Bear – 3<sup>rd</sup> Grade

Race Time

Elective



Requirement 3

## Car Need for Speed

### Snapshot of Activity

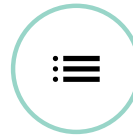
Cub Scouts identify three ways to make their Pinewood Derby cars faster.



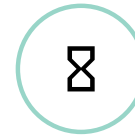
Indoor



2



2



2

If you want to know more about The Adventure Activity Key [click here](#).

#### Supply List

- Car Tune-Up Report found in Additional Resources
- Printer
- Pencil, one per Cub Scout

#### Directions

Before the meeting:

1. Print Car Tune-Up, one for each Cub Scout.

During the meeting:

1. Have Cub Scouts use the QR Code on the Tune-Up worksheet to find helpful ways to improve their car. Or follow this link to the Scout Shop Blog [5 Tips to Building the Fastest Pinewood Derby Car](#).
2. Ask Cub Scouts to write down three improvements they can make to their car.

Tip: Have your Cub Scouts apply these ideas to their car for maximum speed!

### **Additional Resources**

[Car Tune Up Report](#)

[Back to Race Time Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Race Time

Elective



Requirement 3

# Boat Fine Tune

## Snapshot of Activity

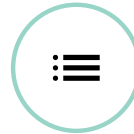
Cub Scouts identify three ways to make Raingutter Regatta boats faster.



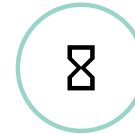
Indoor



2



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Boat Dock & Tune-Up found in Additional Resources
- Printer
- Pencil, one per Cub Scout

### Directions

Before the meeting:

1. Print Boat Dock & Tune-Up, one for each Cub Scout.

During the meeting:

1. Have Cub Scouts use the QR Code on the Boat Dock & Tune Up to find helpful ways to improve their boat. Or follow this link to the Scout Shop Blog [5 Simple Tips to Help Cub Scouts Get Ready for the Raingutter Regatta](#).
2. Ask Cub Scouts to write down three improvements they can make to their boat.

Tip: Have your Cub Scouts apply these ideas to their boat for maximum speed!

## **Additional Resources**

[Boat Dock & Tune Up Report](#)

[Back to Race Time Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Race Time

Elective



Requirement 4

# Team Player

## Snapshot of Activity

Cub Scouts learn how to have good sportsmanship at their racing event.



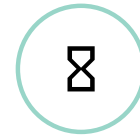
Indoor



2



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- No supplies needed

### Directions

During the meeting:

1. Have Cub Scouts sit in a circle.
2. Go around the circle and ask each Cub Scout to state an example of being a good sport during their upcoming race. Things to keep in mind:
  - Follow the rules
  - Always do your best
  - Encourage others
  - Respect the judges
  - End with a handshake

[Back to Race Time Requirements](#)

Bear – 3<sup>rd</sup> Grade

Race Time

Elective

Requirement 5



## Pinewood Derby Race

### Snapshot of Activity

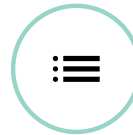
Conduct a Pinewood Derby car race.



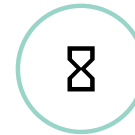
Indoor



5



5



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

This Supply List is not all-inclusive. Your Cub Scout pack may include additional items such as food, drinks, special guests, special races, or a “pit stop” that has tools for Cub Scouts to make any last-minute repairs if their car breaks.

- Pinewood Derby car, one per Cub Scout
- Pinewood Derby track
- [Pinewood Derby Rules](#)
- PA system
- Display board for heat or division results: manual or digital
- System to keep track of which cars belong to which Cub Scout
- Scale to weigh cars
- [Pinewood derby car adjustment tool](#) to measure car dimensions
- System to keep track of race results
- Chairs
- Tables to place cars on when not racing
- Two pieces of rope that is five feet longer than your Pinewood Derby track

### Directions

These Directions are not all-inclusive. Some packs make their Pinewood Derby race a stand-alone event with food and entertainment. Additional Directions may be constructed by your pack based on how your pack conducts the race.

Before the meeting:

- Meet with your Pack leadership to discuss the date, time, and location of your Pinewood Derby.
- Confirm location.
- Have Cub Scouts complete requirement 1.
- Make or purchase awards and recognition.
- Secure a pinewood derby track. Packs either build one, purchase one, or borrow one from another Pack.

- Promote the date, time, and location of the race.
- Conduct a weigh-in of pinewood derby cars.
- Communicate rules of race to Cub Scouts and parents or legal guardian.
- Communicate how race heats or divisions will be conducted to Cub Scouts and parents or legal guardian.
- Determine a method to display each heat winner during the race.
- Set up the Pinewood Derby track.
- Place rope 2ft. from the track running parallel to the length of the track on both sides, this is to designate a space between the track and the audience so no one gets too close to the track.
- Set up displays for tracking the heats and/or divisions.
- Set up tables to place cars on when they are not racing.

During the meeting:

- Cub Scouts check in to the event.
- Review the rules with attendees.
- Review heats and divisions.
- Race the Pinewood Derby cars.
- Give out awards and recognition.

### **Additional Resources**

[Build a Pinewood Derby track plan](#)

*Scouting Magazine*: [20 Tips for planning and hosting the best Pinewood Derby](#)

[Back to Race Time Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Race Time

Elective



Requirement 5

# Raingutter Regatta

## Snapshot of Activity

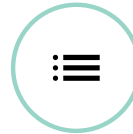
Conduct a Raingutter Regatta.



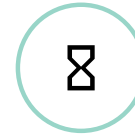
Outdoor



5



5



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

This Supply List is not an all-inclusive list. Your Cub Scout Pack may include additional items such as food, drinks, special guests, special races, or may make this part of a larger pack event.

- Raingutter Regatta boats, one per Cub Scout.
- Regatta raceway (this can be purchased or built using rain gutters)
- [Raingutter Regatta rules](#) (see number 3)
- PA system
- Display board for heat or division results: manual or digital
- System to keep track of race results
- Access to water to fill the track
- Chairs
- Tables to place boats when not racing

### Directions

These Directions are not all-inclusive. Some packs make their Raingutter Regatta a stand-alone event with food and entertainment. Additional Directions should be constructed by your pack based on how your pack conducts the regatta.

Before the meeting :

- Meet with your pack leadership to discuss the date, time, and location of your Raingutter Regatta
- Confirm location
- Have Cub Scouts complete requirement 1
- Find a space to conduct the Raingutter Regatta
- Make or purchase awards and recognition
- Secure a raingutter raceway. Packs either build one, purchase one, or borrow one from another pack.
- Long table or support for raingutter raceway.
- Promote the date, time, and location of the regatta.
- Communicate the rules of regatta to Cub Scouts and parents or legal guardian.

- Communicate how regatta heats or divisions will be conducted to Cub Scouts and parents or legal guardian.
- Determine method to display each heat winner during the regatta.
- Set up the raceway and fill it with water.
- Set up table for boats when not racing.
- Set up chairs for the audience.
- Set up a display for tracking the heats and/or divisions race results.

During the meeting:

- Cub Scouts check in to the event.
- Review the rules with attendees.
- Review heats and divisions.
- Race the boats.
- Give out awards and recognition.

### **Additional Resources**

Scout Shop blog ["5 Simple Tips to Help Cub Scouts Get Ready for the Raingutter Regatta"](#)

Scout Shop [Raingutter Regatta Inflatable Raceway](#)

[Build a Raingutter Regatta track plan](#)

[Back to Race Time Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Roaring Laughter

Elective



## Snapshot of Adventure

Laughing makes you feel good, and when you laugh others may start laughing, too. With just a smile, you can meet a new friend, make someone else smile, and create a happy feeling in yourself and other people. In this Adventure, you'll find lots of ways to smile and laugh.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Roaring Laughter.

#### Requirement 1

Think about what makes you laugh. Discuss these with your den or family.

- Cub Scouts [participate in a word-play game](#).
- Cub Scouts [grab and read jokes out loud to den](#).
- Cub Scouts [write down things that make them laugh and share with the den](#).

#### Requirement 2

Practice reading tongue twisters.

- Cub Scouts [practice tongue twisters](#).
- Cub Scouts [play a tongue twister game with dice](#).
- Cub Scouts [read a Dr. Seuss story](#).

#### Requirement 3

Play charades with your den or family.

- Cub Scouts [play a game of charades](#).

#### Requirement 4

Have a “funniest joke contest” with your den or family.

- Cub Scouts [participate in a joke contest](#).

**Requirement 5**

Practice “run-ons” with your den or family.

- Cub Scouts [practice and perform run-ons](#).

[Back to Elective Adventures](#)



## Bear – 3<sup>rd</sup> Grade

Roaring Laughter

Elective

Requirement 1



# Blank Canvas Tales

## Snapshot of Activity

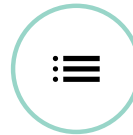
Cub Scouts participate in a word-play game.



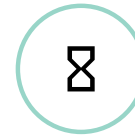
Indoor



2



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Blank Canvas Tales sheet found in Additional Resources
- White board
- White board marker
- Printer

### Directions

Before the meeting:

1. Print one copy of the Blank Canvas Tales sheet.
2. Use the Blank Canvas Tales sheet and write numbers 1 to 10.
3. Set up meeting space so Cub Scouts have room to gather around the white board.

During the meeting:

1. Explain to Cub Scouts the benefits of laughing. Did you know that laughing helps your body? It relaxes your muscles and makes your body and mind feel peaceful and calm. It helps your body fight off germs that could make you sick. It even improves blood flow in your blood vessels, which helps keep your heart functioning well. So, laughter is just what the doctor ordered!
2. Tell Cub Scouts they will be playing a word-play game. Explain that they will be providing random words without knowing the context of the story.
3. Ask Cub Scouts to number off, 1 to 10. Ask Cub Scouts number 1 to provide a noun, a name. Write down the noun next to the number 1 on the white board. Ask Cub Scout number 2 to give an adjective and write it down on the white board next to number 2. Do this for all 10 words.
4. Using the Blank Canvas Tales sheet, read the story to the Cub Scouts.
5. Discuss what made the story so funny.

## **Additional Resources**

[Blank Canvas Tales sheet](#)

[Back to Roaring Laughter Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Roaring Laughter

Elective



Requirement 1

# Comedy Corner

## Snapshot of Activity

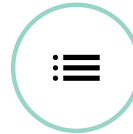
Cub Scouts grab and read jokes out loud to den.



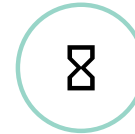
Indoor



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2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Comedy Corner sheet found in Additional Resources
- Printer
- Hat or bowl

### Directions

Before the meeting:

1. Print one copy of the Comedy Corner sheet.
2. Cut out the individual jokes. Fold and place them in a hat.
3. Set up meeting space so Cub Scouts have room to stand and present the joke.

During the meeting:

1. Explain to Cub Scouts the benefits of laughing. Did you know that laughing helps your body? It relaxes your muscles and makes your body and mind feel peaceful and calm. It helps your body fight off germs that could make you sick. It even improves blood flow in your blood vessels, which helps keep your heart functioning well. So, laughter is just what the doctor ordered!
2. Have each Cub Scout take turns pulling a joke from the hat and presenting the joke to the den.
3. Discuss which jokes made them laugh and why.

## Additional Resources

[Comedy Corner sheet](#)

Check out *Scout Life* magazine's [Think & Grin](#) website for more jokes and tongue twisters

[Back to Roaring Laughter Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Roaring Laughter

Elective

Requirement 1



# Laughter Unleashed

## Snapshot of Activity

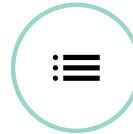
Cub Scouts write down things that make them laugh and share with the den.



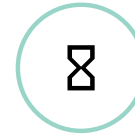
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Laughter Unleashed sheet found in Additional Resources
- Printer
- Pen or pencil for each Cub Scout

### Directions

Before the meeting:

1. Print a Laughter Unleashed sheet for each Cub Scout.
2. Set up meeting space with a place for Cub Scouts to write.

During the meeting:

1. Explain to Cub Scouts the benefits of laughing. Did you know that laughing actually helps your body? It relaxes your muscles and makes your body and mind feel peaceful and calm. It helps your body fight off germs that could make you sick. It even improves blood flow in your blood vessels, which helps keep your heart functioning well. So, laughter is just what the doctor ordered!
2. Have Cub Scouts think about what makes them laugh and write them down.
3. Encourage Cub Scouts to share with the den the things that make them laugh.

## Additional Resources

[Laughter Unleashed sheet](#)

[Back to Roaring Laughter Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Roaring Laughter

Elective

Requirement 2



# Tongue Twister Challenge

## Snapshot of Activity

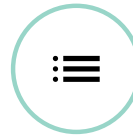
Cub Scouts practice tongue twisters.



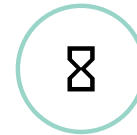
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Tongue Twister Challenge sheet found in Additional Resources Printer
- Hat or bowl

### Directions

Before the meeting:

1. Print one copy of the Tongue Twister Challenge sheet.
2. Cut out the individual tongue twisters. Fold and place them in a hat.
3. Set up meeting space so Cub Scouts have room to stand and present.

During the meeting:

1. Have each Cub Scout take turns pulling a tongue twister from the hat.
2. Give them time to practice before presenting the tongue twister to the den.
3. Ask each Cub Scout to read their twister fast aloud. The faster they go, the funnier it gets!

## Additional Resources

[Tongue Twister Challenge sheet](#)

Check out *Scout Life* magazine's [Think & Grin](#) website for more jokes and tongue twisters

[Back to Roaring Laughter Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Roaring Laughter

Elective

Requirement 2



# Tongue Twister Dice Game

## Snapshot of Activity

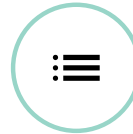
Cub Scouts play a tongue twister game with dice.



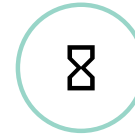
Indoor



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2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Tongue Twister Dice found in Additional Resources
- One six-sided dice to share
- Printer

### Directions

Before the meeting:

1. Print on copy of Tongue Twister Dice and cut along dotted lines. Sort cards into 6 piles, with the same number of dice pips in each pile. All the one's are together, all the two's are together, etc.
2. Set up meeting space for Cub Scouts to have room to circle around and roll the dice.

During the meeting:

1. Gather Cub Scouts around in a circle. Have them take turns rolling the dice.
2. Have them draw a card from the pile with the corresponding dice number.
3. Tell Cub Scouts they must successfully recite the tongue twister 3 times.
4. If Cub Scout fails the tongue twister, they roll again and try to complete another tongue twister. They do so until they are able to successfully complete a tongue twister three times.

## Additional Resources

[Tongue Twister Dice](#)

[Back to Roaring Laughter Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Roaring Laughter

Elective

Requirement 2



# Tongue Twister Tales

## Snapshot of Activity

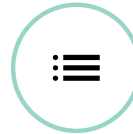
Cub Scouts read a Dr. Seuss story.



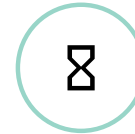
Indoor



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2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Dr. Seuss Story

### Directions

Before the meeting:

1. Find a Dr. Seuss Story to bring to the den meeting.

During the meeting:

1. Explain to Cub Scouts that Dr. Seuss books are known for their playful language and tongue-twisting rhymes.
2. Let Cub Scouts take turns reading the Dr. Seuss book aloud.
3. Have Cub Scouts practice tongue twisters from various Dr. Seuss books:
  - *Fox in Socks*: "Through three cheese trees three free fleas flew. While these fleas flew, freezey breeze blew."
  - *One Fish Two Fish Red Fish Blue Fish*: "Did you ever fly a kite in bed? Did you ever walk with ten cats on your head?"
  - *Hop on Pop*: "Pup, up. Brown down. Pup is down. Where is Brown?"
  - *O h, Say Can You Say*: "Who sews crow's clothes? Sue sews crow's clothes. Slow Joe Crow sews whose clothes? Sue's clothes."
  - *The Butter Battle Book*: "When we get what we can get, it will be the right pet. Until then, we'll let it jet."

[Back to Roaring Laughter Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Roaring Laughter

Elective



Requirement 3

# Charade Champions

## Snapshot of Activity

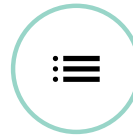
Cub Scouts play a game of charades.



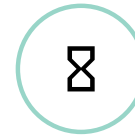
Indoor



4



2



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- How to Play Charades found in Additional Resources
- At least 4 Cub Scouts
- Timer

### Directions

Before the meeting:

1. Familiarize yourself with the game of charades by reading the document “How to Play Charades” in Additional Resources.
2. Set up meeting space with room for Cub Scouts to play charades.

During the meeting:

1. Explain to Cub Scouts that charades is a game in which a person describes a person, place, or thing without talking
2. Divide Cub Scouts into two teams.
3. Select a word from the following list or create your own. Whisper the word to one of a Cub Scout on one of the teams.
  - Rocket ship
  - Baby
  - Flashlight
  - Hat
  - Toothbrush
  - Hammer
  - Phone
  - Spin
  - Hike



- Boot
4. Set a timer for 2 minutes.
  5. To their own team, Cub Scout acts out the word using hand signals and body motions but no spoken words. Cub Scout has 2 minutes to do this.
  6. When the timer dings, their time is up. If their team guesses correctly, they get a point.
  7. Repeat with team 2.
  8. Players from each team take turns pantomiming for their teammates. If the team guesses the word or phrase, the player or team gets a point. Play until each player has a turn to pantomime or set a time limit for the game.
  9. Keep track of the points earned by each player or team. The one with the most points at the end of the game wins.

## **Additional Resources**

[How to Play Charades](#)

[Back to Roaring Laughter Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Roaring Laughter

Elective

Requirement 4



# Funniest Joke Showdown

## Snapshot of Activity

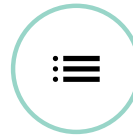
Cub Scouts participate in a joke contest.



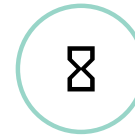
Indoor



2



1



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- No additional supplies

### Directions

Before the meeting:

1. Send a note to parents and legal guardians asking the Cub Scout to bring their favorite joke to the den meeting.
2. Set up meeting space with room for Cub Scouts to move about.

During the meeting:

1. Select judges for the contest. Have a mix of leaders, parents, and legal guardians.
2. Allow each Cub Scout time to present their joke to the den and judges.
3. Have the judges score each participant based on the established criteria. Consider recognizing participants with categories like “Best Delivery,” “Most Original,” or “Funniest Joke.”

## **Additional Resources**

Check out *Scout Life* magazine’s [Think & Grin](#) website for thousands of funny jokes

[Back to Roaring Laughter Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Roaring Laughter

Elective

Requirement 5



# Run-On Rendezvous

## Snapshot of Activity

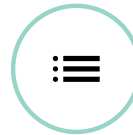
Cub Scouts practice and perform run-ons.



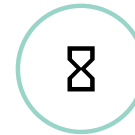
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Run-On Rendezvous sheet found in Additional Resources
- Printer

### Directions

Before the meeting:

1. Print Run-On Rendezvous sheet for each Cub Scout.
2. Set up meeting space so Cub Scouts have room to stand and present.

During the meeting:

1. Explain to Cub Scouts that run-ons are quick gags that are used during downtime at a campfire program or pack meeting. They can involve one person or many. When performing your run-on, remember to speak loudly and clearly so the audience can hear what you're saying.
2. Ask the Cub Scouts to buddy up. Divide up the run-ons between buddy groups.
3. Have Cub Scouts practice the run-ons and then present to the den.
4. Ask Cub Scouts to buddy up again and come up with their own run-ons.

## Additional Resources

[Run-On Rendezvous sheet](#)

Check out *Scout Life* magazine's [Think & Grin](#) website for run-ons

[Back to Roaring Laughter Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Salmon Run

Elective



## Snapshot of Adventure

Did you know that nearly three-fourths of the Earth is covered by water? It is! If you want to explore a lot of the world, you have to go by boat or know how to swim. Grizzly bears are animals that know how to swim even though they live in the forest. They swim in ice-cold rivers to catch the salmon they eat. As a Bear Scout, you will get to go swimming, too – not to catch fish, but to have fun. In this Adventure, you'll learn about swimming and boating and how to stay safe around the water.

This elective Adventure may be earned by completing the requirements below **OR** passing the BSA swimmer test **OR** taking swimming lessons.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of BSA Safe Swim Defense.

Before starting this Adventure complete the following:

- Complete the BSA Safe Swim Defense training (26 minutes) on [my.scouting](#).
- Confirm enough adults who will serve as rescuers during the activity to maintain a ratio of one rescuer to every 10 Cub Scouts.
- Have buddy tags for everyone who will be in the water, youth, and adults.

During the Adventure:

- Give overview and instruction on the points of the Save Swim Defense prior to the activity.
- Provide continuous, qualified adult supervision and discipline during the activity.
- When swimming outdoors, ask that all the Cub Scouts apply sunscreen.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Salmon Run.

#### Requirement 1

With your den or an adult, identify the attributes of qualified adult supervision at a swimming activity.

- Cub Scouts [identify the attributes of a qualified adult at a swimming activity](#).

**Requirement 2**

Learn the three swimming ability groups for the Boy Scouts of America and water depths appropriate for each.

- Cub Scouts [learn the three swimming ability groups of the BSA.](#)

**Requirement 3**

Go swimming with your den, pack, or family for 30 minutes using the buddy system.

- [Take your den and go swimming.](#)

**Requirement 4**

Demonstrate the use the buddy system, buddy checks, and ability groups with your den or an adult.

- Cub Scouts [demonstrate the use of the buddy system, buddy checks, and ability groups.](#)

**Requirement 5**

Attempt the BSA beginner swim test.

- Cub Scouts [attempt the BSA beginner swim test.](#)

**Requirement 6**

Demonstrate both a reach rescue and a throw rescue.

- Cub Scouts [demonstrate the reach rescue and throw rescue.](#)

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective



Requirement 1

# Qualified Supervision

## Snapshot of Activity

Cub Scouts identify the attributes of a qualified adult at a swimming activity.



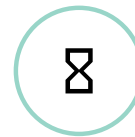
Indoor



1



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bear handbook

### Directions

Before the meeting:

1. Review [BSA Safe Swim Defense](#) guidelines.

During the meeting:

1. Explain to Cub Scouts that when swimming, Cub Scouts follow BSA Safe Defense guidelines.
2. Tell Cub Scouts the first BSA Safe Defense guideline is “Qualified Supervision.”
3. Share with Cub Scouts the attributes of qualified adult supervision at a swimming activity.  
All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of BSA Safe Swim Defense. It is strongly recommended that all units have at least one adult or older youth member currently trained in BSA Aquatics Supervision: Swimming and Water Rescue or BSA Lifeguard to assist in planning and conducting all swimming activities.
4. Ask Cub Scouts questions to ensure they understand the meaning of “Qualified Supervision.” Example questions include:
  - What type of job would a person have to meet the guidelines? *Aquatics Instructor, BSA; BSA Lifeguard; BSA Swimming & Water Rescue; or other lifeguard, swimming instructor*
  - What are the responsibilities of the person performing qualified supervision? *Watching Cub Scouts boating.*
  - How old must someone be to be eligible? *21*
  - How many Cub Scouts are assigned for each qualified supervisor? *10*
  - Where would you find someone to supervise your swimming Adventure? *BSA trained adult, lifeguard*

*at a local swimming pool, Scout camp*

Tip: It is strongly recommended that all units have at least one adult or older youth member currently trained in BSA Aquatics Supervision: Swimming and Water Rescue or BSA Lifeguard to assist in planning and conducting all swimming activities.

### **Additional Resources**

Additional information on various swimming venues is provided in the [Aquatics Supervision](#) guide.

[Back to Salmon Run Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective



Requirement 2

# Swimming Skills Set

## Snapshot of Activity

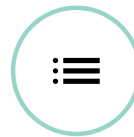
Cub Scouts learn the three swimming ability groups of the BSA.



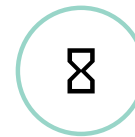
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming Skill game found in Additional Resources

### Directions

Before the meeting:

1. Review the three swimming ability groups found in the [BSA Safe Swim Defense](#) guidelines, number 6.
2. Print two copies of the Swimming Skill game found in Additional Resources . Keep one for a key. Cut out each of the labels on the second copy.
3. On a flat surface, lay out the swimming skill level labels: SWIMMER, BEGINNER, and NON-SWIMMER leaving room in between each label and plenty of room below.
4. Lay out the remaining labels off to the side mixing them up.

During the meeting:

1. Point out the three swimming skill level labels already laid out, SWIMMER, BEGINNER, and NON-SWIMMER. Explain to Cub Scouts that before they go swimming at a Scouting activity, they must demonstrate their swimming ability. Depending on how well they can swim, they will be classified as a nonswimmer, a beginner, or a swimmer. Tell Cub Scouts that the classification allows you into different swimming areas and water depths.
2. Their job is to take the remaining labels, read them out loud and place them under the correct swimming skill level label.
3. Each Cub Scout should get a turn, going around to each until all the labels have been correctly placed.
4. Let them place all the labels before checking to see if they are correct. Encourage them to work together.
5. Once all the labels are place, check to see if they are correct. If not, ask them to review and see if they can figure out their mistake.



## **Additional Resources**

[Swimming Skill game](#)

[Back to Salmon Run Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective



Requirement 3

# Go Swimming Bear

## Snapshot of Activity

Take your den and go swimming.



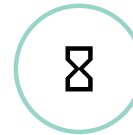
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [BSA Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review BSA Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of [BSA Safe Swim Defense](#).

During the meeting:

1. Identify swim ability group for each Cub Scout.
2. Ask Cub Scouts to choose a swim buddy within their same swim ability group.
3. Complete requirements 4, 5, and 6.

### **Additional Resources**

Information about buddy boards can be found in the BSA Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Salmon Run Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective



Requirement 4

# Buddies in Swimming

## Snapshot of Activity

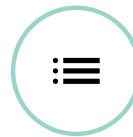
Cub Scouts demonstrate the use of the buddy system, buddy checks, and ability groups.



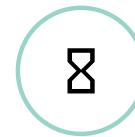
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [BSA Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources
- Timer

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review BSA Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of [BSA Safe Swim Defense](#).

During the meeting:

1. Explain to Cub Scouts that every participant, both youth and adults, are paired with another. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing.
2. Assign each Cub Scout a buddy who is in their same ability group.
3. Every 10 minutes, or as needed to keep the buddies together, the qualified adult supervision gives an audible signal, such as a single whistle blast, and a call for "Buddies."
4. Buddies are expected to raise each other's hand before completion of an audible count to 10. Buddies who

take longer to find each other should be reminded of their responsibility for the other's safety.

5. Once everyone has a buddy, a count is made by area and compared with the total number known to be in the water.
6. After the count is confirmed, a signal is given to resume swimming.

### **Additional Resources**

Information about buddy boards can be found in the BSA Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Salmon Run Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective



Requirement 5

# Beginner Swim Test

## Snapshot of Activity

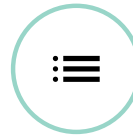
Cub Scouts attempt the BSA beginner swim test.



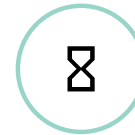
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [BSA Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

To complete this requirement, Cub Scouts do not have to pass the beginner test, just attempt the test.

Before the meeting:

1. Locate a swimming area.
2. Review BSA Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of [BSA Safe Swim Defense](#).

During the meeting:

1. Tell Cub Scouts they will be taking the BSA swimmer test. To be classified as a beginner, they must:
  - Jump feet first into water over your head in depth.
  - Level off, and swim 25 feet on the surface.
  - Stop, turn sharply, and resume swimming.
2. Have Cub Scouts attempt the test.

## **Additional Resources**

Information about buddy boards can be found in the BSA Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Salmon Run Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective

Requirement 6



# Reach and Throw Rescue

## Snapshot of Activity

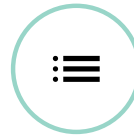
Cub Scouts demonstrate the reach rescue and throw rescue.



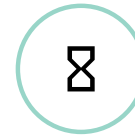
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [BSA Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources
- Paddle craft paddle

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review BSA Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of [BSA Safe Swim Defense](#).

During the meeting:

1. Explain to Cub Scouts that wherever they go swimming, a lifeguard should be on duty to help. They will help any swimmers who get into trouble. What if someone needs help and no lifeguard is around? As a Bear Scout, you're not expected to do the rescue work of a trained adult. However, there are some things you can do.
  - First, send a friend to call for help.
  - Next, if no adult is there, try to help from shore or the edge of the pool. If the person is close to the

edge, lie down and reach with your hand. Otherwise, use whatever is available, like a towel, a tree branch, a fishing pole, or a canoe paddle. Be careful not to let the person pull you into the water. If possible, anchor yourself to another person or to a solid object like the edge of a dock.

2. Take Cub Scouts to the shallow end of the swimming area. Tell them that they will be practicing both a reach and a throw rescue.
3. Tell Cub Scouts they will be doing a reach rescue with their swim buddy:
  - Have one Cub Scout in the water.
  - Have the second Cub Scout lay on the swim deck so you are more stable and are closer to the victim's level.
  - Be sure to anchor yourself so you don't get pulled into the water.
  - Reach out and pull your buddy to the edge of the pool.
  - Have Cub Scouts switch.
4. Tell Cub Scouts they will be doing a throw rescue with their swim buddy:
  - Have one Cub Scout in the water.
  - Have the second Cub Scout lay on the swim deck so you are more stable and are closer to the victim's level.
  - Be sure to anchor yourself so you don't get pulled into the water.
  - Place the paddle craft paddle in the water and without letting go, push out to the Cub Scout to be rescued.
  - Pull in the swimmer using the paddle.
  - Have Cub Scouts switch.

### **Additional Resources**

Information about buddy boards can be found in the BSA Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

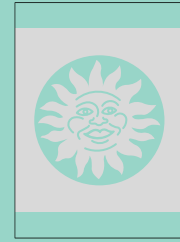
[Back to Salmon Run Requirements](#)



Bear – 3<sup>rd</sup> Grade

# Summertime Fun

Elective



## Snapshot of Adventure

The summertime is a great time to get together with your den or pack. The requirement for this Adventure is simple. Participate in three Cub Scout activities during the summer months. This can be at council-organized camps like day camp or resident camp, or it can be a den or pack get-together for a summertime picnic.

To earn this Adventure as a Bear, you participate in summer activities during the summer after you completed the 2nd grade. If you are just now learning about this Adventure don't worry, the requirement to earn it as a Webelos Cub Scout is exactly the same.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Summertime Fun Bear.

#### Requirement 1

Anytime during May through August participate in a total of three Cub Scout activities.

- [Participate in an activity with your council.](#)
- [Participate in an activity with your den.](#)
- [Participate in an activity with your pack.](#)

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Summertime Fun

Elective



Requirement 1

# Council activity

## Snapshot of Activity

Participate in an activity with your council.



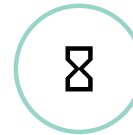
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Provided by your local council

### Directions

Participate in a council sponsored event such as:

- Cub Scout Day Camp
- Cub Scout Residence Camp
- Check your local council calendar for other council sponsored Cub Scout events

[Back to Summertime Fun Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Summertime Fun

Elective



Requirement 1

# Den activity

## Snapshot of Activity

Participate in an activity with your den.



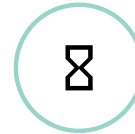
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Based on the activity chosen by the den

### Directions

Participate in an activity with your den such as:

- Barbeque with the families in your den
- Day hike
- Scavenger hunt
- Swimming
- Saturday morning workshop at local home improvement store
- Backyard outdoor movie night
- Geocaching

[Back to Summertime Fun Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Summertime Fun

Elective



Requirement 1

# Pack activity

## Snapshot of Activity

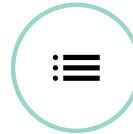
Participate in an activity with your pack.



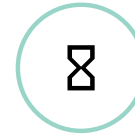
Travel



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Based on activity with the pack

### Directions

Participate in an activity with your pack such as:

- Pack camping
- Fishing
- Bike rodeo and ride
- Bowling
- Star gazing with local astronomy club
- Visit the local zoo, aquarium, or science museum

[Back to Summertime Fun Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Super Science

Elective



## Snapshot of Adventure

Have you ever wondered why the sky is blue or how gravity works or what makes a rainbow? Scientists wonder about those things, too.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting any experiments in this Adventure:

- Review the instructions completely for the experiment.
- Conduct the experiment before the meeting to test the experiment.
- Confirm additional adult supervision as needed.

During the Adventure:

- Review the instructions fully with the den before beginning.
- Wear protective clothing and eye protection.
- Keep food and drinks away from experiment.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Super Science.

#### Requirement 1

Conduct static electricity investigation.

- [Foil reaction to static electricity.](#)
- Cub Scouts [use static electricity to push a can.](#)

#### Requirement 2

Conduct the sink-or-float investigation.

- Cub Scouts [learn about experiment variables.](#)

#### Requirement 3

Conduct the color-morphing investigation.

- Cub Scouts [test to see if liquids mix together.](#)

**Requirement 4**

Conduct the color-layering investigation.

- Cub Scouts [create a rainbow using 3 simple ingredients](#).

[Back to Elective Adventures](#)



## Dancing Foil

### Snapshot of Activity

Foil reaction to static electricity.



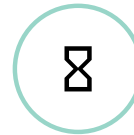
Indoor



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1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Empty dry 17-ounce water bottle for each Cub Scout
- 6" x 6" square of piece of aluminum foil for each Cub Scout
- Balloon for each Cub Scout
- Wool hat for each Cub Scout

### Directions

Before the meeting:

1. Familiarize yourself with the experiment by watching this YouTube video, "[Dancing Foil](#)."
2. Gather supplies.
3. Ask Cub Scouts to bring a wool hat with them to the meeting.
4. Set up meeting space with room to conduct experiment.

During the meeting:

1. Explain to Cub Scouts that they will be conducting an experiment on static electricity. Everything around us is made up of very small things called atoms. Those atoms are made up of even smaller things, including protons and electrons. Protons have a positive charge, and electrons have a negative charge. Each atom usually has the same number of protons and electrons, but if two atoms bump into each other, electrons from one atom can get rubbed off onto the other atom.
2. Hand out supplies to Cub Scouts.
3. Conduct the experiment:
  - Take the sheet of aluminum foil and tear it into small pieces. Roll each piece into a tiny ball, no bigger than a pea.
  - Place the balls inside the empty water bottle and twist the cap back on.
  - Blow up your balloon and tie the end.
  - Cub Scout rub their balloon onto the wool hat for 30 seconds.

- Hold the bottle in one hand. In the other hand, wave their balloon underneath the bottle and watch the foil balls dance around!
  - Do not touch the bottle with the balloon.
4. Lead a discussion with Cub Scouts:
- What made the foil balls dance around?

[Back to Super Science Requirements](#)





## Race the Can

### Snapshot of Activity

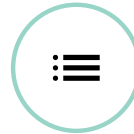
Cub Scouts use static electricity to push a can.



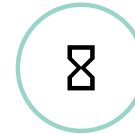
Indoor



4



2



2

If you want to know more about The Adventure Activity Key [click here](#).

#### Supply List

- Empty soda can for Cub Scout
- Balloon for each Cub Scout

#### Directions

Before the meeting:

1. Gather materials.
2. Set up meeting space with room to conduct experiment.

During the meeting:

1. Explain to Cub Scouts that they will be conducting an experiment on static electricity. Everything around us is made up of very small things called atoms. Those atoms are made up of even smaller things, including protons and electrons. Protons have a positive charge, and electrons have a negative charge. Each atom usually has the same number of protons and electrons, but if two atoms bump into each other, electrons from one atom can get rubbed off onto the other atom.
2. Hand out an empty soda can and balloon to each Cub Scout.
3. Conduct the experiment:
  - Have Cub Scouts place their cans on its side on a flat space, either a table or the floor (non-carpeted.)
  - Fill the balloon with air and tie the end.
  - Rub the balloon up against the side of your head, against your hair in a fast motion. Note: make sure your hair is clean and free from any hair products.
  - Bring the balloon close to the can but don't let them touch.
  - The can will begin to roll towards the balloon on its own.
4. Lead a discussion with Cub Scouts:
  - Did you think that the balloon could push the soda can?
  - Why do you think that happened?
5. Once the Cub Scouts become comfortable with the experiment, have a race to see whose can makes the

finish line.

[Back to Super Science Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Super Science

Elective



Requirement 2

# Sink or Swim

## Snapshot of Activity

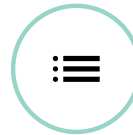
Cub Scouts learn about experiment variables.



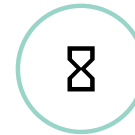
Indoor



2



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Sink or Swim Chart found in Additional Resources **S** or Bear handbook
- Printer
- Pencil or pen, one for each Cub Scout
- Three large clear cups that hold about 12 ounces each, all the same size
- Three fresh eggs
- 2 tablespoons of salt
- 2 tablespoons of sugar
- Water
- Spoon

### Directions

Before the meeting:

1. Gather supplies.
2. Print a Sink or Swim Chart for each Cub Scout or use the chart in the Bear handbook.
3. Set up meeting space to conduct experiment including covering the tabletop.

During the meeting:

1. Explain to Cub Scouts that they will be conducting an experiment to see if changing the water will make an egg sink or float.
2. Conduct the experiment with Cub Scouts help:
  - Fill all three cups half full of water.
  - Stir the salt into the first cup and the sugar into the second cup.
  - Leave the third cup alone.
  - On the Sink or Swim chart, have Cub Scouts, write down what they think will happen when adding an egg to each cup. Will it sink or will it swim?

- Add an egg to each cup.
  - Observe what happens to each egg and ask Cub Scouts to write down the results.
3. Lead a discussion with Cub Scouts:
    - Did your prediction match the actual outcome?
  4. Explain to Cub Scouts that this investigation shows how scientists use variables. A variable is something that changes. By changing just one variable at a time, you proved how sugar and salt affect how eggs float. The plain water is called the control because it doesn't change. Since the control is the same in each cup, we can use it to compare the results with the salt and the sugar

## **Additional Resources**

[Sink or Swim Chart](#)

[Back to Super Science Requirements](#)



## Oil and Water

### Snapshot of Activity

Cub Scouts test to see if liquids mix together.



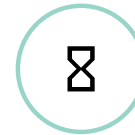
Indoor



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2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Large jar or clear vase
- Water to fill the jar halfway
- One cup measuring cup
- Spoon
- 2 tablespoons of cooking oil
- 3 drops each of red, blue, and yellow liquid food coloring

### Directions

Before the meeting:

1. Gather supplies.
2. Set up meeting space to conduct experiment including covering the tabletop.

During the meeting:

1. Explain to Cub Scouts that they will be conducting an experiment to see how one liquid can “push away” another liquid. Oil and water actually do not mix.
2. Conduct the experiment with Cub Scouts help:
  - Fill the jar or vase halfway with water.
  - In the measuring cup, mix the oil and the food coloring together.
  - Pour this mixture slowly into the water and watch what happens.
3. Lead a discussion with Cub Scouts:
  - What is happening? Since food coloring is water-based, it will separate from the oil and float through the water in amazing color morphs.
4. If you have time, try different color combinations.



## Create a Rainbow

### Snapshot of Activity

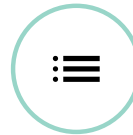
Cub Scouts create a rainbow using 3 simple ingredients.



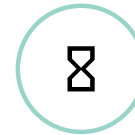
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- 15 tablespoons of sugar
- 15 tablespoons of warm water
- Red, green, blue, and yellow liquid food coloring
- Six clear cups
- Spoon
- Table covering

### Directions

Before the meeting:

1. Gather supplies.
2. Set up meeting space to conduct experiment including covering the tabletop.

During the meeting:

1. Explain to Cub Scouts that they will be conducting an experiment on density. Density describes how much space an object or substance takes up (its volume) in relation to the amount of matter in that object or substance (its mass). Another way to put it is that density is the amount of mass per unit of volume. If an object is heavy and compact, it has a high density.
2. Conduct the experiment with Cub Scouts help:
  - Put five cups in a row on the table.
  - Add one tablespoon of sugar to the first cup, two tablespoons to the second cup, three to the third, four to the fourth, and five to the fifth.
  - Add three tablespoons of lukewarm water to each cup. Stir until most of the sugar dissolves.
  - Add a drop or two of food coloring to the first four cups, one color per cup. In the fifth cup, mix two colors.
  - Take the fifth cup (the one with the most sugar) and pour half of its contents into the sixth cup (the

one that's empty). 6. Hold the spoon, bowl side up, against the inside of the sixth cup. Slowly and gently pour half the contents of the fourth cup onto the spoon. (Pouring onto the spoon keeps the two liquids from mixing in the cup.) Do the same thing with the third, second, and first cups.

3. Lead a discussion with Cub Scouts:

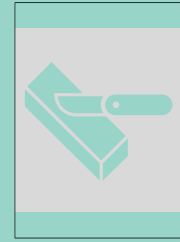
- What is happening?
- What is causing the colored water to separate?

[Back to Super Science Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Whittling

Elective



## Snapshot of Adventure

A pocketknife is a useful tool to have for Scouting activities. It can also be dangerous if you don't use it the right way. In this Adventure, you will learn how to use a pocketknife safely. You will also get to learn the basics of carving. This Adventure is required in order for you to use any knife during a Cub Scout activity as a 3rd grade Bear. Next year you will need to earn the Webelos Adventure, Chef's Knife, to earn the privilege of using a knife during a Cub Scout activity as a 4th grade Webelos.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure

- Watch the [Cub Scout Knife Safety Adventures](#) video.
- Confirm that your meeting location will permit pocketknives.
- Know the Cub Scout knife safety rules.
  - **Stop** - make sure no one else is within arm's reach
  - **Away** - always cut away from your finger or other body parts
  - **Sharp** - a sharp, clean knife is a safe knife
  - **Store** - knives closed, in a sheath or knife block
- Secure additional adult supervision as needed.
- Make sure that the knives are sharp and in good condition.

During the Adventure

- Review the Cub Scout knife safety rules.
- Double check that all knives being used are sharp and in good condition.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Whittling.

#### Requirement 1

Read, understand, and promise to abide by the "Cub Scout Knife Safety Rules."

- Cub Scouts [learn and explain the knife safety rules.](#)
- Cub Scouts [learn about the knife safety rules by playing charades.](#)



**Requirement 2** Demonstrate the knife safety circle.

- Cub Scouts [practice the knife safety circle](#).

**Requirement 3**

Demonstrate that you know how to care for and use your pocketknife safely.

- Cub Scouts [practice sharpening their pocketknives](#).

**Requirement 4**

Read, understand, and promise to abide by the “Cub Scout Knife Pledge.”

- Cub Scouts [carve a pattern into a potato and print a design](#).
- Cub Scouts [carve a simple item out of soap](#).

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Whittling

Elective



Requirement 1

# Knife Safety Rules

## Snapshot of Activity

Cub Scouts learn and explain the knife safety rules.



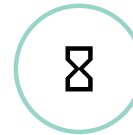
Indoor



1



1



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Cub Scouts will need their Bear handbook
- Pencils, one for each Cub Scout

### Directions

During the meeting:

1. Ask Cub Scouts to turn to the Knife Safety Rules in their handbooks.

#### **Knife Safety Key Points (SASS)**

- **Stop** - make sure no one else is within arm's reach
  - **Away** - always cut away from your finger or other body parts
  - **Sharp** - a sharp, clean knife is a safe knife
  - **Store** - knives closed, in a sheath or knife block
2. Have a Cub Scout read the first rule, **Stop** - make sure no one else is within arm's reach. Ask Cub Scouts to explain what the rule means and why it's important.
    - Ask them each to stand up and demonstrate together how far apart they should be when holding their knife.
  3. Have another Cub Scout read the next rule, **Away** - always cut away from your finger or other body parts. Have them discuss this rule and why it is important.
    - Discuss what to do if they do cut themselves.
  4. Read and discuss the next rule, **Sharp** - a sharp, clean knife is a safe knife.
    - How do they determine if a knife is sharp or dull?
  5. Read the final rule, **Store** - knives closed, in a sheath or knife block.
    - Where should they keep their knife when it is not being used?
  6. Ask Cub Scouts to open their Bear handbook to the Whittling Adventure. Have them write down any additional rules you may have as a den, and they may have at home.

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## Knife Safety Rules Charades

### Snapshot of Activity

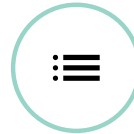
Cub Scouts learn about the knife safety rules by playing charades.



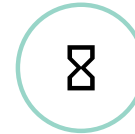
Indoor



4



2



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Knife Safety Rules Charades found in Additional Resources
- Printer
- Small bowl or container

### Directions

Before the meeting:

1. Print the charade slips, Knife Safety Rules Charades, one copy.
2. Cut out the individual squares. You will have 12 squares, 3 sets of each of the 4 rules.
3. Fold each piece of paper and put them in the container.

During the meeting:

1. Explain to Cub Scouts that they're going to play charades where they'll be acting out one of the knife safety rules. One rule is written on a slip of paper. They must act out the rule without any words, just actions.
2. Have one Cub Scout take a slip of paper from the bowl and act out the knife safety rule that's on it.
3. Ask the other Cub Scouts to guess what rule they're acting out.
4. As each rule is guessed, pause the game and have a discussion on the reason for the rule.
5. Continue the game until everyone has had a chance to be the actor.

### **Additional Resources**

[Knife Safety Rules Charades](#)

[Back to Whittling Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Whittling

Elective



Requirement 2

# Knife Safety Circle

## Snapshot of Activity

Cub Scouts practice the knife safety circle.



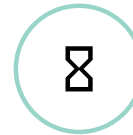
Indoor



3



1



1

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- No supplies needed

### Directions

Before the meeting:

1. Establish an area to safely conduct a knife safety circle. Remove all objects and allow for plenty of room for a Cub Scout to safely turn in a circle while holding their pocketknife.

During the meeting:

1. Explain to Cub Scouts that they are going to practice making a safety circle, one at a time. Tell them that before they pick up their knife to use it, they should stretch their arm out and turn in a circle. They should also raise their hand above their head and move it in a circle to make sure there is nothing above them. If they cannot touch anyone or anything else, it's safe to use their knife. While using their knife, be sure to watch in case someone walks toward them and gets too close.
2. Have an adult demonstrate the knife safety circle by stretching out their arm and turning in a circle. If you cannot touch anyone or anything else, it's safe to use the knife.
3. Have each of the Cub Scouts enter the area that was previously set aside as the knife safety circle and practice. As part of the demonstration, have Cub Scouts pretend they are using their knives. Walk toward them to see if they stop. If they don't, remind them that if someone gets too close to their knife safety circle, they should stop using their knife.

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Bear – 3<sup>rd</sup> Grade

Whittling

Elective

Requirement 3



## Pocketknife Sharpening Practice

### Snapshot of Activity

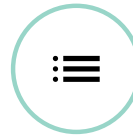
Cub Scouts practice sharpening their pocketknives.



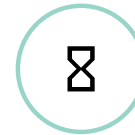
Indoor



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If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Pocketknife for each Cub Scout
- Whetstone or sharpening block for each Cub Scout
- Spray bottle of water, one for every 2 Cub Scouts
- Black marker
- First aid kit

### Directions

Before the meeting:

1. If you have not done so already watch the [Cub Scout Knife Safety Adventure](#) video and the section on how to sharpen a knife.
2. Establish an area to safely conduct knife sharpening. Remove all objects and allow for plenty of room for Cub Scouts to safely sharpen their pocketknife.

During the meeting:

1. Ask parents and legal guardians to sit next to their Cub Scout.
2. Remind Cub Scouts of the knife safety rules.
  - **Stop** - make sure no one else is within arm's reach
  - **Away** - always cut away from your finger or other body parts
  - **Sharp** - a sharp, clean knife is a safe knife
  - **Store** - knives closed, in a sheath or knife block
3. Using what you learned in the video, demonstrate how to sharpen the pocketknife.
  - Spray the whetstone with water.
  - Using the black marker, mark the bevel of the blade on both sides.
  - Lay the blade on the stone at a slight angle. Push the blade forward as if you were going to shave a thin sliver from the stone. Do not push down hard.

- Next, turn the blade over and shave the stone toward you. This is the only time you should move your knife toward yourself. Keep your fingers below the surface of the stone to protect them. Continue this back-and-forth action until the edge is sharp along its entire length.
4. Allow Cub Scouts to take turns practicing sharpening their pocketknife.

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Bear – 3<sup>rd</sup> Grade

Whittling

Elective

Requirement 4



## Potato Printing Press

### Snapshot of Activity

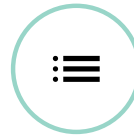
Cub Scouts carve a pattern into a potato and print a design.



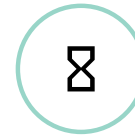
Indoor



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3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Large potato for each Cub Scout
- Pocketknife for each Cub Scout
- Several sheets of paper for each Cub Scout
- Paper towels
- Tempera paint
- Small containers for tempera paint
- Paintbrush for each Cub Scout
- Covering for work area
- Paper towels

### Directions

Before the meeting:

1. Cover the work area with newspapers, set out small containers of tempera paint and other supplies.
2. Cut potatoes lengthwise in half.
3. Establish an area for Cub Scouts to safely do their potato carving. Remove all obstacles and allow for plenty of room for Cub Scouts to carve.

During the meeting:

1. Hand out potatoes to Cub Scouts.
2. Tell Cub Scouts to use their pocketknife to cut out a design. Have them cut away all parts that they don't want to print.
3. Have Cub Scouts blot the surface of the potato with a paper towel to remove excess moisture.
4. Tell Cub Scouts to brush the design with tempera paint and stamp on a newspaper or paper towel to remove the excess paint. Explain that if there are ragged edges on the first imprint, they should cut away any uneven parts of the potato that cause this.

5. Have Cub Scouts print the design on paper until it begins to fade, then add more paint and repeat.

[Back to Whittling Requirements](#)



## Bear – 3<sup>rd</sup> Grade

Whittling

Elective



Requirement 4

# Soap Carving

## Snapshot of Activity

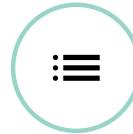
Cub Scouts carve a simple item out of soap.



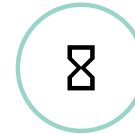
Indoor



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2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Large bar of dry soap for each Cub Scout
- Pocketknife for each Cub Scout
- One or two orangewood sticks for each Cub Scout
- Piece of paper for each Cub Scout
- Pen or pencil for each Cub Scout
- Covering for work area
- First aid kit

### Directions

Before the meeting:

1. Three days before the meeting unwrap the bars of soap and lay them in a dry place so they can dry out.
2. Establish an area for Cub Scouts to safely do their soap carving. Remove all obstacles and allow for plenty of room for Cub Scouts to carve.
3. Cover any tabletops and floor for easy clean-up afterwards.

During the meeting:

1. Pass out supplies to Cub Scouts.
2. Ask Cub Scouts to choose a simple design that does not have too many projections or fine details. Remind them to start simple. Have them draw their design on a piece of paper.
  - Bear
  - Heart
  - Whale
  - Rocketship
  - Strawberry
3. Tell Cub Scouts to prepare the soap by cutting away the raised edges and scraping off the lettering.
4. Have Cub Scouts sketch the outline of their design on the soap by drawing with an orangewood stick.

5. Tell Cub Scouts to make their first rough cuts by cutting away small pieces and slices of the soap that are not part of their design. Remind them that they should not cut big pieces because the soap might break. Ask them to leave a margin of about one-quarter inch outside their outline.
6. Have Cub Scouts shape the model. Tell them to continue carving so they can get closer and closer to their outline. Remind them to keep turning the soap to work on all parts of their design. They should not try to finish one part before another. Tell them to pay special attention to the high points and low points on the carving.
7. After they are finished carving, ask Cub Scouts to share their project.

Tips: If possible, complete this activity outdoors so that it's easier to clean up.

Ask your local Scouts BSA troop for volunteers who can help Cub Scouts with their carvings.

Cub Scouts can use simple printed patterns instead of drawing their own.

[Back to Whittling Requirements](#)