The "Unofficial" Wolf 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

WOLF ADVENTURES

2nd 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



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 Wolf Bobcat

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



Elective Adventures

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



Special Elective Adventures

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





Snapshot of Adventure

The Bobcat Adventure is the first required Adventure on the trail to earn the Wolf badge of rank. Once the Bobcat Adventure is completed, Wolves 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 <u>Craft Tips</u> video (2 minutes 34 seconds.) 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.

Complete the following requirements

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

Complete the following requirements

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

Requirement 1

Get to know members of your den.

- A <u>den doodle</u> is a way to record advancement progress and other accomplishments of the Cub Scouts as well as a colorful decoration for the den meeting place.
- Making a den flag together allows Cub Scouts to show their personality and creativity while they're getting to know each other.
- <u>"Get to Know You" bingo</u> is a great icebreaker activity that can help members of a den get to know each other better in a fun, interactive way.

Requirement 2

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

• Learn and reinforce the <u>Scout Oath and the Scout Law</u> by reciting it with yourden.

Requirement 3

Learn about the Scout Law.

- Search for all the points of the Scout Law in this fun game using clothespins.
- Cub Scouts will learn the Scout Law by playing the <u>Scout Law emoji game</u>.
- The points of the Scout Law are reinforced as the Cub Scouts search for them in this word search puzzle.

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

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.
- Practice the Cub Scout sign by playing the Scout Sign Sound of Silence game.
- Play Simon Says to learn the Cub Scout sign, handshake, and salute.

Requirement 6

Share with your den, or family, a time when you demonstrated the Cub Scout motto "Do Your Best."

• Cub Scouts share a time when they did their best.

Requirement 7

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

Bobcat Character & Leadership **Required**



Requirement 1

Den Doodle Wolf

Snapshot of Activity

A den doodle is a way to record advancement progress and other accomplishments of the Cub Scouts as well as a colorful decoration for the den meeting place.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Wooden display stand
- Craft foam sheets (some that are self-adhesive and some that are not)
- Rulers
- Pencils
- Permanent markers
- Scissors
- Heavy-duty tape such as duct tape
- Long piece of leather or plastic lacing for each Cub Scout
- Pony beads

Directions

Before the meeting:

- 1. Create a "name tag" for yourself to share with Cub Scouts in the appropriate size as an example.
- 2. Measure your name tag so that you will have the dimensions to share with Cub Scouts.
- 3. Tie a piece of string for each Cub Scout across the top of the display stand.
- 4. Write your den number at the top of the display stand.

During the meeting:

- 1. Tell Cub Scouts that they will be making a den doodle starting with creating "name tags" for themselves. Show the example you made and share the approximate dimensions.
- 2. Put the craft foam, scissors, and permanent markers on a table, and ask Cub Scouts to collect the supplies they would like to use to create their own name tag.
- 3. Ask Cub Scouts to cut shapes out of the non-adhesive craft foam to make their name tag. Cub Scouts can cut smaller shapes (such as stars or hearts) for the self-adhesive craft foam to adhere to their badge.
- 4. Have Cub Scouts write their names on the name tags using the permanent markers.

- 5. Ask Cub Scouts to attach their name tag to one of the strings by taping it with a small piece of duct tape.
- 6. 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.

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.

Bobcat

Character & Leadership

Required



Requirement 1

Den Flag Wolf

Snapshot of Activity

Making a den flag together allows Cub Scouts to show their personality and creativity while they're getting to know each other.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Protective cover for workspace (plastic tablecloths, newspapers, etc.)
- Blue felt approximately 24" x 18"
- Yellow felt to cut out handprints and den number
- Fabric markers or paint
- Fabric glue
- Yardstick
- Stapler

Directions

Before the meeting

- 1. Prepare the work area with table covering, flag material, and markers or paint.
- 2. Cut out your den number from the yellow felt.

During the meeting

- 1. Have the Cub Scouts buddy up and trace each other's hand on the yellow felt. Next, have each Cub Scout cut out their own handprint and write their name on it with a fabric marker.
- 2. Have the Cub Scouts arrange the handprints on the flag and attach them to the blue felt using fabric glue.
- 3. After the flag is finished, you can staple it to the yardstick. Display it at den 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.

Bobcat

Character & Leadership

Required



Requirement 1

Get to Know You Bingo

Snapshot of Activity

"Get to Know You" bingo is a great icebreaker activity that can help members of a den get to know each other better in a fun and interactive way.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Get to Know You Bingo card found in Additional Resources
- Printer
- Markers, pencils, or pens for each den member
- Prizes

Directions

Before the meeting:

1. Download and print Get to Know You Bingo cards, one for each Cub Scout.

During the meeting:

- 1. As each Cub Scout arrives at the den meeting, give them a bingo card and a marker, pencil, or pen.
- 2. Instruct Cub Scouts to move around the meeting space and interact with each other to find another Cub Scouts who matches the description on a bingo square.
- 3. When they find someone who fits the description, the Cub Scouts signs or initials the corresponding square on the bingo card.
- 4. The goal is to complete a row, column, or diagonal of signed squares to get a bingo. Once a Cub Scout completes a bingo, they can call it out and share the fun facts about the people they interacted with to get their bingo.
- 5. Offer small prizes for the Cub Scouts who get a bingo. Prizes could be something simple like stickers or small treats.
- 6. After the game, you can yell out a block and have all Cub Scouts that match that item run to a certain point in the meeting space. This will help participants understand that many people share similar things.

- Encourage participants to engage in conversations beyond just getting a signature, so they have a chance to learn more about each other.
- Have some extra markers, pencils, or pens on hand in case someone loses theirs.
- Keep the atmosphere light and fun to create a comfortable environment for everyone to interact.

Remember, the main goal of this activity is to help den members break the ice and learn more about their fellow members in an enjoyable way. It can be a fantastic way to start building a sense of community and friendship within the den.

Bobcat Character & Leadership **Required**

Requirement 2



Recite the Oath and Law Wolf

Snapshot of Activity

Learn and reinforce the Scout Oath and the Scout Law by reciting it with your den.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Wolf handbook

Directions

During the meeting:

1. Using the back cover of the Wolf handbook is the Scout Oath and the Scout Law, lead the den in reciting the Scout Oath and the Scout Law.

Tip: Individual memorization is not the requirement.

Bobcat Character & Leadership **Required**

Requirement 3



Scout Law Clothespin Quest

Snapshot of Activity

Search for all the points of the Scout Law in this fun game using clothespins.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 12 clothespins for each Cub Scout
- Baggie for each Cub Scout

Directions

Before the meeting

- 1. Write one point of the Scout Law on each clothespin.
- 2. Mix up the clothespins and put 12 in each baggie. Make sure that none of the bags have a complete set.

During the meeting

- 1. Give each Cub Scout their own bag of pins.
- 2. Each Cub Scout dumps their clothespins out of the bag then swaps pins with other Cub Scouts until they have a complete set.

The Cub Scouts can clip the 12 points of the Scout Law to their neckerchief, or they can simply put them in order.

Bobcat

Character & Leadership

Required



Requirement 3

Scout Law Emoji Game

Snapshot of Activity

Cub Scouts will learn the Scout Law by playing the Scout Law emoji game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Scout Law Emojis found in Additional Resources
- Printer
- Envelope or baggie for each Cub Scout
- Wolf handbook
- Scout Life Emoji Scout Law

Directions

Before the meeting

- 1. Read Scout Life article.
- 2. Print out the Scout Law emoji page—one page for every 2 Cub Scouts.
- 3. Cut the emojis apart and put one set into the envelope or baggie.

During the meeting

1. Give each Cub Scout a set of emojis. Using the back of the Wolf handbook as a guide, ask the Cub Scouts to match each emoji to the point of the Scout Law and lay them in order.

To make this game more interesting, you can make this a race to see who can complete it first.

Bobcat

Character & Leadership

Required

Requirement 3

Scout Law Word Search

Snapshot of Activity

The points of the Scout Law are reinforced as the Cub Scouts search for them in this word search puzzle.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Scout Law Word Search found in Additional Resources
- Printer
- Pencil or pen for each Cub Scouts

Directions

Before the meeting:

1. Print Scout Law Word Search, one per Cub Scout.

During the meeting:

- 1. Pass out Scout Law Word Search h puzzle and a pencil or pen to each Cub Scout.
- 2. Have each Cub Scout find each point of the Scout Law in the puzzle.

Bobcat Character & Leadership Required



Requirement 4

Code of Conduct Wolf

Snapshot of Activity

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



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.

Bobcat Character & Leadership **Required**



Requirement 5

Bobcat Relay Wolf

Snapshot of Activity

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



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. 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. The adult or den chief asks the Cub Scout to demonstrate one of the following:
 - Cub Scout Sign
 - Cub Scout Handshake
 - Cub Scout Salute
- 3. If the Cub Scout can demonstrate properly, they run back to tag the next Cub Scout in line on their team.
- 4. If the Cub Scout can't demonstrate properly, they run back to their team to get help then they return and demonstrate again.

Bobcat Character & Leadership **Required**



Requirement 5

Scout Sign Sound of Silence

Snapshot of Activity

Practice the Cub Scout sign by playing the Scout Sign Sound of Silence game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

At least one Cub Scout

Directions

During the meeting:

- 1. Tell the Cub Scouts to be as loud as they can, but when they see you show the Cub Scout sign, they should immediately stop making noise. Ask one of the other adults or den chief to time them to see how long it takes them to be quiet.
- 2. Then tell the Cub Scouts that you know they can beat that time, so you want them to be loud again. Repeat the process of showing the Cub Scout sign while having an adult time how long it takes for them to be quiet.
- 3. You can repeat this several times.

Tip: When giving the Cub Scout sign, do it in silence.

Bobcat Character & Leadership **Required**

Requirement 5

Simon Says Wolf

Snapshot of Activity

Play Simon Says to learn the Cub Scout sign, handshake, and salute.



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. The leader demonstrates the Cub Scout handshake, salute, and sign.
- 2. Cub Scouts will demonstrate when the command is prefaced by "Simon Says."
- 3. To make this activity more fun, include other options like:
 - Jump like a rabbit
 - Put your hand on your head
 - Twirl in a circle
 - Touch your toes
 - Stick out your tongue

Bobcat Character & Leadership **Required**

Requirement 6



Do Your Best Showcase

Snapshot of Activity

Cub Scouts share a time when they did their best.



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 the 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. The leader should start by sharing a time when they did their best.
- 3. Go around to each Cub Scout that would like to share.

Bobcat Character & Leadership **Required**

Requirement 7



Child Abuse Protection Review Wolf

Snapshot of Activity

Review the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."



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.

Wolf – 2nd Grade

Running With the Pack

Personal Fitness

REQUIRED

Snapshot of Adventure

A Cub Scout knows how to stay healthy. Eating foods that give you proper nutrition, exercising regularly, and getting proper rest are the best ways for you to always be at your best.

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 <u>Guide to Safe Scouting</u> 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 <u>BSA Annual Health and Medical Record</u> 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 <u>Keep Your Food Safe</u> guide to properly keep, store, and prepare food.

For requirement 2, follow the ADA guide for proper brushing techniques.

For requirement 3, if doing the "Ride a Bike" activity:

Review and become familiar with Bicycle Safety guidelines found on the <u>BSA Sports and Activities</u> page.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Running With the Pack.

Requirement 1

Sample 3 different foods that are naturally 3 different colors. The food must be a protein, vegetable, fruit, dairy, or a grain.

• Experience a burst of deliciousness with natural-colored foods.

Requirement 2

Demonstrate the proper way to brush your teeth.

- Draw a giant a mouth and use a broom to practice brushing teeth.
- Turn daily teeth-brushing routine into a fun and exciting activity.
- Invite a dental care professional to a Cub Scout den meeting to discuss the importance of oral hygiene.

Requirement 3

Be active for 30 minutes with your den or at least 1 other person that includes both stretching and moving.

- Play a game of kickball.
- Take a bike ride.
- Find a ball and play a game of catch.

Requirement 4

Be active for 10 minutes doing personal exercises.

- Invite a fitness professional to your Cub Scout den meeting to discuss the importance of exercise.
- Create a short workout to explore different exercises.
- Take a walk outside.

Requirement 5

Do a relaxing activity for 10 minutes.

- Some music can relax us by engaging our senses and creating a calming effect.
- Read an article from Scout Life magazine to the Cub Scouts.

Requirement 6

BSA Annual Health and Medical Record Wolf.

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

Back to Required Adventures

Running With the Pack Personal Fitness

Required

Requirement 1

Tasting Colors



Snapshot of Activity

Experience a burst of deliciousness with natural-colored foods.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Plates
- Napkins
- Sliced strawberries (or another red food)
- Bananas (or another yellow food)
- Cheddar cheese squares (or another orange food)
- Sliced avocados/lime juice (or another green food)
- Cooked brown rice (or another earth tone food)
- Serving ware

Directions

Before the Meeting:

- 1. Wash and slice strawberries (or wash and slice all fruits and vegetables).
- 2. Cut and slice avocado (store with lime juice to prevent browning).
- 3. Cook brown rice.
- 4. Cut cheese into cubes.
- 5. Store food appropriately.

During the meeting:

- 1. Give Cub Scouts a plate and napkin.
- 2. Allow each Cub Scout to select strawberries, banana, cheese squares, avocados, and a spoonful of rice. Encourage them to select at least three different colored foods.

Allow each Cub Scout to try the foods.

Running With the Pack Personal Fitness

Required

Requirement 2



A Giant's Toothbrush

Snapshot of Activity

Draw a giant a mouth and use a broom to practice brushing teeth.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Sidewalk chalk
- Broom(s)
- Place to draw
 - o Concrete and asphalt surfaces work best.
 - Large cardboard box
- Sand or dirt

Directions

Before the meeting:

- 1. Find a location to draw teeth.
- 2. Draw top and bottom row of teeth, one set per Cub Scout. Make each tooth no less than 6" by 6".
- 3. Place sand or dirt on the teeth.

During the meeting:

- Demonstrate the proper way to brush teeth.
- Using that technique, each Cub Scout should brush away the sand from the giant teeth.

Running With the Pack Personal Fitness **Required**



Requirement 2

Clean Chompers

Snapshot of Activity

Turn daily teeth-brushing routine into a fun and exciting activity.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Device to stream/play music
- Toothpaste
- Toothbrush
- Sink
- Water
- Paper Cups
- Paper towel for wiping face

Directions

Before the meeting:

- 1. Contact a local dentist for toothbrush and toothpaste.
- 2. OR ask parents to send along a toothbrush and toothpaste.
- 3. Ask parents about any allergies or special needs with teeth brushing.

During the meeting:

- 1. Explain and demonstrate the proper way to brush teeth using the American Dental Association video.
- 2. Guide Cub Scouts in using proper teeth brushing technique without using toothpaste.
- 3. Turn on a fun song that is around 2 minutes in length (such as baby shark, etc.) Or set a timer for 2 minutes.
- 4. Each Cub Scout places a small amount of toothpaste on their toothbrush and brush teeth using the practiced motions for the duration of the song or the timer
- 5. Cub Scouts use paper cups filled with water to rinse out their mouths and spit water into sink.

Running With the Pack Personal Fitness **Required**



Requirement 2

Tooth Experts

Snapshot of Activity

Invite a dental care professional to a Cub Scout den meeting to discuss the importance of oral hygiene.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Dental Care Professional
- Tooth Experts worksheet found in Additional Resources
- Printer

Directions

Before the meeting:

- 1. One to 2 weeks prior to the den meeting, invite a dental professional from your community to the den meeting.
- 2. Print the Tooth Experts worksheet, one for each Cub Scout.

During the meeting:

- 1. Give the professional 15-20 minutes to speak about oral hygiene covering why it is important and how to take care of their teeth.
- 2. Provide time for Cub Scouts to ask questions.
- 3. Thank your guest for coming.
- 4. Pass out the Tooth Experts, "How I Brush my Teeth" chart to Cub Scouts. Ask them to fill it out at home.

After the meeting:

1. Write a thank you note to the dentist.

Running With the Pack Personal Fitness

Required

Requirement 3





Snapshot of Activity

Play a game of kickball.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Open Field
- Kickball or Soccer Ball
- Base Markers

Directions

Before the meeting:

1. Find an open field and set up the bases to look like a baseball field.

During the meeting:

- 1. Split your den into 2 teams (yellow team, blue team). Include parents and adults that are in attendance.
- 2. Each team will take turns playing offense and defense.
- 3. Have the yellow team on the field first.
- 4. The pitcher rolls the ball on the ground to the kicker, who is by home plate.
- 5. The kicker kicks the ball and runs to 1st base.
- 6. To get a player out: players must try to catch the ball before it hits the ground, tag the runner with the ball without throwing it, or tag the base before the runner gets there.
- 7. Once 3 players are out, the teams switch spots.
- 8. Players score when they cross home plate.
- 9. The team with the most runs wins.

Running With the Pack Personal Fitness

Required

Requirement 3

Ride a Bike



Snapshot of Activity

Take a bike ride.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Open Area/Parking lot
- Bicycles
- Helmets
- Watch video Cub Scout Six Essentials
 - o Filled water bottle
 - o First-Aid Kit
 - o Whistle
 - o Flashlight
 - Sun protection
 - o Trail food
- Closed toed shoes

Directions

Before the meeting:

1. Locate an appropriate location for bike riding.

During the meeting:

- 1. Review proper helmet fitting and bicycle safety rules.
- 2. Have those riding bicycles, put on their helmets. Check for proper fitting.
- 3. Cub Scouts and adults ride around the location for at least 30 minutes.

Running With the Pack Personal Fitness **Required**



Requirement 3

Toss and Catch

Snapshot of Activity

Find a ball and play a game of catch.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Open Area
- Soccer ball, one for each set of two Cub Scouts

Directions

Before the meeting:

1. Locate an open area.

During the meeting:

- 1. Divide Cub Scouts into buddies.
- 2. Give each set of buddies a ball.
- 3. Instruct Cub Scouts to toss the ball back and forth, trying to catch it each time it comes to them.
- 4. Make the game harder: Have Cub Scouts take a step back each time they catch it.

Running With the Pack Personal Fitness

Required

Requirement 4



Chat with a Personal Trainer

Snapshot of Activity

Find a ball and play a game of catch.







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If you want to know more about The Adventure Activity Key, click here.

Supply List

- Exercise Professional
- Chat with a Personal Trainer worksheet found in Additional Resources
- Printer
- Pencils

Directions

Before the meeting:

- 1. One to 2 weeks prior to den meeting, research and invite an exercise professional from your community to your den meeting.
- 2. Print Chat with a Personal Trainer worksheet, one for each Cub Scout.

During the meeting:

- 1. Discuss Cub Scout expectations when having a guest speaker
 - Raise hands
 - No running around
 - Listening ears
- 2. Allow professionals to speak about how to create a workout plan and the importance of exercise. Schedule 15-20 minutes for the speaker.
- 3. Have Cub Scouts ask any questions
- 4. Thank your guest for coming.
- 5. Hand out worksheets to Cub Scouts and fill out together.

After the meeting:

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

Additional Resources

Chat with a Personal Trainer worksheet

Running With the Pack Personal Fitness **Required**



Requirement 4

Circuit Exercises

Snapshot of Activity

Create a short workout to explore different exercises.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Tennis Shoes
- Water Bottle
- Jump rope
- Circuit Exercises cards found in Additional Resources
- Printer
- Timer

Directions

Before the meeting:

- 1. Cub Scouts and adults wear comfortable closed toe shoes.
- 2. Everyone should have a water bottle.
- 3. Gather jump ropes.
- 4. Set up a small area for each of the circuit exercises. Setting up all the exercises in a circle works best.
- 5. Print a set of Circuit Exercises cards.

During the meeting:

- 1. Gather Cub Scouts and put the exercise cards into the middle of the table.
- 2. Ask each Cub Scout to choose one card to add to the circuit. This will be the first exercise they do in the circuit.
- 3. After all Cub Scouts have chosen their card, ask them to go to the designated area set up for the exercise.
- 4. Set a timer for 1 minute. Cub Scouts are to do their exercise for one minute.
- 5. After 1 minute, all Cub Scouts shift over to the next exercise in the circuit. Start the time again.
- 6. After all Cub Scouts have done the circuit one time, have a 2-minute rest. And then start again.
- 7. Cub Scouts complete the exercise circuit three times.

Running With the Pack Personal Fitness **Required**

Requirement 4



Go for a Walk

Snapshot of Activity

Take a walk outside.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Cub Scouts Six Essentials
 - o Filled water bottle
 - o First-Aid Kit
 - Whistle
 - o Flashlight
 - Sun protection
 - o Trail food
- · Appropriate footwear for walking
- Area to walk around

Directions

Before the meeting:

- 1. Find an area to walk:
- 2. Instruct Cub Scouts and adults to wear comfortable closed toe shoes.
- 3. Remind Cub Scouts to bring their Cub Scout Six Essentials.

During the meeting:

1. Cub Scouts walk around the selected location for a minimum of 10 minutes.

Running With the Pack Personal Fitness

Required

Requirement 5

Story Time



Snapshot of Activity

Read an article from Scout Life magazine to the Cub Scouts.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Quiet Location
- Copy of Scout Life magazine
- Comfy Chair/Pillow

Directions

During the meeting:

- 1. Allow Cub Scouts to each choose a comfortable location.
- 2. Read an article from Scout Life magazine to Cub Scouts.

Running With the Pack Personal Fitness

Required



Requirement 6

BSA Annual Health and Medical Record Wolf

Snapshot of Activity

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



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:

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



Snapshot of Adventure

A real wolf pack works like a large family where everyone works together to keep the members of the pack safe, healthy, and happy. Working together is part of being a good citizen. In this Adventure, you will build a model community and become an active member in your community.

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 <u>Guide to Safe Scouting</u> and applicable program literature or manuals.

Watch this video about <u>Service Projects in Cub Scouting</u> (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 conducting a craft activity, review the <u>Craft Tips</u> video (2 minutes 34 seconds.)

Before starting this Adventure complete the following:

- Use the Service Project Planning Checklist to plan your den or pack service project.
- Review the <u>SAFE Project Tool Use</u> 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 Council Fire.

Requirement 1

Learn how to properly care for and fold the United States flag. With your den or pack, participate in a flag ceremony.

• Learn how to properly fold the United States flag.

Requirement 2

Identify three points of the Scout Law that are important to being a good neighbor.

• Compose a song about the three points of the Scout Law that are important to being a good neighbor.

- <u>Create and perform a skit demonstrating the three points of the Scout Law</u> that are important to being a good neighbor
- Draw pictures that demonstrate the three points of the Scout Law that are important to being a good neighbor.

Requirement 3

Build a model of your home.

- Use household items to <u>build a model of your home</u>.
- Use Lego®, Lincoln Logs®, and Tinker Toys® or other building toys to build a model of your home.

Requirement 4

Using the same materials from requirement 3, create a model of a building in your community.

• Build a model of a building in your community.

Requirement 5

Using the models built in requirements 3 and 4, create a neighborhood.

Using the models that your den built, create a neighborhood.

Requirement 6

Participate in a service project. Explain how your volunteering is helpful to your neighborhood.

- With your den, host a pet food drive to support a local pet shelter.
- Participate in your <u>Council-sponsored Scouting for Food event</u>.
- With your pack, <u>organize a toy drive to support "Toys for Tots"</u> or another organization.

Back to Required Adventures



Snapshot of Activity

Learn how to properly fold the United States flag.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- United States flag
- Scout Life "How to Display and Fold the American Flag"

Tip: If you don't have a flag, you may be able to borrow one from your school, your pack, a local troop, your local library, or your fire department.

Directions

During the meeting:

- 1. Have the Cub Scouts buddy up.
- 2. Taking turns, each pair of Cub Scouts hold the flag at waist level between themselves.
- 3. Ask the Cub Scouts to fold the flag in half lengthwise, then fold it in half lengthwise again, always keeping the blue field on the outside.
- 4. While one Cub Scout holds the flag by the blue field, the other should make triangular folds from the opposite end until only the blue field is available.
- 5. Ask the Cub Scouts to continue folding in a triangular pattern until they reach the end of the flag.
- 6. Have the Cub Scouts tuck any excess fabric into the final fold to ensure a neat triangle.
- 7. The final folded flag should resemble a neatly folded triangle with only the blue field showing.



Requirement 2



Required

Scout Law in Song

Snapshot of Activity

Compose a song about the three points of the Scout Law that are important to being a good neighbor.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Paper
- Pencils and/or ink pens
- Eraser

Directions

During the meeting:

- 1. Pass out paper and writing utensils to the Cub Scouts.
- 2. Ask Cub Scouts to pick three points of the Scout that are important to being a good neighbor.
- 3. Have Cub Scouts write a song about the points of the Scout Law that they have chosen. Ask the Cub Scouts to include why they're important in the lyrics.
- 4. Have the Cub Scouts perform their songs for the den.

Council Fire Citizenship **Required**



Requirement 2

Scout Skit Showcase

Snapshot of Activity

Create and perform a skit demonstrating the three points of the Scout Law that are important to being a good neighbor.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Three or more Cub Scouts
- Paper
- Pencils and/or ink pens
- Eraser
- Props and/or costumes

Directions

Before the meeting:

1. Collect clothes and props that can be used in skits.

During the meeting:

- 1. Divide Cub Scouts into small groups of three or four Cub Scouts.
- 2. Have Cub Scouts pick three points of the Scout Law that are important to being a good neighbor.
- 3. Ask Cub Scouts to brainstorm a skit that showcases situations or scenarios where these Scout Law points are demonstrated. Have Cub Scouts create characters and scenarios that align with these points.
- 4. Ask Cub Scouts to ensure that each person has a character to portray.
- 5. Ask Cub Scouts to pick out props and/or costumes for their skit.
- 6. Have Cub Scouts rehearse their skits with their teammates.
- 7. Have Cub Scouts perform their skits for the den or pack.

Council Fire Citizenship **Required**



Requirement 2

Sketching the Scout Law

Snapshot of Activity

Draw pictures that demonstrate the three points of the Scout Law that are important to being a good neighbor.



If you want to know more about The Adventure Activity Key, <u>click here</u>.

Supply List

- Paper
- · Pencils and/or ink pens
- Erasei
- Colored pencils and/or markers (optional)

Directions

During the meeting:

- 1. Pass out paper and writing utensils to the Cub Scouts.
- 2. Ask Cub Scouts to pick three points of the Scout that are important to being a good neighbor.
- 3. Instruct the Cub Scouts to think about different scenes or scenarios that represent each of these Scout Law points.
- 4. Have Cub Scouts sketch each of their scenes on their paper.
- 5. Ask Cub Scouts to share their drawings with their den.

Council Fire Citizenship **Required**

Requirement 3

Building My Home with Cardboard

Snapshot of Activity

Use household items to build a model of your home.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Cardboard pieces or shoeboxes
- Scissors
- Markers, colored pencils, and/or crayons
- Paper
- Glue or glue sticks
- Photos of the Cub Scout's home for reference

Directions

Before the meeting:

1. Ask the Cub Scouts to bring photos of their home to the next den meeting. This can be a physical photo or on a phone or pad.

During the meeting:

- 1. Explain to the Cub Scouts that they'll make a model of their homes using cardboard or shoeboxes.
- 2. Have the Cub Scouts look at the photos of their homes or think about them and talk about the parts of their house they want in the model.
- 3. Ask the Cub Scouts to draw a simple plan on paper to show how their model will look.
- 4. If using a shoebox, have the Cub Scouts take off the lid and use the box as the base.
- 5. Instruct the Cub Scouts to cut cardboard pieces for walls, roof, and other parts if using cardboard sheets.
- 6. Have the Cub Scouts attach walls to the base with glue to create the shape of their home.
- 7. Ask the Cub Scouts to cut outdoors, windows, and any special parts of their home from cardboard.
- 8. Have the Cub Scouts decorate their model using the markers, colored pencils, or crayons.

Tip: Requirements 3, 4, and 5 can be done at the same meeting. The models built for requirements 3 and 4 will be used for requirement 5.



Requirement 3

Building My Home with Toys

Snapshot of Activity

Use Lego®, Lincoln Logs®, and Tinker Toys® or other building toys to build a model of your home.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Assorted building toys such as Lego®, Lincoln Logs®, or Tinker Toys®
- Photos of the Cub Scouts' homes for reference
- · Paper and pencils for planning

Directions

Before the meeting:

1. Ask Cub Scouts to bring photos of their home to the next den meeting. This can be a physical photo or on a phone or pad.

During the meeting:

- 1. Explain to the Cub Scouts that they will be using building toys to create a model of their own homes.
- 2. Have Cub Scouts look at the photos of their homes or think about their home and talk briefly about the different parts of their houses they'd like to include in their models.
- 3. Cub Scouts can sketch their model on a piece of paper to plan it out if needed.
- 4. Distribute the building toys.
- 5. Encourage the Cub Scouts to start building by selecting blocks and pieces that resemble the different parts of their homes. For example, rectangular pieces for walls, flat pieces for roofs, and smaller pieces for details like windows and doors.
- 6. Cub Scouts can begin by building the main structure of their homes. For example, if Cub Scouts live in a two-story house, they can start by creating the lower floor before adding the upper floor.
- 7. Remind the Cub Scouts to be creative and use their imagination to adapt the building toys to match the unique features of their homes.
- 8. Once the basic structure is in place, the Cub Scouts can start adding details like windows, doors, chimneys, and any other distinctive features of their homes.

Tip: Requirements 3, 4, and 5 can be done at the same meeting. The models built for requirements 3 and 4 will be used for requirement 5.

Council Fire Citizenship **Required**



Requirement 4

Community Buildings

Snapshot of Activity

Build a model of a building in your community.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Use the same building materials used in requirement 3 to build the model community building.

Directions

Before the meeting:

1. Ask Cub Scouts to bring photos of community buildings to the next den meeting or have some available to use. Community buildings include grocery stores, police and fire stations, schools, and places of worship.

During the meeting:

- 1. Explain to Cub Scouts that they'll make a model of buildings in their community using toys or cardboard.
- 2. Instruct Cub Scouts to look at the photos of local buildings or think about them and talk about the parts of the building they want in their model.
- 3. Ask Cub Scouts to draw a simple plan on paper to show how their model will look.
- 4. Using the same materials and instructions from requirement 3, build a model of a building of a community building.
- 5. If using a shoebox:
 - Have Cub Scouts take off the lid and use the box as the base.
 - Instruct Cub Scouts to cut cardboard pieces for walls, roof, and other parts if using cardboard sheets.
 - Have Cub Scouts attach walls to the base with glue to create the shape of their home.
 - Ask Cub Scouts to cut out doors, windows, and any special parts of the building from cardboard.
- 6. If using toys:
 - Encourage Cub Scouts to start building by selecting blocks and pieces that resemble the different parts of their homes. For example, rectangular pieces for walls, flat pieces for roofs, and smaller pieces for details like windows and doors.
 - Cub Scouts can begin by building the main structure of their homes. For example, if Cub Scouts live in a two-story house, they can start by creating the lower floor before adding the upper floor.

- Remind Cub Scouts to be creative and use their imagination to adapt the building toys to match the unique features of their homes.
- Once the basic structure is in place, Cub Scouts can start adding details like windows, doors, chimneys, and any other distinctive features of their homes.

Tip: Requirements 3, 4, and 5 can be done at the same meeting. The models built for requirements 3 and 4 will be used for requirement 5.

Tip: Ask each Cub Scout to build a different community building.

Council Fire Citizenship

Required



Requirement 5

Building My Neighborhood

Snapshot of Activity

Using the models that your den built, create a neighborhood.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Homes and community buildings that Cub Scouts created for requirements 3 and 4

Directions

During the meeting:

- 1. Have the Cub Scouts work together as a group for this activity.
- 2. Explain that they are going to create a neighborhood using the models of their homes and local buildings that they built for requirements 3 and 4.
- 3. Ask the Cub Scouts to arrange their models to form a neighborhood.
- 4. As Cub Scouts are making their neighborhood ask them these questions:
 - Are there other buildings that could be added to the neighborhood? If so, what would they be?
 - Why did they place community buildings where they did?
 - Why did they place homes where they did?
 - What do you like about your real neighborhood or community?
 - What do you think makes a neighborhood or community?

Tip: Cub Scouts can create buildings in additional to their home and community building.

Requirement 6

Helping our Four-Legged Friends Snapshot of Activity

With your den, host a pet food drive to support a local pet shelter.

Travel

3

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
- Activity Consent Form

Directions

Before Meeting 1:

- 1. Pick a local animal shelter to support. Contact them to let them know about your pet food drive.
- 2. Decide on the date and duration for the pet food drive.
- 3. Set up a date to drop off the pet supplies with your Cub Scouts.

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 the Cub Scouts sort the donated pet food into bags or boxes.
- 2. With the Cub Scouts, deliver the food to the animal shelter.

Council Fire Citizenship **Required**

Requirement 6

Helping Our Four-Legged Friends

Snapshot of Activity

With your den, host a pet food drive to support a local pet shelter.



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
- Activity Consent Form

Directions

Before Meeting 1:

- 1. Pick a local animal shelter to support. Contact them to let them know about your pet food drive.
- 2. Decide on the date and duration for the pet food drive.
- 3. Set up a date to drop off the pet supplies with your Cub Scouts.

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 the Cub Scouts sort the donated pet food into bags or boxes.
- 2. With the Cub Scouts, deliver the food to the animal shelter.

Council Fire Citizenship **Required**



Requirement 6

Scouting for Food Wolf

Snapshot of Activity

Participate in your Council-sponsored Scouting for Food event.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Activity Consent Form
- Collection bags provided 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 den.
- 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 den.
- 9. Communicate date, time, and location for food collection distribution to the den.
- 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.

Council Fire Citizenship **Required**



Requirement 6

Toys for Tots Toy Drive

Snapshot of Activity

With your pack, organize a toy drive to support "Toys for Tots" or another organization.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Paper
- · Markers, colored pencils, or crayons

Directions

Before the meeting:

- 1. Visit the Toys for Tots Host an Event page to find a local chapter.
- 2. Schedule Toys for Tots representation for an upcoming pack meeting.

During the meeting:

1. Have the Cub Scouts create posters or flyers advertising the drive to pass out at the pack meeting.

During a pack meeting:

- 1. Cub Scouts greet the visiting Marine and introduce Marine to the pack.
- 2. Invite individual dens to come up and drop off toys with the Marine.
- 3. Help load toys into the Marine's vehicle.

After the meeting:

1. Send a thank you note to the Marine who visited.

Tips: Make this a pack community service project for the month of December. All toys must be new in original packing.



Snapshot of Adventure

In this Adventure, you are 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. "Trustworthy" is the first part of the Scout Law. Through Aesop's fable you will learn why being trustworthy is so important.

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 <u>Guide to Safe Scouting</u> 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 Footsteps.

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 or work of art of your favorite family's faith tradition holiday or celebration.

- Make a construction paper mosaic using your family's favorite holiday traditionsymbol.
- Make a <u>sun catcher of a holiday symbol</u> that can be hung in your home.

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.

Requirement 3 Carry out an act of kindness.

- <u>Create an act of kindness jar</u> and complete at least two tasks in the jar.
- Sing a song at a retirement community.

Requirement 4

Listen to or read Aesop's fable "The Boy Who Cried Wolf." With your den or family discuss why being truthful is important.

Read aloud to your den Aesop's fable "<u>The Boy Who Cried Wolf</u>"

Back to Required Adventures



Required

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Requirement 1

Holiday Mosaic

Snapshot of Activity

Make a construction paper mosaic using your family's favorite holiday tradition symbol.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Colored paper
- Scissors
- Glue/glue stick
- Pencil
- Holiday symbol image for reference, simple symbols would do best for this project

Directions

Before the meeting:

1. Ask Cub Scouts to find an image of their family's favorite holiday symbol to help draw their design and bring it to the meeting.

During the meeting:

- 1. Have Cub Scouts choose a solid color paper for the background of their mosaic.
- 2. Ask Cub Scouts to draw their favorite holiday symbol as large as they can onto the background paper. Simple symbols would do best for this project.
- 3. Have Cub Scouts cut or tear small pieces of desired colored paper, no smaller than ½ inch, to create the mosaic pieces. Irregular shapes are encouraged.
- 4. After Cub Scouts have finished creating their small pieces, they may glue the individual pieces onto the drawn shape. They can choose to overlap pieces or choose for them to be close, but not touch. Both create a creative image.
- 5. Encourage Cub Scouts to fill up the entire symbol with cut pieces of colored paper.
- 6. After the glue is dry, have the Cub Scouts display their mosaic.

Footstep

Family & Reverence

Required



Requirement 1

Sun Catcher

2

Snapshot of Activity

Make a sun catcher of a holiday symbol that can be hung in your home.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Black paper
- Colored tissue paper, cut to torn into small pieces or strips
- Clear contact paper
- Scissors
- Ribbon/string
- Silhouette of a holiday symbol

Directions

Before the Meeting:

1. Have Cub Scouts find a simple silhouette of a holiday symbol and bring it to the meeting.

During the meeting:

- 1. Have Cub Scouts trace their holiday symbol onto black paper.
- 2. About 1" in from the first line, Cub Scouts should draw a second silhouette of their symbol.
- 3. Cut out both silhouettes to create a black border of their symbol.
- 4. Leaders cut a piece of contact paper a little bit bigger than the Cub Scout's symbol border and carefully peel away the protective layer, to reveal the sticky side of the contact paper.
- 5. Cub Scouts place the black symbol border onto the sticky side of the contact paper. *Note* Cub Scouts get one chance to do this, otherwise they would have to start over.
- 6. Once Cub Scouts are happy with their border, they can start placing tissue paper pieces in whatever color pattern they desire onto the sticky part inside their black border.
- 7. After all the sticky has been covered, Cub Scouts can cut away the left-over contact paper from the outside of the symbol.
- 8. The symbol can be hung up on a window using tape or adding a piece of string at the top.

Footstep

Family & Reverence

Required



Requirement 2

Attend a Religious Service

Snapshot of Activity

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



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(s) 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?

After the Service:

- 1. Cub Scouts attend a religious service with their parent(s) or legal guardian.
- 2. After service Cub Scout and parent(s) 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 to like the most?

Back to Footstep Requirements

Footstep

Family & Reverence

Required



Requirement 2

Let's Celebrate Together

Snapshot of Activity

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



If you want to know more about The Adventure Activity Key, click here.

Supply List

This activity is designed if your pack has 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 meeting notice of the date/time/location of the den meeting to all parents, guardians, and adult partners in the den a week before the meeting.
- 4. Give all parents, guardians, and adult partners 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.



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Requirement 3

Kindness Jar

Snapshot of Activity

Create an act of kindness jar and complete at least two tasks in the jar.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Jar/small box/can
- Ribbons
- Stickers
- Paper
- Glue
- Large popsicle sticks
- Pen/thin sharpie

Directions

Before the Meeting:

- 1. Cub Scouts asked to bring a small container to the meeting.
- 2. Prepare a list of "kind" jobs that Cub Scouts can do. This could include:
 - Write a poem for a parent or sibling
 - Playing a board game with a sibling
 - Give a hug to a friend
 - Give a compliment
 - Help clear the dinner table
 - Do a chore without being asked
 - Send a homemade card to a grandparent

Or anything else that the Cub Scout thinks is a kind gesture.

During the meeting:

1. Hand out five to six large popsicle sticks. Ask Cub Scouts to write one kind job per stick they could do for neighbors, friends, or family members. Use the prepared list to give ideas to the Cub Scouts.

- 2. Using craft supplies, Cub Scouts decorate their container. When the container is completed, Cub Scouts can fill the container with their kind job sticks.
- 3. When they are ready to do a kind job, they can pull a stick out of their container

Back to Footstep Requirements

Footstep

Family & Reverence

Required



Requirement 3

Sing with the Elderly

Snapshot of Activity

Sing a song at a retirement community.







2



2



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Cub Scout Song Book
- Activity Consent Form

Directions

Before the Meeting:

- 1. Find a local retirement community and schedule a visit.
- 2. Determine which song Cub Scouts will sing from the Cub Scout Song Book.

During the meeting:

- 1. Practice the chosen song.
- 2. Travel to a retirement community and sing the song.

After the meeting:

1. Send a thank you note expressing appreciation for the opportunity to visit.

Back to Footstep Requirements



Family & Reverence Required

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Requirement 4

Boy Who Cried Wolf

Snapshot of Activity

Read aloud to your den Aesop's fable "The Boy Who Cried Wolf"



If you want to know more about The Adventure Activity Key, click here.

Supply List

Wolf handbook

Directions

During the meeting:

- 1. Using the Wolf handbook, read the Aesop fable "The Boy Who Cried Wolf" to your Cub Scouts.
- 2. Discuss with your Cub Scouts the moral of the story.
- 3. Ask your Cub Scouts, how they would change this story as if it happened today.

Back to Footstep Requirements

Safety in Numbers

Personal Safety

REQUIRED



Snapshot of Adventure

Your parent(s) are an important part of this Adventure as you will do most of the requirements with them. Part of the Scout Law is to be brave. Knowing what to do when you think you are in danger helps you to be brave. In this Adventure, you will learn about the "Protect Yourself Rules" and the things that you can do to keep yourself 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 <u>Guide to Safe Scouting</u> 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-Wolf 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 "Wolf My Safety 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 <u>BSA Youth Protection</u> site.

For requirement 4, follow the posted playground safety rules.

Complete the following requirements

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

Requirement 1

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

Watch the <u>Protect Yourself Rules video</u> with your parent or legal guardian.

Requirement 2

Discuss "safe touch" as seen in the Protect Yourself Rules video.

- In this relay, Cub Scouts will practice what they would say to a stranger who is making them feel uncomfortable.
- Create a poster of "safe touches".

Learn about the buddy system and demonstrate how it works.

- <u>Learn about the buddy system</u> by playing a buddy check game.
- Play catch with a buddy.
- Using a buddy, participate in a race.

Requirement 4

Review common safety rules and demonstrate the proper use of playground equipment.

• Review playground safety rules and have Cub Scouts demonstrate the proper use of playground equipment.

Back to Required Adventures

Safety in Numbers Personal Safety **Required**



Requirement 1

Protect Yourself Video Wolf

Snapshot of Activity

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



If you want to know more about The Adventure Activity Key, <u>click here</u>.

Supply List

- Safety in Numbers 1 Parent Notification found in Additional Resources
- Computer or smart device
- Internet connection to view the "Protect Yourself Rules Wolf" 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 "Safety in Numbers 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

Safety in Numbers 1 Parent Notification

Safety in Numbers Personal Safety **Required**



Requirement 2

Run Shout and Tell Relay

Snapshot of Activity

In this relay, Cub Scouts will practice what they would say to a stranger who is making them feel uncomfortable.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- At least two Cub Scouts
- One adult or den chief

Directions

During the meeting:

- 1. Have the Wolf Scouts line up single file with each youth about ten yards away from the adult/den chief.
- 2. When the adult/den chief signals "Go," the first Wolf in line will yell something like "No!" or "Stay away from me!" or anything else they would say if someone did something that made them feel uncomfortable.
- 3. The first Wolf will then run to that adult/den chief. When this is done, the next Wolf gets a turn.
- 4. Repeat until all the Wolves have had a chance to practice how they would Shout, Run, and Tell.
- 5. During this activity, allow each Wolf to decide what they want to shout.

Safety in Numbers Personal Safety

Required



Requirement 2

Safe Touch Poster

Snapshot of Activity

Create a poster of "safe touches".







2



2



2

If you want to know more about The Adventure Activity Key, click here.

Supply List

- Safe Touches reference found in Additional Resources
- Printer
- Paper/poster board, 1 per Cub Scout
- Markers, crayons, or colored pencils

Directions

Before the meeting:

1. All Cub Scouts must complete requirement 1 and watch the "Wolf Protect Yourself" video.

During the meeting:

- 1. Give each Cub Scout a piece of paper/poster board.
- 2. Ask each Cub Scout to draw pictures of 'safe touches'.

Additional Resources

Safe Touches reference

Safety in Numbers Personal Safety

Required

Requirement 3

Buddy Check Game



Snapshot of Activity

Learn about the buddy system by playing a buddy check game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

At least four Cub Scouts

Directions

During the meeting:

- 1. Line up your den.
- 2. Provide a number for each Cub Scout. For example, if you have a den of six, you will number 1-2-3 (for your first three Cub Scouts) and start again 1-2-3 for the next three Cub Scouts.
- 3. Have all Cub Scouts with the same number stand together and inform them they are buddies for this game.
- 4. Tell Cub Scouts that when they hear "Buddy Check!" they must find their buddy as quickly as possible.
- 5. Have Cub Scouts move away from their buddy by skipping, hopping, or walking.
- 6. After a short amount of time, call out "Buddy Check!".
- 7. Call out each number. If BOTH buddies are together, they can say "Here!" If they are not together, they need to find their buddy and then yell "Here!".
- 8. The game is done when all buddy groups have said "Here!".

Safety in Numbers Personal Safety **Required**



Requirement 3

Buddy Games

Snapshot of Activity

Play catch with a buddy.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Small ball for each pair of Cub Scouts

Directions

Before the meeting:

1. Collect as many balls as needed for your den, one per pair.

During the meeting:

- 1. Have Cub Scouts line up alphabetically by last name.
- 2. Count off to create buddy pairs.
- 3. Have each pair move away from each other and instruct them to gently toss the ball back and forth.

Safety in Numbers Personal Safety **Required**



Requirement 3

Buddy-legged Race

Snapshot of Activity

Using a buddy, participate in a race.





If you want to know more about The Adventure Activity Key, click here.

3

Supply List

Neckerchief for each buddy pair

Directions

Before the meeting:

- 1. Identify a good starting point and finish line for the race.
- 2. Ask another adult/den chief to stand at the finish line.

During the meeting:

- 1. Pair Cub Scouts off so each has a buddy and ask them to remember their buddy.
- 2. Give one Cub Scout of each buddy pair a neckerchief.
- 3. Ask Cub Scouts to skip and hop around the meeting space to separate from their buddy.
- 4. Have an adult/den chief stand at the finish line.
- 5. Explain the directions of the game. When Cub Scouts hear "Go!" they find their buddy, run to the starting line, tie their neckerchief around their ankles, and run/walk to the finish line.
- 6. Stand at the start line.
- 7. Yell "Go!"

Tip: Help Cub Scouts that may have a challenge tying their neckerchief around their ankles.

Safety in Numbers Personal Safety **Required**



Requirement 4

Playground Rules

Snapshot of Activity

Review playground safety rules and have Cub Scouts demonstrate the proper use of playground equipment.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Playground

Directions

Before the meeting:

- 1. Identify a local playground. The playground can be outdoor or indoor.
- 2. Identify any posted playground rules.

During the meeting:

- 1. Walk to a playground with the Cub Scouts. Identify three pieces of equipment that they will be using.
- 2. Ask each of them to think of a safety rule that they should practice when using each piece of equipment.
- 3. Let the Cub Scouts play.



Snapshot of Adventure

It is time to go outside! Every journey begins with just one step, and that first step can take you on a fun-filled adventure simply by going outside for a walk, just like the one you and your Wolf den are about to take.

Where you take your walk is up to your den. It may be a walk around the center of your city or town, it may be at a local park with a trail, or it may be a trail in a forest. No matter where you take your walk you will see signs of nature in different forms.

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 <u>Guide to Safe Scouting</u> 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 <u>BSA Annual Health and Medical Record</u> for all Cub Scouts and adults going on the walk and check for any safety 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 <u>anaphylaxis</u>. During the Adventure:

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

Complete the following requirements

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

Requirement 1

Identify the Cub Scout Six Essentials. Show what you do with each item.

- Cub Scouts attempt to guess which of the Cub Scout Six Essentials is being described by one-word clues.
- Go around your home and find as many essentials as possible that you can and put them in your pack or bag.
- Cub Scouts will guess the Cub Scout Six Essentials by giving word clues to their buddy.

Requirement 2

Learn about the buddy system and how it works in the outdoors. Pick a buddy for your walk.

- Arrange Cub Scouts in alphabetical order and give them numbers 1-2 in sequence to quickly select buddies.
- Cub Scouts find their buddy in this enjoyable circle game.
- Popsicle sticks are used to pair buddies.

Requirement 3

Identify appropriate clothes and shoes for your walk outside. Do your best to wear them on your walk.

- <u>Visit an outdoor clothing store</u> to understand the importance of selecting appropriate attire for different outdoor occasions and weather conditions.
- Play a relay game to identify the right clothes and shoes to wear on a walk during different seasons.
- <u>Cub Scouts draw pictures of clothes they would wear</u> when it: rains, snows, sunny or windy.

Requirement 4

Learn about the Outdoor Code and Leave No Trace Principle for Kids.

- Create a booklet that illustrates the Outdoor Code and Leave No Trace Principles for Kids.
- Use emojis to learn the Outdoor Code and Leave No Trace Principles for Kids.
- Use music and hand signals to learn the Outdoor Code and Leave No Trace Principles for Kids.

Requirement 5

With your den, pack, or family, take a walk outside for at least 30 minutes to explore nature in your surroundings. Describe four different animals, domestic or wild, that you could see on your walk.

• <u>Take a 30 minute or more walk</u>. Describe four animals that you might see on your walk.

Back to Required Adventures

Paws on the Path Outdoors **Required**

Requirement 1



Cub Scout Six Essentials Clue

Snapshot of Activity

Cub Scouts attempt to guess which of the Cub Scout Six Essentials is being described by one-word clues.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Six Essentials Clue cards found in Additional Resources
- Printer

Directions

Before the meeting:

1. Print out the Cub Scout Six Essentials Clue cards.

During the meeting:

- 1. Choose one of the Cub Scout Six Essentials card sets and hand out the cards to the Cub Scouts.
 - Each set has a different color that matches one of the Cub Scout Six Essentials.
 - Depending on the number of Cub Scouts in the den, some may have more than one card or the Cub Scouts can buddy up with the cards.
- 2. Cub scouts take turns reading the clue on their card that is associated with the essential item.
- 3. When all the clues have been ready, Cub Scouts can guess the essential item.
- 4. Repeat until all the Cub Scout Six Essential cards sets have been completed.

Paws on the Path Outdoors

Required



Requirement 1

Cub Scout Six Essentials Scavenger Hunt

Snapshot of Activity

Go around your home and find as many essentials as possible that you can and put them in your pack or bag.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Bag
- Bandages
- Sunscreen
- Flashlight
- Hat
- Sunglasses
- Rain poncho
- Water bottle
- Water jug
- Fruits like apples, oranges, banana, grapes, etc.
- Whistle
- Trail mix or packaged snacks or granola bar
- Ice pack
- Antiseptic
- Alcohol wipes
- Wolf handbook

Directions

Before the meeting:

1. Gather supplies to be hidden around the meeting location and hide them

During the meeting:

- 1. Give each Cub Scout a bag.
- 2. Ask Cub Scouts to search and collect six items that they think are essential to have in the outdoors and put them into their bag.
- 3. Give Cub Scouts ten minutes to walk around and collect their essentials.

- 4. When done, come back together. Ask each Cub Scout to show what they have collected and why they selected that item.
- 5. When all Cub Scouts have had their turn, show them the Cub Scout Six Essentials. Use the descriptions found in the front of the Wolf handbook.

Paws on the Path Outdoors

Required



Requirement 1

What Cub Scout Essential Am I?

Snapshot of Activity

Cub Scouts will guess the Cub Scout Six Essentials by giving word clues to their buddy.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- What Cub Scout Essential Am I? cards found in Additional Resources
- Cardstock
- Printer

Directions

Before the meeting:

1. Print and cut out the What Cub Scout Six Essential Am I? cards.

During the meeting:

- 1. Explain to Cub Scouts that each person will get to be a "clue reader".
- 2. Clue reader has two minutes to get the other Cub Scouts to guess the word on their card.
- 3. Clue reader must not say any of the words printed on the card.
- 4. When the word is guessed, the clue reader sets the card aside and pulls another card.
- 5. When the time is finished, the clue reader counts the cards that were guessed correctly. This total is the number of points that Cub Scout has earned.
- 6. Repeat until all Cub Scouts have a turn.

Additional Resources

What Cub Scout Essential Am I? cards

Paws on the Path Outdoors **Required**

Requirement 2



1-2 Buddies

Snapshot of Activity

Arrange Cub Scouts in alphabetical order and give them numbers 1-2 in sequence to quickly select buddies.



If you want to know more about The Adventure Activity Key, click here.

Supply List

At least two Cub Scouts.

Directions

- 1. Arrange Cub Scouts in a line using their first names in alphabetical order.
- 2. Starting at the front of the line, count off -1-2.
- 3. Pair Cub Scouts with numbers one and two together to form buddies.

Paws on the Path Outdoors

Required



Requirement 2

Buddy Circle Game

Snapshot of Activity

Cub Scouts find their buddy in this enjoyable circle game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

At least four Cub Scouts.

Directions

During the meeting:

- 1. Cub Scouts come together to form a circle, with one Cub Scout placed at the center.
- 2. Cub Scout in the middle closes their eyes and twirls around before coming to a stop.
- 3. The Cub Scout they're facing after the spin becomes their buddy.
- 4. Paired Cub Scouts step out of the circle.
- 5. The game proceeds until all Cub Scouts have found their buddies.

Paws on the Path Outdoors

Required



Requirement 2

Popsicle Stick Buddies

Snapshot of Activity

Popsicle sticks are used to pair buddies.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Popsicle sticks
- Markers
- One bag

Directions

Before the Meeting:

1. Gather your supplies.

During the meeting:

- 1. Cub Scouts personalize a popsicle stick with their name.
- 2. Place popsicle sticks in a bag.
- 3. Draw two popsicle sticks at a time from the bag.
- 4. The two Cub Scouts whose names are chosen are paired as buddies.

Paws on the Path Outdoors **Required**



Requirement 3

Clothing Store Visit

Snapshot of Activity

Visit an outdoor clothing store to understand the importance of selecting appropriate attire for different outdoor occasions and weather conditions.



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 clothing store ahead of time and arrange a visit. Share with them the purpose of the visit: selecting clothing and shoes for various weather conditions.
- 2. Coordinate with the store to determine a suitable date, day, and time for the visit.
- 3. Communicate the details of the visit to parents and legal guardians. Provide information about the date, time, and location of the visit.
- 4. Ask parent or legal guardian to fill out an Activity Consent Form
- 5. Remind Cub Scouts about expectations and behavior during the store visit. Emphasize the importance of respectful conduct, active listening, and asking questions when appropriate.

During the meeting:

- 1. Gather Cub Scouts and adults outside the store at the scheduled time.
- 2. Encourage Cub Scouts to actively participate by asking questions.
- 3. At the conclusion of the activity, thank the store employee for hosting your Cub Scouts.

After the meeting:

1. Write a thank you note to the store and send.

Paws on the Path Outdoors

Required



Requirement 3

Seasonal Clothing Relay

Snapshot of Activity

Play a relay game to identify the right clothes and shoes to wear on a walk during different seasons.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Two to three items of appropriate outdoor clothing for each season (fall, winter, spring, and summer)
- Two to three pairs of walking shoes for each season
- Two to three accessories for each season

Tip: Adding in some clothing that would not be a good choice can make this a fun experience for the Cub Scouts. Think of things such as high heeled shoes, swimsuit, dress clothes, etc.

Directions

Before the meeting:

- 1. Collect all clothing items needed.
- 2. Ask parents and legal guardians to help if more items are needed.

During the meeting:

- 1. Divide Cub Scouts into two teams.
- 2. Pile all the clothing, shoes, and accessories on the floor at least 20 feet away.
- 3. Announce a season: fall, winter, spring, or summer.
- 4. One Cub Scout from each team races to the pile and finds one item that is appropriate for the called season.
- 5. Cub Scouts run that item back to their team.
- 6. The next Cub Scout on the team races up to find another item for their season. Once selected, they run back to their team.
- 7. Repeat until all the Cub Scouts have an opportunity to select an item for the called season.
- 8. The next season is called and the game repeats until all four seasons have been called.
- 9. After both teams finish, review each item selected and why the Cub Scout chose it.

Paws on the Path Outdoors

Required



Requirement 3

Sketchy Weather Wardrobe

Snapshot of Activity

Cub Scouts draw pictures of clothes they would wear when it: rains, snows, sunny or windy.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Sketchy Weather Wardrobe worksheet found in Additional Resources
- Printer
- Colored pencils, crayons and/or markers

Directions

Before the Meeting:

1. Print Sketchy Weather Wardrobe, one for each Cub Scout.

During the meeting:

- 1. Gather Cub Scouts and ask them to draw a picture of clothing that is appropriate for each weather condition: rain, snow, windy, and sunny.
- 2. Encourage Cub Scouts to consider factors like temperature, precipitation, and wind as they are drawing. Remind them to be creative and think about layering and protection from the elements.
- 3. After the drawing session, give each Cub Scout a chance to present their drawings.
- 4. Highlight the importance of being prepared for different weather conditions when outside.

Additional Resources

Sketchy Weather Wardrobe worksheet

Paws on the Path Outdoors **Required**



Requirement 4

Outdoor Code and Leave No Trace Booklet

Snapshot of Activity

Create a booklet that illustrates the Outdoor Code and Leave No Trace Principles for Kids.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 16 pieces of paper/cardstock around 2"x3" for each Cub Scout
- Markers or color pencils/crayons
- Stickers for decorating
- Hole punch
- String
- Wolf handbook

Directions

Before the meeting:

- 1. Cut out 16 2"x3" cards for each Cub Scout using paper or cardstock.
- 2. Punch a hole in each card near the top in the same location of each card.

During the meeting:

- 1. Give each Cub Scout their set of 16 2"x3" cards.
- 2. Ask Cub Scouts to open their Wolf handbook to the Outdoor Code.
- 3. Using markers or colored pencils/crayons, ask Cub Scouts to copy each of the four rules of the Outdoor Code, one rule per card.
- 4. Ask Cub Scouts to open their Wolf handbook to the Leave No Trace for Principles for Kids.
- 5. Using markers or colored pencils/crayons, ask Cub Scouts to copy each of seven principles of the Leave No Trace Principles for Kids, one rule per card.
- 6. Cub Scouts may decorate each card with stickers or drawing.
- 7. Using the Wolf handbook, work with the Cub Scouts to get the cards in the correct order, matching the order found in the Wolf handbook.
- 8. Have each Cub Scout insert a string through the punched holes and tie a knot.
- 9. Make sure the sheets are secured tightly, but not so tight that they can't flip open.

Paws on the Path Outdoors **Required**



Requirement 4

Outdoor Code and Leave No Trace Emoji

Snapshot of Activity

Use emoji's to learn the Outdoor Code and Leave No Trace Principles for Kids.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Outdoor Code Emoji worksheet found in Additional Resources
- Leave No Trace Principles for Kids Emoji worksheet found in Additional Resources
- Printer
- Pencils and/or pens
- Wolf handbook

Directions

Before the meeting:

- 1. Print Outdoor Code Emoji, one for each Cub Scout.
- 2. Print Leave No Trace Principles for Kids Emoji, one for each Cub Scout.

During the meeting:

- 1. Gather the Cub Scouts and review the Outdoor Code and the Leave No Trace Principles for Kids found in the front of the Wolf handbook.
- 2. Hand out the printouts of the Outdoor Code and Leave No Trace Principles for Kids emojis to each Cub Scout.
- 3. Ask Cub Scouts to look at each emoji on their sheet and think about what it represents in the context of the Outdoor Code and Leave No Trace Principles for Kids.
- 4. Encourage them to write down their guesses or interpretations next to each emoji.
- 5. If a Cub Scout is unsure about the meaning of an emoji or a specific word related to the principles, offer guidance,
- 6. One by one, go through each emoji as a group. Ask Cub Scouts to share their interpretations.
- 7. For any emojis that were misinterpreted, provide the correct explanation, and ensure that everyone understands.
- 8. With the Emoji sheet as a reference, lead the Cub Scouts in reciting the Outdoor Code and Leave No Trace Principles for Kids together.

Tip: Allow the Cub Scouts to use their handbook to reference the Outdoor Code and Leave No Trace Principles for Kids.

Additional Resources

<u>Outdoor Code Emoji worksheet</u> <u>Leave No Trace Principles for Kids Emoji worksheet</u>

Paws on the Path Outdoors **Required**



Requirement 4

Outdoor Code And Leave No Trace Hand Signs

Snapshot of Activity

Use hand signals to learn the Outdoor Code and Leave No Trace Principles for Kids.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Phone or laptop or iPad /tablet
- Bluetooth speaker

Directions

Before the meeting:

- 1. Familiarize yourself with the hand motions corresponding to the Leave No Trace Principles, <u>Leave No Trace Seven Principles Hand Signs for Youth.</u>
- 2. Set up a sound system and connect to the internet.

During the meeting:

- 1. Explain to the Cub Scouts that they will be learning the Outdoor Code and Leave No Trace Principles for Kids through hand motions.
- 2. Demonstrate the motions for each part of the song.
- 3. Play the song on the device. As it plays, lead the Cub Scouts in using the hand motions for each principle.
- 4. Start with a slower pace and gradually increase the tempo as the Cub Scouts become more comfortable.
- 5. Repeat a few times to reinforce the principles and motions.
- 6. Encourage the Cub Scouts to get creative with their hand motions. Cub Scouts can contribute their own ideas for motions that symbolize the principles.

Paws on the Path Outdoors **Required**



Requirement 5

Outdoor Scavenger Hunt

Snapshot of Activity

Take a 30 minute or more walk. Describe four animals that you might see on your walk.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Outdoor Scavenger Hunt card found in Additional Resources
- Printer
- Pencils or markers
- Cub Scout Six Essentials

Directions

Before the meeting:

- 1. Determine where the outdoor walk will take place. This can be in an urban, suburban, or rural setting. This can be where your den typically meets.
- 2. Remind Cub Scouts to bring their Cub Scout Six Essentials
- 3. Remind Cub Scouts to dress appropriately.
- 4. Print Outdoor Scavenger Hunt card, one for each Cub Scout.

During the meeting:

- 1. Remind Cub Scouts of the Outdoor Code and Leave No Trace Principles for Kids they've learned. Cub Scouts will get to apply these principles while exploring nature.
- 2. Have Cub Scouts write down at least four different animals they might encounter during the walk on the reverse side of their sheet—whether wild or domestic.
- 3. Take Cub Scouts on a walk in a previously determined outdoor area.
- 4. During the walk, Cub Scouts stay with their buddy and follow the leader.
- 5. During the walk, Cub Scouts work on their scavenger hunt.
- 6. At the end of the walk, ask each Cub Scout to share about the four different animals they saw or could have seen during the walk.

Additional Resources

Outdoor Scavenger Hunt card

A Wolf Goes Fishing

Elective



Snapshot of Adventure

People have been fishing since long before they started farming. Today most people fish as a hobby or just for fun, and not for survival. In this Adventure you will get ready to learn the basics of fishing where you live and join your family, den, or pack on a fishing trip.

Do wolves fish in the wild? Yes, they do. In Alaska wolves fish for salmon, and in Minnesota they fish for freshwater fish in creeks. Let's learn about the different types of water in which fish and how to catch them.

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 <u>Guide to Safe Scouting</u> 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 <u>fishing</u> 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 <u>PowerPoint presentation</u> and <u>Instructor's Guide</u> to teach freshwater fishing.
- Additional fishing resources can be found at <u>Scout Life Magazine</u>.

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 Wolf Goes Fishing.

Requirement 1

Identify the type of water you will be fishing in and what type of fish live in the water.

- Play a game and learn about the diverse local fish species within your state.
- Visit a fishery or a fish hatchery.
- A game of Who's that Fish? Where Cub Scouts guess what fish is pictured and if it is native.

Requirement 2

Learn about the different types of bait used to attract fish.

• Learn about fishing baits with a memory game.

Requirement 3

Demonstrate a proper cast for the pole or rod you are using.

- Learn how to cast a fishing pole with accuracy by trying to hit a target.
- Cub Scouts practice casting their pole or rod to catch a paper fish.
- Cub Scouts practice their casting skills by distance and accuracy.

Requirement 4

Learn the rules of fishing safely.

- Cub Scouts <u>learn the fishing safety rules in this flashcard game</u>.
- Cub Scouts make a poster about fishing safety.
- A fun and interactive way to <u>learn the rules of fishing safely through a jeopardy-type game</u>.

Requirement 5

With your den, pack, or family, go fishing.

• <u>Cub Scouts go on a fishing expedition with their den.</u>

Back to Elective Adventures

A Wolf Goes Fishing

Elective

Requirement 1

Fish Name Game



Snapshot of Activity

Play a game and learn about the diverse local fish species within your state.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Printed pictures of native/local fish; these can be found by going to your state's fish and wildlife department website
- Scissors
- Paper for drawing
- Pens, pencils, crayons
- Small flat magnets (one for each fish)
- Paper clips
- ½" diameter 2' length dowel rods (one for every 2 or 3 Cub Scouts)
- String or yarn for fishing line
- Tarp to serve as the "pond" or string or tape to mark off an area for the "pond"

Directions

Before the meeting:

- 1. Cut out the fish and write facts about them on the backs of the pictures.
- 2. Glue a magnet to each picture.
- 3. Make "fishing rods" by tying or taping a length of string to each dowel rod. Tie a paper clip to the other end of the string.
- 4. Place the fish in an area that you designate as the pond. Put paper, pencils, pens, and crayons on a table close to the pond.

- 1. Explain to Cub Scouts that they're going to learn about the fish that live in their area.
- 2. Tell Cub Scouts that after they catch a fish, they are to take it to the table and draw it on a piece of paper adding the name of the fish and one or two facts about it.
- 3. Give each Cub Scout a fishing rod and have them line up by the pond.

- 4. Instruct Cub Scouts to catch a fish using their magnetic fishing rod. After they finish their drawing of the fish, tell them to release the fish back into the pond.
- 5. You can set a time limit for the game or let Cub Scouts play until they've caught and learned about all the fish pictures.

Tip: You can laminate the fish for durability.

Tip: With slight modifications, you can use the same fishing poles for the Fish Names Game, Cast & Learn, Cast-A-Thon Relay Challenge, Crazy Casting Spin-Off, and Cast-A-Thon Relay Challenge.



A Wolf Goes Fishing

Elective

Requirement 1





Snapshot of Activity

Visit a fishery or a fish hatchery.







1



1



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 fishery or fish hatchery that offers educational visits and schedule a meeting.
- 2. Ask whether the visit will be a guided tour led by fishery staff or a self-guided tour where your group will explore independently.
- 3. If it's a self-guided tour, request informational materials and guidelines from the fishery or hatchery staff. This will help you prepare for the tour.
- 4. Inform Cub Scouts' parent or legal guardian 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.
- 3. If it is a guided tour, thank the person who guided the tour.

After the meeting:

1. Write a thank you note to the fishery or fish hatchery and send.

A Wolf Goes Fishing

Elective

Requirement 1



Who's That Fish?

Snapshot of Activity

A game of Who's that Fish? Where Cub Scouts guess what fish is pictured and if it is native.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Printed pictures of native/local fish; these can be on your state's fish and wildlife department website; a minimum of 1 per Cub Scout
- Printed pictures of fish that are not native to your area; a minimum of 1 per Cub Scout
- Printer
- Masking tape

Directions

Before the meeting:

- 1. Print pictures of fish that are native to your area.
- 2. Print pictures of fish that are not native to your area. You can use the pictures found in Wolf A Wolf Goes Fishing 1 Who's That Fish.pdf or you can find your own.
- 3. On the back of each fish, write down two facts.

During the meeting:

- 1. Stand at the front of the room with a second adult.
- 2. Have the second adult turn their back to Cub Scouts and tape one of the fish pictures to their chest.
- 3. Ask the adult to turn around showing the fish picture to Cub Scouts. Read a couple of the facts about that fish to Cub Scouts.
- 4. Ask Cub Scouts to raise their hands if they think the fish is native to their area. Then ask them to raise their hands if they think it is not native to their area.
- 5. Start again with the leader taping a different fish picture to their chest.
- 6. Continue until you've talked about all of the fish.

Additional Resources

Wolf A Wolf Goes Fishing 1 Who's That Fish.pdf

A Wolf Goes Fishing

Elective

Requirement 2



Bait-ology Bonanza

Snapshot of Activity

Learn about fishing baits with a memory game.







2

Indoor

5

If you want to know more about The Adventure Activity Key, click here.

Supply List

- Artificial lures such as plastic worms, spinnerbaits, roundhead jigs, dropshots
- Live bait such as worms, crickets, and minnows
- Household items that can be used as bait: corn, hot dogs, sandwich meat, bread
- Something to cover the bait such as newspaper, a piece of fabric, a plastic tablecloth, etc.

Directions

Before the meeting:

- 1. Collect different types of fishing bait, including both live and artificial. Gather more examples than the number of Cub Scouts in your den.
- 2. Immediately before the meeting begins, arrange the bait on a table so Cub Scouts can examine it.

During the meeting:

- 1. Tell Cub Scouts that there are several factors that go into choosing the type of bait you'll use. These include the type of fish you want to catch and your fishing location.
- 2. Explain to Cub Scouts that they're going to learn about different types of fishing bait
- 3. Show Cub Scouts each type of bait and the name of the bait.
- 4. After you've given Cub Scouts all the names, tell them that you're going to allow them to gather around the table for two or three minutes. At the end of that time, you'll cover up the bait so that they can't see it.
- 5. Ask Cub Scouts to name one of the types of bait that they saw by calling on them one at a time.

After each Cub Scout has had an opportunity to name an example, uncover the bait and count how many they got right.

A Wolf Goes Fishing

Elective

Requirement 3





Snapshot of Activity

Learn how to cast a fishing pole with accuracy by trying to hit a target.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Cub Scouts can bring their own fishing poles or secure enough youth fishing poles for Cub Scouts to use.

- Spincaster fishing poles
- 1/2" flat washers one for each fishing pole
- Frisbees
- Cast & Learn scoresheet found in Additional Resources
- Printer

Directions

Before the meeting:

- 1. Spread out frisbees in the casting area to serve as targets. Decide how many points Cub Scouts can earn for landing in each frisbee. The further the frisbee the more points they are worth.
- 2. Print Cast & Learn scoresheet, one for the den.

- 1. Explain to Cub Scouts that they'll be practicing casting their fishing pole and that the goal is to hit the center of the target.
- 2. Remove any hooks from the fishing poles and replace them with flat washers
- 3. Demonstrate how to cast the pole toward the target. Cast the pole five times and add up your points for the five
- 4. Have Cub Scouts line up and practice. When they are ready allow them to go to cast for a score.
- 5. Take turns casting five times. After their five turns, tell them to add up their points and record their score on the den scoresheet.

Tip: With slight modifications, you can use the same fishing poles for the Fish Names Game, Cast & Learn, Cast-A-Thon Relay Challenge, Crazy Casting Spin-Off, and Cast-A-Thon Relay Challenge.

Additional Resources

Cast & Learn scoresheet

A Wolf Goes Fishing

Elective

Requirement 3



Cast-A-Thon Relay Challenge

Snapshot of Activity

Cub Scouts practice casting their pole or rod to catch a paper fish.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Cub Scouts can bring their own fishing poles or secure enough youth fishing poles for Cub Scouts to use.

The items in this activity can be kept for future dens or pack activities.

There are similar practice casting kits that are available for sale instead of making your own.

- Spincaster fishing poles
- 1/2" flat washers one for each fishing pole
- Cast-A-Thon Relay Challenge pattern found in Additional Resources
- Cardstock
- Printer
- Small magnets
- ½" flat washers that magnets will attach to. (Iron, steel, or nickel)
- Glue
- Blue painter's tape

Directions

Before the meeting:

- 1. Designate an area as a pond using blue painter's tape on the floor. Make the area at least 25 feet long to allow for long casting.
- 2. Block off the area to prevent anyone from walking near or around where Cub Scouts will be casting.
- 3. Make several fish using the Cast-A-Thon Relay Challenge pattern and card stock. You'll need at least one for every two Cub Scouts in your den.
 - Print out the fish pattern on card stock.
 - Cut out the fish and match them up so that the blue color shows on each side.
 - Using tape, tape a magnet to the back (white) side of one of the fish.
 - Put the other fish on top of the fish with the magnet, and tape (with the regular tape) or glue them together.

4. Test to make sure that the flat washers will attach to the magnets and hold the fish.

During the meeting:

- 1. Designate an area in your meeting room as your "pond," and spread the fish out in the pond.
- 2. Remove any hooks from the fishing poles and tie on flat washers.
- 3. Mark lines that are 6 feet apart on the casting end of the "pond" for Cub Scouts to cast from.
- 4. Demonstrate the proper way to cast.
- 5. Allow Cub Scouts to practice.
- 6. Divide Cub Scouts into two teams and have each team line up 6 feet behind one of the casting areas.
- 7. Explain the rules of the game.
 - The first Cub Scout in line will step up to the casting area and cast until they catch a fish.
 - Once they catch a fish they go to the back of their team's line.
 - The team that has each team member catch a fish wins.

Tip: With slight modifications, you can use the same fishing poles for the Fish Names Game, Cast & Learn, Cast-A-Thon Relay Challenge, Crazy Casting Spin-Off, and Cast-A-Thon Relay Challenge.

Additional Resources

Cast-A-Thon Relay Challenge pattern

A Wolf Goes Fishing

Elective

Requirement 3



Crazy Casting Spin-Off

Snapshot of Activity

Cub Scouts practice their casting skills by distance and accuracy.







5



2



If you want to know more about The Adventure Activity Key, <u>click here</u>.

Supply List

Cub Scouts can bring their own fishing poles or secure enough youth fishing poles for Cub Scouts to use.

The items in this activity can be kept for future dens or pack activities.

There are similar practice casting kits that are available for sale instead of making your own.

- Spincaster fishing poles
- ½" flat washers one for each fishing pole
- Blue painter's tape
- Crazy Casting Spin-Off spinner pattern found in Additional Resources
- Cardstock
- Printer
- Brad fastener
- 3 hula hoops
- Tape measure
- Neckerchief or blindfold

Directions

Before the meeting:

- 1. Print the spinner on card stock, cut it out, and assemble it with the brad fastener.
- 2. Mark off a safe area that is at least 40 feet long to allow for long casting.
- 3. Mark off three spots that are 6-feet apart that will serve as casting areas for Cub Scouts.
- 4. Place the hoops 20-feet from each of the three casting areas.

- 1. Have Cub Scouts gather in an open area outside free of obstacles.
- 2. Demonstrate the proper way to cast, make sure to cover the methods that are on the Crazy Casting Spin-Off spinner.

- 3. Give Cub Scouts time to practice casting.
- 4. Have Cub Scouts line up 6 feet behind one of the casting areas.
- 5. Have the first Cub Scout in line, spin the spinner, and attempt the cast the spinner lands on. A successful cast is one that lands in a hula hoop.
- 6. Continue until every Cub Scout has at least one chance at the challenge.

Tip: Some of the casts are silly like "do three bunny hops then cast." This is to make the activity more exciting.

Tip: If you have a large den, you may want to divide Cub Scouts into two or three groups and make two or three spinners and two or three fishing poles.

Tip: With slight modifications, you can use the same fishing poles for the Fish Names Game, Cast & Learn, Cast-A-Thon Relay Challenge, Crazy Casting Spin-Off, and Cast-A-Thon Relay Challenge.

Additional Resources

Crazy Casting Spin-Off spinner pattern

A Wolf Goes Fishing

Elective

Requirement 4



Bait and Switch Safety Rules Game

Snapshot of Activity

Cub Scouts learn the fishing safety rules in this flashcard game.



Indoor



2



2



2

If you want to know more about The Adventure Activity Key, click here.

Supply List

- Bait & Switch Safety Rules Game found in Additional Resources
- Cardstock
- Printer
- Scissors
- Wolf handbook

Directions

Before the meeting:

- 1. Print Bait & Switch Safety Rules Game on cardstock.
- 2. Cut out each flashcard.

During the meeting:

- 1. Place the flashcards face down in a pile.
- 2. Have Cub Scouts read the fishing safety rules in their Wolf handbook.
- 3. Have Cub Scouts pick a buddy.
- 4. Explain the game to Cub Scouts. Each pair of Cub Scouts will turn a card over, read it, and shout out "rule" or "not rule."
- 5. Continue the game with the next pair of Cub Scouts until you've gone through all the cards.

Tip: Instead of Cub Scouts saying "rule" or "not rule," they could say "bait" when it is a rule and "switch" when it isn't.

Tip: Laminating the flashcards will make them more durable.

Bait & Switch Safety Rules Game

A Wolf Goes Fishing

Elective

Requirement 4



Hook, Line, and Safety Poster

Snapshot of Activity

Cub Scouts make a poster about fishing safety.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Poster board, 1 for every two Cub Scouts
- Pencils, crayons, and markers
- Glue or tape
- Scissors
- Stickers for decoration
- Wolf handbook

Directions

- 1. Divide Cub Scouts into teams of two to three.
- 2. Explain that Cub Scouts will be working together to make a poster to show the rules they should follow to safely fish.
- 3. Using the fishing rules found in the Wolf handbooks, have Cub Scouts write the rules somewhere on their poster. Fishing rules:
 - 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. Encourage Cub Scouts to draw pictures representing the fishing safety rules.
- 5. Encourage Cub Scouts to decorate their poster using crayons, markers, or stickers.

A Wolf Goes Fishing

Elective

Requirement 4



Tacklebox Trivia

Snapshot of Activity

A fun and interactive way to learn the rules of fishing safely through a jeopardy-type game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Poster board or a large sheet of cardboard
- Post-it notes (multiple colors if possible)
- Markers
- Ruler
- Tape or glue
- Tacklebox Trivia cards found in Additional Resources
- Cardstock
- Printer
- Access to Tacklebox Trivia Clues and Answers found in Additional Resources

Directions

Before the meeting:

- 1. Lay out your poster board horizontally or vertically, depending on your preference. Use a ruler to create a large table with six rows and four columns for your categories and point values.
- 2. Write the names of the categories in the top row: Fishing Safety, Fishing Equipment, Types of Bait, and Cub Scout Six Essentials.
- 3. Print the clues from Tacklebox Trivia and cut them out.
- 4. Tape or glue each clue into one of the boxes in the correct category.
- 5. Write the point values (100, 200, 300, 400, and 500) onto individual Post-it notes. You'll need four sets, one for each category.
- 6. Place the Post-it notes over the clues.

- 1. Divide Cub Scouts into two or three groups.
- 2. Before beginning the game, ask an adult to determine which team raises their hand first and to keep score.

- 3. Explain the game rules to Cub Scouts. After a clue is read, the first team to raise one of their hands is called on to try to answer the clue. If they answer correctly, they are awarded the value of the points. Their answer must be in the form of a question (who is, what is, etc.).
- 4. Ask one of the teams to select a category and point value.
- 5. Remove the Post-it note from the selected clue, and read it to the teams.
- 6. Call on the first team that raises their hand.
- 7. If the team gives the correct answer in the correct format, they are awarded the points. If they answer incorrectly, the points are deducted from their score, and another team is allowed to answer.
- 8. The team that gives the correct answer selects the next category and point value.
- 9. Continue playing until all the categories and points have been answered.

Additional Resources

<u>Tacklebox Trivia cards</u> <u>Tacklebox Trivia Clues and Answers</u>

A Wolf Goes Fishing

Elective

Requirement 5

Go Fish



Snapshot of Activity

Cub Scouts go on a fishing expedition with their den.







5



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. 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/location of the fishing activity.
- 4. Secure additional adult supervision.
- 5. Remind parents and guardians to complete 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.
- 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. As Cub Scouts are fishing have adults give positive coaching and encouragement.
- 8. If a fish is caught practice catch and release.
- 9. Assist Cub Scouts who catch a fish to release it.
- 10. Before leaving the fishing area, have Cub Scouts and adults pick up any trash that may be found.

Adventures in Coins

Elective



Snapshot of Adventure

To most people, coins are used to buy things they want or need. But coins can also tell a story. The pictures on United States coins tell a lot about our country's culture and history. In this Adventure, you will get to be a numismatist (noo-MIZmuh-tist). A numismatist is a person who studies coins and money. You'll learn where coins are made and the meaning of their pictures and words.

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 <u>Guide to Safe Scouting</u> 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 Adventures in Coins.

Requirement 1

Identify different parts of a coin.

- Cub Scouts will design their own coin.
- Learn about coins in a coin scavenger hunt.
- Cub Scouts learn about the characteristics and values of different coins.

Requirement 2

Find the mint mark on a coin and identify the mint facility where it was made and the year it was made.

- In this activity, Cub Scouts will count coins from each mint.
- Cub Scouts will learn about coin mint marks.

Requirement 3

Play a coin game.

- Cub Scouts will play basketball with coins.
- Play Coin Bingo.
- The coin wars game will help teach Cub Scouts to add up the value of coins.
- Cub Scouts will practice their coin-counting skills with this fun coin game using plastic Easter eggs.

Requirement 4

Choose a coin that interests you and make a coin rubbing. List information next to the coin detailing the pictures on it, the year it was made, and the mint where it was made.

• Making a coin rubbing to learn more about your favorite coin.

Back to Elective Adventures

Adventures in Coins

Elective

Requirement 1



Coin Designer Challenge

Snapshot of Activity

Cub Scouts will design their own coin.



Indoor



2



2



2

If you want to know more about The Adventure Activity Key, click here.

Supply List

- Coin Designer Challenge found in Additional Resources
- Printer
- Pencils, crayons, or markers

Directions

Before the meeting:

1. Print Coin Designer Challenge worksheets, one for each Cub Scout.

- 1. Explain to Cub Scouts that they are going to design their own coin. Pass out the worksheet.
- 2. Ask Cub Scouts to choose a theme for the coin. It could be related to a favorite hobby, a historical event, a fictional story, or something else of personal significance.
- 3. Have Cub Scouts think about what they'll put on the obverse (front). Give them some ideas such as:
 - Portrait: Consider including a portrait, either of a fictional character or someone important to the theme.
 - Date: Add a year or date that holds meaning for the theme.
 - Symbolism: Incorporate symbols that represent the theme or story. For example, if it's about space exploration, include stars, planets, or rockets.
 - Denomination: Clearly label the coin's value if it's part of a play or educational activity.
 - Have Cub Scouts think about what they'll put on the reverse (back) such as:
- 4. Design Continuation: Ensure that the reverse complements the theme on the obverse.
 - Motto or Slogan: Add a motto, slogan, or catchphrase that relates to the theme or story.
 - Country or Origin: Include a fictional country or origin for the coin. Kids can get creative with this aspect.
 - Edge: Design the edge of the coin, considering unique patterns, lettering, or features.
- 5. After Cub Scouts have finished their designs, have them take turns sharing it with the rest of the den.

Additional Resources

Coin Designer Challenge worksheet

Adventures in Coins

Elective

Requirement 1



Coin Hunter's Odyssey

Snapshot of Activity

Learn about coins in a coin scavenger hunt.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Coins of different denominations (at least 25)
- Coin Hunter's Odyssey worksheet found in Additional Resources
- Printer
- Pencils, enough for each Cub Scouts

Directions

Before the meeting:

- 1. Print Coin Hunter's Odyssey worksheets, one for each Cub Scout.
- 2. Gather coins of different denominations. Make sure that you have coins that match each of the items on the scavenger hunt list.
- 3. Hide the coins around the meeting location.

- 1. Give each Cub Scout a copy of the Coin Scavenger Hunt.
- 2. Explain to Cub Scouts that they're going on a scavenger hunt to find coins that have the characteristics listed on their paper. Tell them the boundaries of their hunt (coins are all inside the room, coins aren't in any cabinets or drawers, etc.)
- 3. Have Cub Scouts walk around the room looking for the coins. Give them a set amount of time for the activity. Ten minutes will be sufficient.
- 4. Once the time is up, gather around and ask Cub Scouts to share their sheets.

Additional Resources

Coin Hunter's Odyssey worksheet

Adventures in Coins

Elective

Requirement 1



Coin Quest Adventure

Snapshot of Activity

Cub Scouts learn about the characteristics and values of different coins.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- One penny, one nickel, one dime, and one quarter for each Cub Scout
- Wolf handbook

Directions

Before the meeting:

1. Collect the coins you'll need.

- 1. Place all the coins in a pile on a table, and ask Cub Scouts to each take one penny, one nickel, one dime, and one quarter.
- 2. Have Cub Scouts work with a buddy.
- 3. Ask Cub Scouts to work with their buddy to examine their coins. Have them identify the following:
 - The bust is a picture of a person's head.
 - The legend is the main writing.
 - The field is the background of the coin.
 - The relief is all the raised parts of the coin.
 - The inscription is the writing on the coin.
 - The mint mark is a letter telling where the coin was made.
 - The edge is the outer surface of the coin. It could have lettering, designs, or ridges on it.
 - The rim is a raised area near the edge around the coin on both sides. It helps the coin keep from wearing out too quickly.
- 4. Have each Cub Scout pick a coin.
- 5. Tell Cub Scouts that you're going to ask some questions about their coin. They should take turns answering them with their buddy.
 - What is this coin called?

- What can you tell me about it?
- Whose face is on the coin? What do you know about this person?
- Does the coin have writing on it? What does it say?
- What is the value of the coin?
- Does the coin have a mint mark? What is the mint mark?
- 6. Have Cub Scouts select a different coin and answer the questions for the new coin.

Adventures in Coins

Elective

Requirement 2

Mint City Showdown

Snapshot of Activity

In this activity, Cub Scouts will count coins from each mint.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Magnifying glasses, one for every two Cub Scouts
- Five coins for each Cub Scout
- Whiteboard and whiteboard markers
- Pen or pencil

Directions

Before the meeting:

- 1. Draw a line down the middle of the whiteboard and make two columns. Label the columns Philadelphia and Denver.
- 2. Learn about mint marks on coins and the different locations where coins are made.
 - P = Philadelphia
 - S = San Francisco
 - D = Denver
 - W = West Point

- 1. Distribute coins to Cub Scouts.
- 2. Gather Cub Scouts and inform them that in the United States coins are made in four different places called mints.
- 3. Show them what a mint mark looks like on a coin.
- 4. Let each Cub Scout examine the different mint marks in the coins using a magnifying lens.
- 5. Ask Cub Scouts to separate their coins by mint mark and count the number they have of each.
- 6. Have each Cub Scout write the number of coins they have from each mint in the appropriate column on the poster board or whiteboard.
- 7. Add up the totals in each column to determine how many Cub Scouts have from each mint.

8. Ask Cub Scouts why they think there is more from one mint than the other. For example, if you live on the east side of the country, you may have more quarters from the Philadelphia mint.

Tip: Coin Anatomy Expedition, Mint Mark Masterclass, and Mint City Showdown could all be completed at the same den meeting

Adventures in Coins

Elective

Requirement 2



Mint Mark Masterclass

Snapshot of Activity

Cub Scouts will learn about coin mint marks.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Magnifying glasses, one for every two Cub Scouts
- Five coins for each Cub Scout

Directions

Before the meeting:

- 1. Learn about mint marks on coins and the different locations where coins are made.
 - P = Philadelphia
 - S = San Francisco
 - D = Denver
 - W = West Point

During the meeting:

- 1. Gather Cub Scouts and inform them that in the United States coins are made in four different places called mints.
- 2. Show them what a mint mark looks like on a coin.
- 3. Ask Cub Scouts to use the magnifying glass to find the mint mark for their coins.
- 4. Have Cub Scouts share what mints made their coins.

Tip: Coin Anatomy Expedition, Mint Mark Masterclass, and Mint City Showdown could all be completed at the same den meeting.

Adventures in Coins

Elective

Requirement 3



Coin Basketball

2

Snapshot of Activity

Cub Scouts will play basketball with coins.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- One guarter for each Cub Scout
- One cup or bowl for each Cub Scout

Directions

During the meeting:

- 1. Explain to Cub Scouts that they're going to play coin basketball where they'll try to toss a quarter into the cup or how!
- 2. Have Cub Scouts sit at a table and place their cup two or three feet in front of them.
- 3. Instruct Cub Scouts to hold the coin upright on its rim between one finger and thumb.
- 4. Tell Cub Scouts to try tossing the coin into the cup a couple of times for practice. If they make it into the cup or bowl, they earn two points.

After the practice time is up, tell Cub Scouts that they'll have two minutes to toss the coin in the cup or bowl as many times as possible. Have them keep up with the number of points they earn.

Adventures in Coins

Elective

Requirement 3





Snapshot of Activity

Play Coin Bingo.







2



2



2

If you want to know more about The Adventure Activity Key, click here.

Supply List

- Coin Bingo card found in Additional Resources
- Printer
- One of each for the caller: penny, nickel, dime, quarter, and dollar coin
- One pencil or pen for each Cub Scout

Directions

Before the meeting:

- 1. Print Coin Bingo Card, one for each Cub Scout.
- 2. Collect coins.

During the game:

- 1. Ask an adult or a denner to assist with this activity by keeping track of how many times a coin is called.
- 2. Give each Cub Scout their bingo card and the coins.
- 3. Explain that you'll hold up a coin. Cub Scouts will identify the value of the coin and if they have that value on their bingo card, they'll mark off the square on their card. They can only mark one square per turn. When they get four in a row, they should shout out, "Bingo!"
- 4. Continue holding up coins until someone gets four in a row.
- 5. When Cub Scout shouts, "Bingo," ask the adult or denner to verify their results.
- 6. The first Cub Scout who gets four coins in a row wins the game.

Additional Resources

Coin Bingo card

Adventures in Coins

Elective

Requirement 3



Coin Wars Game

Snapshot of Activity

The coin wars game will help teach Cub Scouts to add up the value of coins.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Coin Wars Game cards found in Additional Resources
- Printer

Directions

Before the meeting:

- 1. Print enough copies of the Coin Wars Game cards for each Cub Scout to have seven cards.
- 2. Cut the pages into cards.

During the meeting:

- 1. Ask Cub Scouts to buddy up. Give each set of buddies a stack of fourteen cards.
- 2. Have one Cub Scout deal the cards to themselves and to their buddy.
- 3. Each player turns over one of their cards and adds up the value of the coins on the card.
- 4. The player who has the highest value gets all the cards for that hand.
- 5. Continue playing until all the cards have been played.

Additional Resources

Coin Wars Game cards

Adventures in Coins

Elective

Requirement 3



Eggstravaganza Coin Quest

Snapshot of Activity

Cub Scouts will practice their coin-counting skills with this fun coin game using plastic Easter eggs.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Plastic craft eggs, three for each Cub Scout
- Permanent marker
- About \$10 in assorted coins
- 2 baskets
- 2 paper plates
- 6ft long folding table

Directions

Before the meeting:

- 1. Using the marker, write different amounts on each of the plastic eggs. For example, 84¢, 21¢, 38¢.
- 2. After the amounts are written on the eggs, add the amounts up to ensure that you have the correct amount in coins.
- 3. Set up an area free of obstacles to conduct a relay race.
- 4. Make the relay course 30 feet long.
- 5. Divide the eggs evenly into two baskets. Set up the table at the end of the opposite end of the starting line. Place the two baskets on opposite ends of the table.
- 6. Divide the change into two equal portions onto the two paper plates. Place a plate next to each basket.

- 1. Gather the Cub Scouts and divide the den into two teams.
- 2. Explain the rules of the relay.
 - The first person on the team will run to the table to their team's basket. Pull out an egg and read the amount on the egg.
 - The person then places the correct amount of change to equal the amount that is on the egg, opens the egg and places the change into the egg, and then runs back.

- The team will get 1 point for each egg that has the correct change in it.
- The team that collects all the eggs first gets 1 point.
- 3. The point system is set up so accuracy counts more than speed so the team that makes sure the amount in each egg is correct will more than likely win the race.
- 4. Run the relay race, look for opportunities to celebrate those who demonstrate the Scout Oath and Law as they play.

Back to Adventures in Coins Requirements

Adventures in Coins

Elective

Requirement 4

Coin Rubbings



Snapshot of Activity

Making a coin rubbing to learn more about your favorite coin.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Wolf handbook or Coin Rubbings worksheet found in Additional Resources
- Printer
- Pencil for each Cub Scout
- Assortment of coins, at least three for each Cub Scout

Directions

Before the meeting:

1. Either ask that Cub Scouts bring their Wolf handbook to the meeting or print the Coin Rubbings worksheet, enough for 1 for each Cub Scout.

- 1. Place the coins on a table. Ask Cub Scouts to gather around the table.
- 2. Have Cub Scouts pick out 3 coins of various sizes and denominations.
- 3. Have Cub Scouts place the coin on a smooth surface. Using the page in the handbook or the worksheet, place the paper on top of a coin. Hold the paper firmly to keep the coin steady.
- 4. Tell Cub Scouts to use the side of the pencil lead, rub back and forth across the paper over the coin. Have them continue rubbing until the entire side of the coin is copied on the paper.
- 5. Explain that when Cub Scouts are done with that side, they should repeat for the other side of the coin.
- 6. On their coin rubbing paper, Cub Scouts write down:
 - Type of coin
 - Pictures
 - Year
 - Mint

Additional Resources

Coin Rubbings worksheet

Back to Adventures in Coins Requirements



Snapshot of Adventure

It's time to take flight. Do you know the secret to making a paper airplane fly longer or farther? In this Adventure, you will have fun making different types of airplanes and other flying objects.

Safety Moment

Before 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 <u>Guide to Safe Scouting</u> and applicable program literature or manuals.

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

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 Air of the Wolf.

Requirement 1

Make a paper airplane and fly it five times. Record the flight distance and time.

• Cub Scouts make and fly a paper airplane.

Requirement 2

Make a paper airplane of a different design and fly it five times. Record the flight distance and time.

• Cub Scouts will make a different paper airplane design and fly it five times.

Requirement 3

Compare and contrast the two paper airplanes by distance and flight times.

- Cub Scouts participate in a paper airplane derby.
- Cub Scouts will play paper airplane golf.
- Cub Scouts participate in a paper airplane obstacle course.

Requirement 4

Build a flying object that is not a paper airplane.

- Cub Scouts build and fly balsawood airplanes.
- Cub Scouts make and fly a paper kite.
- Cub Scouts make and fly Wolf-Copters.

Back to Elective Adventures

Air of the Wolf

Elective

Requirement 1

Make a Paper Airplane

Snapshot of Activity

Cub Scouts make and fly a paper airplane.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 8 ½" x 11" inch paper (several pages for each Cub Scout)
- Folding instructions sheets for each Cub Scout, see Make a Paper Airplane found in Additional Resources
- Flight distance and time sheet for each Cub Scout, see Make a Paper Airplane tracker in Additional Resources
- Printer
- Pencils or pens
- Measuring tape
- Stopwatch or phone with stopwatch app

Directions

Before the Meeting:

- 1. Print copies of folding instructions, and flight distance and time sheet.
- 2. Ask two adults to assist. One to be the timekeeper and one to measure distance.

- 1. Pass out handouts and paper to make the airplanes to each Cub Scout.
- 2. Tell Cub Scouts that they're going to make and fly paper airplanes. Let Cub Scouts know that they can use any design they want, but they have the folding instructions sheet as a reference.
- 3. While Cub Scouts are making their planes, mark a start line. Cub Scouts will stand behind this line when they fly their planes.
- 4. After all Cub Scouts have finished folding their airplanes, explain that they're going to fly them five times and record how far they travel and how long they stay in the air.
- 5. Ask Cub Scouts to line up behind the start line. One at a time, have Cub Scouts fly their paper airplane.
- 6. Have the time and distance keepers announce the results and remind Cub Scouts to record their numbers on their sheet.

- 7. Have the next Cub Scout in line fly their paper airplane. Repeat step 6.
- 8. Continue steps 5, 6, and 7 until all Cub Scouts have flown their airplanes five times.
- 9. Ask Cub Scouts what features the paper airplanes that flew the furthest have in common.

Tip: This activity can be done with the paper airplane comparison activity for requirement 2.

Additional Resources

Make a Paper Airplane folding instructions

Make a Paper Airplane flight distance and time tracker

Back to Air of the Wolf Requirements

Air of the Wolf

Elective

Requirement 2



Paper Airplane Comparison

Snapshot of Activity

Cub Scouts will make a different paper airplane design and fly it five times.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 8 ½" x 11" inch paper, several pages for each Cub Scout
- Folding instructions sheets for each Cub Scout, Paper Airplane Comparison in Additional Resources
- Flight distance and time sheet for each Cub Scout, Paper Airplane Comparison tracker in Additional Resources
- Printer
- Pencils or pens
- Measuring tape
- Stopwatch or phone with stopwatch app

Directions

Before the meeting:

- 1. Print one copy of the folding instructions sheet and one copy of the flight distance and time sheet for each Cub
- 2. Ask two adults to assist. One to be the timekeeper and one to measure distance.

- 1. Pass out handouts and paper to make the airplanes to each Cub Scout.
- 2. Tell Cub Scouts that they're going to make and fly a different paper airplane design. Let Cub Scouts know that they can use any design they want, but they have the folding instructions sheet as a reference.
- 3. While Cub Scouts are making their planes, mark a start line. Cub Scouts will stand behind this line when they fly their planes.
- 4. After all of Cub Scouts have finished folding their airplanes, explain that they're going to fly them five times and record how far they travel and how long they stay in the air.
- 5. Ask Cub Scouts to line up behind the start line. One at a time, have Cub Scouts fly their paper airplane.

- 6. Have the time and distance keepers announce the results and remind Cub Scout to record their numbers on their sheet.
- 7. Have the next Cub Scout in line fly their paper airplane. Repeat step 6.
- 8. Continue steps 5, 6, and 7 until all Cub Scouts have flown their airplanes five times.
- 9. Ask Cub Scouts what features the paper airplanes that flew the furthest have in common.

Tip: This activity can be done with the make a paper airplane activity for requirement 1.

Additional Resources

<u>Paper Airplane Comparison folding instructions sheets</u> <u>Paper Airplane Comparison tracker</u>

Back to Air of the Wolf Requirements

Air of the Wolf

Elective

Requirement 3



Paper Airplane Derby

Snapshot of Activity

Cub Scouts participate in a paper airplane derby.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 8 ½" x 11" paper, at least 6 or 7 pieces per Cub Scout
- Pens or pencils
- Measuring tape
- Stopwatch or phone with stopwatch app
- Paper Airplane Derby scoresheet found in Additional Resources
- Printer

Directions

Before the meeting:

- 1. Print Paper Airplane Derby scoresheet, 4 scoresheets per page, enough for 1 scoresheet for each Cub Scout.
- 2. Just before the meeting, set up each of the four rounds. Ask adults to help and assign one or two of them to each
- 3. Depending on how many Cub Scouts you have, you might want to have them rotate through the rounds instead of everyone competing at one station before moving to the next one
- 4. For the Bullseye Bonanza Target Round: Find a suitable target, such as a pole, tree, or marked spot on the ground. Find a throwing spot, ensuring it's about 10 steps away from the target.
- 5. For the Hang-Time Heroes Hang Time Round: Find an open area without obstructions where Cub Scouts can fly their planes. Mark the throwing spot.
- 6. For the Pathfinder Precision Accuracy Round: Find a suitable straight path along which Cub Scouts can fly their planes such as a sidewalk, hallway, or marked area. Mark the throwing spot.
- 7. For the Sky's the Limit Distance Round: Find an open area without obstructions where Cub Scouts can fly their planes. Mark the throwing spot.

During the meeting:

- 1. Explain to Cub Scouts that there are four rounds of the Paper Airplane Derby.
 - Bullseye Bonanza Land the airplane as close as possible to the target.
 - Hang-Time Heroes Keep the airplane in the air as long as possible.
 - Pathfinder Precision Fly the airplane in a straight path, landing it as close as possible to the middle.
 - Sky's the Limit Fly the airplane as far as possible.
- 2. Instruct Cub Scouts to make at least four airplanes, one for each round. They may also want to make some extra planes to practice with. Have them write their names on each of their planes. They may also decorate their planes by drawing pictures or designs on them.
- 3. Give Cub Scouts time to practice flying their planes. When the practice time is up, have them choose which planes they'll fly for each round.
- 4. For the Bullseye Bonanza Target Round:
 - Have Cub Scouts line up behind the throwing spot. Ask one or two parents to stand near the target with a measuring tape.
 - Each Cub Scout will take a turn throwing their airplane at the target, aiming to land it as close to the target as possible. The parents will measure how far away from the target the plane is. Each Cub Scout will record how far away they are from the target.
- 5. For the Hang-Time Heroes Hang Time Round:
 - Have Cub Scouts line up behind the throwing spot. Ask one parent to watch the plane and another parent to work the stopwatch.
 - Each Cub Scout will take a turn throwing their airplane, aiming to keep it in the air as long as possible. When the plane lands, the parent watching it will tell the other parent to stop the stopwatch. Each Cub Scout will record how long their plane stayed in the air.
- 6. For the Pathfinder Precision Accuracy Round:
 - Have Cub Scouts line up behind the throwing spot. Ask one or two parents to stand by the path with measuring tape.
 - Each Cub Scout will take a turn throwing their airplane, aiming to land it as close to the middle of the path as possible. When the plane lands, the parents will measure how close to the middle of the path it is. Each Cub Scout will record how far away they are from the middle of the path.
 - Tip: You might want to set an acceptable minimum distance for throws to count.
- 7. For the Sky's the Limit Distance Round:
 - Have Cub Scouts line up behind the throwing spot. Ask one or two parents to stand near the throwing spot with a long measuring tape.
 - Each Cub Scout will take a turn throwing their airplane, aiming to fly as far as possible. When the plane lands, the parents will measure how far the plane flew from the throwing spot. Each Cub Scout will record how far their plane flew.
- 8. Have Cub Scouts compare their results. You can award small prizes to the winners of each round if you would
- 9. Ask Cub Scouts what features the paper airplanes that did the best in each challenge have in common.

Tip: If you have a large den, you may not have time to do all four rounds. If you don't, pick two to do.

Additional Resources

Paper Airplane Derby scoresheet

Air of the Wolf

Elective

Requirement 3



Paper Airplane Golf

Snapshot of Activity

Cub Scouts will play paper airplane golf.



Indoor



1



1



4

If you want to know more about The Adventure Activity Key, click here.

Supply List

- 8 ½" x 11" paper, at least 2 or 3 pieces per Cub Scout
- Markers and colored pencils to decorate the airplanes
- Tape
- Scissors
- Items to create "hole" such hula hoops, laundry baskets, or buckets
- Paper Airplane Golf scorecard found in Additional Resources
- Printer

Directions

Before the meeting:

- 1. Print a Paper Airplane Golf scorecard for each Cub Scout.
- 2. Find an open outdoor area with enough room for each hole.
- 3. For each hole, place a hula hoop, laundry basket, bucket, etc. on the ground and mark a starting point a few steps away.

- 1. Have Cub Scouts make paper airplanes.
- 2. Starting at hole 1, each Cub Scout flies their plane, trying to land it inside the "hole" with the fewest throws.
- 3. After their turn, each Cub Scout records their score on the scorecard.
- 4. When all Cub Scouts have had a turn at hole 1, they move to hole 2 and so on, until Cub Scouts complete all the holes.
- 5. Ask Cub Scouts what features the paper airplanes that did the best have in common.

Additional Resources

Paper Airplane Golf scorecard

Back to Air of the Wolf Requirements

Air of the Wolf

Elective

Requirement 3



Paper Airplane Obstacle Course

Snapshot of Activity

Cub Scouts participate in a paper airplane obstacle course.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 8 ½" x 11" paper, 2 or 3 pieces per Cub Scout
- Markers and colored pencils to decorate the airplanes
- Tape
- Scissors
- Supplies for obstacles, items such as pool noodles, cardboard boxes, paper, wire hangers, etc.
- Print one Den Obstacle Course Time Sheet, see Paper Airplane Obstacle Course in Additional Resources

Directions

Before the meeting:

- 1. Design your obstacle course by brainstorming the obstacles you want to include in your course. Some ideas include hoops, tunnels, targets, and rings.
- 2. Determine the layout of your course, keeping in mind the available space and the order of the obstacles.
- 3. Create the obstacles. For each obstacle, you'll need to create a target or a structure. Here are a few ideas:
 - Hoops: Create large hoops using wire hangers or pool noodles. Shape them into circles and secure the ends with tape or string.
 - Tunnels: Use large cardboard boxes or sheets to create tunnels.
 - Targets: Draw or print out targets on sheets of paper. These can be circles, squares, or any shape you like.
 - Rings: Create rings using pool noodles or flexible plastic tubing. Shape them into circles and secure the
 ends.
- 4. Immediately before the meeting, set up your obstacles.

During the meeting:

1. Explain to Cub Scouts how the obstacle course will work.

- 2. Have Cub Scouts make their paper airplanes and write their names on them. They may decorate them with markers or colored pencils.
- 3. Each Cub Scout takes turns flying their paper airplane through the obstacle course, attempting to complete it as quickly and accurately as possible.
- 4. Time each Cub Scout's run and have them record it on the den time sheet.
- 5. Ask Cub Scouts what features the paper airplanes that did the best have in common.

Additional Resources

Paper Airplane Obstacle Course time sheet

Back to Air of the Wolf Requirements

Air of the Wolf

Elective

Requirement 4

Balsawood Airplanes



Snapshot of Activity

Cub Scouts build and fly balsawood airplanes.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Balsawood airplane kits, one per Cub Scout

Directions

Before the meeting:

- 1. Put together one of the balsa wood airplanes using the instructions found in the package so that you can demonstrate this to Cub Scouts.
- 2. Identify a place to fly planes that is free of obstacles.

During the meeting:

- 1. Have Cub Scouts put together their balsa wood airplanes according to the instructions found in the package.
- 2. Have Cub Scouts fly their balsa wood airplanes.

Back to Air of the Wolf Requirements

Air of the Wolf

Elective

Requirement 4

Paper Kites



Snapshot of Activity

Cub Scouts make and fly a paper kite.







Δ



2



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 8 ½" x 11" piece of paper for each Cub Scout, colored paper makes the best kites
- Bamboo skewer for each Cub Scout
- Tape
- Cotton string
- Scissors
- Hole punch
- Party streamers (optional)

Directions

Before the meeting:

- 1. Break off the pointed end of each skewer.
- 2. Prepare meeting space to allow for making kites.
- 3. Identify an area free of obstacles to fly kites.

- 1. Ask Cub Scouts to fold their piece of paper "hamburger" style so that the paper is 8 ½" by 5 ½".
- 2. Have Cub Scouts fold one side of the paper on an angle. Then have them turn the paper over and fold the other side at an angle.
- 3. Have Cub Scouts unfold one side. Leave the folded side facing up.
- 4. Ask Cub Scouts to tape down the folded edge.
- 5. Have Cub Scouts tape the skewer to the wider end of the paper, across the fold.
- 6. Ask Cub Scouts to pick up the paper and hold the kite by the folded part under the skewer.
- 7. Ask Cub Scouts to punch a hole through the double pages right below the skewer.
- 8. Have Cub Scouts run a length of string through the hole and tie it to the kit.

- 9. If they want, Cub Scouts can tape streamers to the narrow end of their kites.
- 10. Take Cub Scouts outside to fly their kites.

Tip: This YouTube video, <u>How to Make a Simple Kite</u>, from Inner Child Run Media, LLC, shows exactly how to make a simple kite.

Back to Air of the Wolf Requirements

Air of the Wolf

Elective

Requirement 4





Snapshot of Activity

Cub Scouts make and fly Wolf-Copters.



Indoor



3



2



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Wolf-Copter template found in Additional Resources
- Printer
- Pens and pencils
- Scissors
- Paper clip for each Cub Scout

Directions

Before the meeting:

- 1. Print a Wolf-Copter template for each Cub Scout.
- 2. Set up meeting area for Cub Scouts to make Wolf-Copters.
- 3. Identify a space free of obstacles to fly Wolf-Copters.

- 1. Pass out the Wolf-Copter templates and paper clips to Cub Scouts.
- 2. Tell Cub Scouts to start at the top of a Wolf-Copter strip and count down two boxes.
- 3. Next, have Cub Scouts cut (or tear) along the dotted line to the solid line at the bottom of the second box to make 'ears.'
- 4. Then have Cub Scouts fold one flap forward on the solid line, and the other flap backward.
- 5. Ask Cub Scouts to fold up the bottom of their copter on the solid line. Attach a paper clip to the folded bottom.
- 6. Instruct Cub Scouts to hold up the copter as high as they can and let it drop.
- 7. Encourage Cub Scouts to think of ways to change it so it twirls faster and has them repeat the flight with their new designs.

Tip:	To make the fastest twirling Wolf-Copter,	, have Cub Scouts	cut down to the solid	l line at the bottom	of the fourth
hox					

Additional Resources

Wolf-Copter template

Back to Air of the Wolf Requirements

Champions for Nature

Elective



Snapshot of Adventure

Planet Earth is our home. It provides us with all the things we need to live: air, water, and food. Earth also provides us with natural beauty like mountains, oceans, forests, and waterfalls. All these things are valuable resources that we need. In this Adventure, you will discover the things that you can do to help ensure the resources of Earth are taken care of and respected. Some of these things may seem small. When done by everyone, these small actions impact our world, our home, and the planet Earth.

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 <u>Guide to Safe Scouting</u> 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 <u>SAFE Project Tool Use</u> 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 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 Champions for Nature Wolf.

Requirement 1

Discover the difference between renewable natural resources and non-renewable natural resources.

- Card game sorting into renewable and non-renewable resources.
- <u>Label bins, one "renewable" and the second "nonrenewable"</u>, scatter different items around the meeting area and have scouts sort them in two teams in a relay.
- Cub Scouts create a poster of how a waterway may become polluted.

Requirement 2

Learn about the 3 R's: Reduce, Reuse, Recycle.

- Make a composting jar and how using compost connects to the 3 Rs.
- In teams, Cub Scouts will race to sort items into the different 3 R'scategories.
- <u>Visit an electronics or appliance disposal center</u> and learn how they take apart items to recycle and reuse.

Requirement 3

Discover what happens to the recyclables in your community.

- Tour a local recycle management facility.
- <u>Invite someone from your local recycle management facility</u> to visit your denmeeting.

Requirement 4

Participate in a conservation project.

- Cub Scouts build a pollinator garden.
- Cub Scouts start a recycling program at pack events.

Back to Elective Adventures

Champions for Nature

Elective

Requirement 1



Conservation Card Game

Snapshot of Activity

Card game sorting into renewable and non-renewable resources.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Conservation Card Deck found in Additional Resources
- 8 ½" x 11" cardstock paper, 4 sheets for every 2 Cub Scouts
- Printer

Directions

Before the meeting:

1. Print and cut out Conservation Card Game, one set for every 2 Cub Scouts.

During the meeting:

- 1. Talk to Cub Scouts about the difference between renewable and non-renewable resources.
- 2. Buddy up the Cub Scouts.
- 3. Mix each set of cards up and lay them face up in front of each pair of Cub Scouts.
- 4. Ask Cub Scouts to separate them into two piles: renewable and non-renewable.

Additional Resources

Conservation Card Deck

Champions for Nature

Elective

Requirement 1



The Great Scatter Relay

Snapshot of Activity

Cub Scouts sort renewable and non-renewable items in a relay game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

The 6 items for each category are suggestions, you may substitute other items for the categories.

- Two large plastic bins
- 6 Items made from wood renewable natural resources:
 - o Pencil
 - Chopsticks
 - Paper
 - Cardboard box
 - o Book
 - o Toothpick
- 6 Items made from cotton or wool renewable natural resources:
 - o Sock
 - o T-shirt
 - Towel
 - Sweater
 - Canvas bag
 - o Pillowcase
- 6 Items made from glass or aluminum non-renewable natural resources:
 - o Soda can
 - o Glass jar
 - o Tin foil
 - o Can of beans
 - Aluminum roasting pan
 - Glass soda bottle
- 6 items made from stone non-renewable natural resources:
 - o Brick

- o Ceramic coffee mug
- Floor tile
- Costume jewelry
- Ceramic bowl
- Marble

Directions

Before the Meeting:

- 1. Gather items for the relay.
- 2. Label bins, one "renewable" and the second "nonrenewable".
- 3. Scatter the different items around the meeting area and place the bins close to the front of the room.

During the meeting:

- 1. Gather Cub Scouts and discuss what makes a natural resource renewable. A renewable natural resource is something that can be used over and over again and cannot be used up or it can be renewed in the same time frame or shorter than it is used. For example, wind and solar power can be used repeatedly. Things like cotton or bamboo are things that can regrow at a faster rate than we use it.
- 2. Cub Scouts form a line.
- 3. One at a time, Cub Scouts run to any item. They decide if the item they've chosen is made from a renewable or renewable resource. Once they have made their choice, they place the item into the appropriate bin.
- 4. Once Cub Scout places their item into a bin, they run back to the line and tag the next person to go.
- 5. After all the items have been placed into the bins, check to see which items were sorted correctly.
- 6. If the item is placed in the wrong bin, have a discussion with the Cub Scouts about the choice and place in the correct bin.

Tip: The 6 items for each category are suggestions, you may substitute other items for the categories.

Champions for Nature

Elective

Requirement 1



Water Pollution Poster

Snapshot of Activity

Cub Scouts create a poster of how a waterway may become polluted.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Large poster board 22"x28"
- Markers and crayons
- Construction paper
- Tape or glue
- Scissors

Directions

Before the meeting:

1. Gather supplies on a table large enough to accommodate your Cub Scout den.

During the meeting:

- 1. Ask Cub Scouts to think of items that can pollute a creek or lake. Some questions you may ask:
 - What different forms of pollution do you know of?
 - What is water pollution?
 - Where does water pollution come from?
 - How do we detect water pollution?
 - What do you do that adds to pollution?
 - What do you do that helps reduce pollution?
 - How does pollution affect your health?
- 2. Help Cub Scouts create a poster of a waterway and how it may become polluted.

Champions for Nature

Elective

Requirement 2





Snapshot of Activity

Make a composting jar and how using compost connects to the 3 Rs.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 24 oz. glass jar with lid (washed spaghetti glass jar with lid)
- 2" penny nails, one for each Cub Scout
- 1 page of newspaper, one for each Cub Scout
- 1 cup of dirt for each Cub Scout, use dirt from outside, not potting soil
- Compost materials, 6 ounces for each Cub Scout, enough to fill the jar a ¼ of the way full
 - o Banana peel
 - o Eggshells
 - Grass clippings
 - Vegetable scraps
- 2 ounces of dead leaves for each Cub Scout
- Spray bottle
- One paper plate for each Cub Scout

Directions

Before the Meeting:

- 1. Gather 24 oz. spaghetti glass jars and wash them.
- 2. Gather compost materials, enough for each scout.
- 3. Gather dirt, shredded newspaper, and dead leaves.
- 4. Fill a spray bottle with clean water.
- 5. Collect the nails and paper plates.

During the meeting:

1. Share with the Cub Scouts that a Scout is Thrifty. Ask them what being thrifty means to them and allow them to use their handbooks for a definition.

- A Scout is THRIFTY. Work to pay your own way. Don't be wasteful. Use time, property, and natural resources wisely.
- Inform the Cub Scouts that since we want to be thirty and not waste, one way we can reduce or eliminate waste is by the 3 R's of recycling reduce, reuse, recycle.
- Inform the Cub Scouts that we can reduce the amount of something we use. We can reuse things a second time either for the same purpose they were designed for or to use them in a different way. We can recycle things by breaking them down into their raw materials and making something new from them
- Inform Cub Scouts that today we are going to use reuse spaghetti jars and we are going to reduce our waste by creating a composting jar.
- A composting jar is a way to take some types of trash and instead of putting it into the garbage we can break it down to create soil that can be used for planting or fertilizing plants.
- 2. With the help of a parent or legal guardian, tell Cub Scouts to use the nail to punch eight to ten holes in the top of their lid.
- 3. Ask Cub Scouts to place their glass jar onto their paper plate.
- 4. Tell Cub Scouts to layer the following into their jar, in this order:
 - Dirt
 - Shredded newspaper
 - Dead leaves
- 5. Spray the paper and dirt until moist.
- 6. Add compost materials.
- 7. Spray the compost materials until moist.
- 8. Cub Scouts will now put the lid onto their coffee can and place it in a sunny spot in their home. In about a month they will start to see the breakdown of the materials as what trash was before it turns into compost.
- 9. Remind Cub Scout to turn the jar around once a week and add a small amount of water each day, this will help the materials break down faster.

Tip: Make sure Cub Scouts understand that the more compost materials they add at home, the longer the project will take to complete.

Tip: Remind Cub Scouts and adults, that they will see fluffy mold growing through this process, so always keep it covered when they're not working with the compost and always wash hands when they're finished.

After the meeting:

- 1. Cub Scouts will spray water into their compost jar every day.
- 2. Cub Scouts can continue to add compost materials to their jar.
- 3. Every 3-4 days Cub Scouts will shake their compost jar to mix the compost materials.
- 4. Once the compost materials have completely broken down, the Cub Scouts can use it to plant seeds to grow a plant.

Champions for Nature

Elective

Requirement 2



Three R's Sorting Relay Race

Snapshot of Activity

In teams, Cub Scouts will race to sort items into the different 3 R's categories.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Two large plastic bins, approximately 15-to-20-quart size
- 6 items that can be reused
 - o Book
 - Reusable shopping bag
 - o Spoon
 - Water bottle
 - o Cloth napkin
 - Food storage container of any size
- 6 items that can be recycled
 - o Glass jar
 - o Soda can
 - Cardboard box
 - Plastic water bottle
 - Plastic shopping bag
 - Paper shopping bag

Directions

Before the Meeting:

- 1. Gather items for the relay.
- 2. Label bins "Reuse" and "Recycle."
- 3. Scatter the different items around the meeting area and place the bins close to the front of the room.

During the meeting:

1. Share with the Cub Scouts that a Scout is Thrifty. Ask them what being thrifty means to them and allow them to use their handbooks for a definition.

- A Scout is THRIFTY. Work to pay your own way. Don't be wasteful. Use time, property, and natural resources wisely.
- Inform the Cub Scouts that since we want to be thirty and not waste, one way we can reduce or eliminate waste is by the 3 R's of recycling reduce, reuse, recycle.
- Inform the Cub Scouts that we can reduce the amount of something we use. We can reuse things a second time either for the same purpose they were designed for or to use them in a different way. We can recycle things by breaking them down into their raw materials and making something new from them
- 2. Discuss how Cub Scouts can reduce the amount of things they use.
 - Food only make or order what you will eat, save leftovers, and eat them.
 - Water turn the water off when brushing your teeth or when washing your hands.
 - Electricity turn lights and other electronic devices off when not using them.
- 3. Explain the rules of the game.
- 4. Have Cub Scouts form a line.
- 5. One at a time, Cub Scouts run to any item. They decide if the item they've that could be reused or recycled. Once they have made their choice, they place the item into the appropriate bin.
- 6. Once Cub Scout places their item into a bin, they run back to the line and tag the next person to go.
- 7. After all the items have been placed into the bins, check to see which items were sorted correctly.

Champions for Nature

Elective

Requirement 2



Tour Electronic Disposal Center

Snapshot of Activity

Visit an electronics or appliance disposal center and learn how they take apart items to recycle and reuse.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Activity Consent Form

Directions

Before the Meeting:

- 1. Locate an electronic or appliance disposal center and schedule a visit.
- 2. Inform Cub Scouts' parent or legal guardian about the visit and ask them to fill out an Activity Consent Form.

During the meeting:

- 1. Gather Cub Scouts outside the meeting location.
- 2. Encourage Cub Scouts to ask questions.
- 3. Have Cub Scouts thank the person who guided the tour.

After the meeting:

1. Write a thank you note to the facility and send.

Champions for Nature

Elective

Requirement 3



Recycle Plant Tour

Snapshot of Activity

Tour a local recycle management facility.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Activity Consent Form

Directions

Before the Meeting:

- 1. Call a local recycling management facility and schedule a visit.
- 2. Inform Cub Scouts' parent or legal guardian about the visit and ask them to fill out an Activity Consent Form.

During the meeting:

- 1. Gather Cub Scouts outside the meeting location.
- 2. Encourage Cub Scouts to ask questions.
- 3. Have Cub Scouts thank the person who guided the tour.

After the meeting:

1. Write a thank you note to the facility and send.

Champions for Nature

Elective

Requirement 3



Speak with a Recycling Professional

Snapshot of Activity

Invite someone from your local recycle management facility to visit your den meeting.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Recycling facility professional

Directions

Before the meeting:

1. Call a local recycling plant and ask for someone to visit your den meeting to talk about what happens to recyclables at their facility.

During the meeting:

- 1. Explain to Cub Scouts that their guest will be sharing what happens to recyclables at their facility.
- 2. Tell Cub Scouts to listen carefully and encourage them to ask questions.

After the meeting:

1. Send the guest speaker a thank you note.

Champions for Nature

Elective

Requirement 4



Garden Pollinator

Snapshot of Activity

Cub Scouts build a pollinator garden.









If you want to know more about The Adventure Activity Key, click here.

Supply List

- Gardening pots of any size, at least one for each Cub Scouts
- Potting soil, enough to fill gardening pots
- Garden spades
- Native plants, a variety that attract bees and butterflies in your geographic area
 - o Aromatic herbs such as coriander, catnip, mint, parsley, lavender
 - o Annuals such as marigold, phlox, bachelor's button, zinnia, cosmos, salvia
 - o Perennials such as bee balm, Shasta daisy, iris, coneflower, lobelia, delphinium
- Water
- Covering for table

Directions

Before the meeting:

1. Set up meeting space with tables and chairs. Protect the tabletop with newspapers or a plastic tablecloth.

- 1. Share with Cub Scouts the need to establish places for bees and butterflies to feed. Pollinator gardens support and maintain pollinators by supplying food in the form of pollen and nectar that will ensure that these important animals stay in the area to keep pollinating our crops for continued fruit and vegetable production. Questions to ask:
 - Why are native plants so important to our pollinators?
 - Why is it important to include a variety of plants in our garden?
- 2. Distribute gardening pots to Cub Scouts.
- 3. Using a garden spade, or their hands, scoop gardening soil into pot about halfway.
- 4. Add the chosen plant to the pot. Fill the gaps with soil.
- 5. Water the plant.

6. Set the plants outside in a place that gets at least 6 hours of sun a day.

Champions for Nature

Elective

Requirement 4



Recycling Roundup

Snapshot of Activity

Cub Scouts start a recycling program at pack events.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 3 large bins, 15 to 20 quart in size
- 3 posterboards, 11"x17" each
- Markers or crayons
- Tape

Directions

Before the meeting:

- 1. Speak to the Cubmaster and ask for some time at the next pack meeting for the Cub Scouts to explain the establishment of a recycling program at pack events.
- 2. With the pack committee, establish a method of using the bins that the Cub Scouts will be creating to pack meetings, activities, and campouts.

- 1. Discuss with Cub Scouts the concepts of reduce, reuse, and recycle. Ask them to share ideas on how they can each reduce, reuse, and recycle.
 - o Reduce means to use less.
 - o Reuse means to use something more than once.
 - Recycle means to make new items out of old ones.
- 2. Share with Cub Scouts that they will be establishing recycling bins for their pack to use at meetings, activities, and campouts.
- 3. Using the posterboard, have Cub Scouts create three signs:
 - Paper and cardboard
 - Bottles and cans
 - Plastic
- 4. Tape one sign to each bin.

5. Work with Cub Scouts to decide who will be speaking at the next pack meeting about reduce, reuse, recycle and the recycling program for the pack. Encourage the Cub Scouts to have each of them speak about one point.

At the pack meeting:

- 1. Cub Scouts explain the concepts of reduce, reuse, and recycle to their fellow Cub Scouts.
- 2. Cub Scouts show the recycling bins and ask that they be used at pack meetings, campouts, and pack activities.

Back to Champions for Nature Requirements



Snapshot of Adventure

You can use math to have fun! The great thing about math is that it can be more than just adding and subtracting numbers. Math is also about patterns and can be used to create messages. In the world of computers, math is used to create a secret code to protect information. Encryption is when you take a message and use a code to change it into something that no one can read unless they have a way to read the code. This is called a key. Making and creating codes is a form of math.

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 <u>Guide to Safe Scouting</u> 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 Code of the Wolf.

Requirement 1

Create a secret code. Send a message to a member of your den or family. Have that person send a message back to you using the same secret code.

- Create and decipher a code stick coded message.
- Send a secret message using a decoder wheel.
- Send and decode a message using Pigpen Code.

Requirement 2

Build and play a game that requires the use of codes or patterns.

- Create and decipher codes to find your destination.
- <u>Play a logic game</u> to find your buddy's essential items first.
- Use logic to break your opponent's code.

Requirement 3

Select a single shape. Observe the environment around you. Write down where you see that shape and how it is being

used.

- Observe shapes inside your home.
- <u>Visit a furniture store</u> and discover which shape is most seen in furniture.
- <u>Identify three different shapes that you see in nature.</u>

Requirement 4

Using a package that contains a number of different colored items, discover the most common color.

• Predict which color of candy is most common.

Back to Elective Adventures

Code of the Wolf

Elective

Requirement 1



Code Stick

Snapshot of Activity

Create and decipher a code stick coded message.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Paper strips cut into ¼" to ½" wide by 11" long for each Cub Scout
- Pencils, 2 per Cub Scout
- Tape, one dispenser for every group of 4 Cub Scouts

Directions

Before the meeting:

- 1. Cut the paper into long thin strips of about ¼ to ½ inch wide.
- 2. Make a sample code stick.
- 3. Set up meeting space so there is room for Cub Scouts to make decoder sticks.

- 1. Gather the Cub Scouts and ask them if they have ever sent or received an email. Explain to them:
 - To protect the information in the email a computer may scramble the message so if someone who wasn't supposed to receive the email gets it, they can't read it. This is called encryption.
 - Encrypting messages has been going on way before computers. When all messages were written the message would use a code and to understand the code you needed a key.
 - Today we will create a secret code using a method that was used before computers.
- 2. Give each Cub Scout a strip of paper and 2 pencils.
- 3. Tape the piece of paper to the top of the pencil. Wrap it tightly around the length of the pencil so the edges of the strip are exactly side by side.
- 4. Tape the paper strip to the other end of the pencil so the paper strip stays in place when you write on it.
- 5. Ask Cub Scouts to write a secret message down one side of the pencil. Remind them to add a few extra letters on the other sides.
- 6. Unwrap the strip of paper from the pencil. The letters will be mixed up and seem random.
- 7. Ask Cub Scouts to pass their secret code with another Cub Scout.

8.	Each Cub Scout wraps the paper strip around a pencil to decode it. The letters will now form the secret message.
Back to	o Code of the Wolf Requirements

Code of the Wolf

Elective

Requirement 1

Decoder Wheel



Snapshot of Activity

Send a secret message using a decoder wheel.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Decoder Wheel worksheet found in Additional Resources
- Printer
- 1 pair of scissors for each Cub Scout
- Round brads, one for each Cub Scout
- Paper, one for each Cub Scout
- Pencil, one for each Cub Scout

Directions

Before the meeting:

- 1. Print a copy of the Decoder Wheel, one for each Cub Scout.
- 2. Make a sample decoder wheel. Become familiar with how the decoder wheel works. The decoder wheel can be used only if you have the key. The key is the position at which the decoder wheel starts.
- 3. Set up meeting space so there is room for Cub Scouts to make decoder wheels.

- 1. Gather the Cub Scouts and ask them if they have ever sent or received an email. Explain to them:
 - To protect the information in the email a computer may scramble the message so if someone who wasn't supposed to receive the email gets it, they can't read it. This is called encryption.
 - Encrypting messages has been going on way before computers. When all messages were written the message would use a code and to understand the code you needed a key.
 - Today we will create a secret code using a method that was used before computers.
- 2. Give each Cub Scout a decoder wheel sheet, a pair of scissors, and a round brad.
- 3. Ask Cub Scouts to cut out the three circles and stack in order from number one wheel on the bottom, then number two and finally wheel three on the top.

- 4. Have Cub Scouts attach the three circles by carefully poking the brad through the middle of the three wheels.
- 5. Select a letter on the outer wheel and a number in the inner circle this will be the key (ex. T10). Turn the inner wheel so that the number (10 in the example) lines up with the outer wheel letter (T in example). On the wheel 10 also corresponds with G in the shaded section. Don't move the wheels now, keep them in place.
- 6. Each Cub Scout writes a secret message as letters on their paper (no numbers and no punctuation).
- 7. For each letter of the message, Cub Scouts find that character on the outer wheel, and then write down the letter that is exactly beneath it on the inner wheel until the message is complete.
- 8. Give the secret message to a buddy to decode.
- 9. To read the encrypted message, Cub Scouts will use the key from the message sender and align the wheel. For each letter of the message, find that character on the inner wheel, and write down the letter that is exactly above it on the outer wheel.

Decoder Wheel worksheet

Code of the Wolf

Elective

Requirement 1





Snapshot of Activity

Send and decode a message using Pigpen Code.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Wolf handbook
- Strips of paper, one piece per Cub Scout
- Pencils, one piece per Cub Scout

Directions

Before the meeting:

- 1. Review the Pigpen Code
 - In the pig pen code, the alphabet is copied into grids. Then, each part of the "pig pen" is substituted for the letter in that part. For the second grid of each type, dots are added.
 - Draw two tic-tac-toe type grids and two large "X".
 - Start in the top left corner of the first tick-tac-toe grid and write the letter A. Then moving left to right, top to bottom, fill in the first grid with the remaining letters B through I.
 - In the second grid add a dot in each grid, then in the same manner as the first grid fill in the letters J through R.
 - In the first large X place the letters S, T, U, and V.
 - In the second large X place dots in each section and add the letters W, X, Y, and Z.
- 2. To create a letter, draw the section of the grid without the letter. For example, the letter A is written by drawing the top corner of the grid with one line horizontally meeting another line vertically at a 90-degree angle at the lower right corner.
- 3. Set up room to allow space for Cub Scouts to make pig pen codes.

- 1. Gather the Cub Scouts and ask them if they have ever sent or received an email. Explain to them:
 - To protect the information in the email a computer may scramble the message so if someone who wasn't supposed to receive the email gets it, they can't read it. This is called encryption.

- Encrypting messages has been going on way before computers. When all messages were written the message would use a code and to understand the code you needed a key.
- Today we will create a secret code using a method that was used before computers.
- 2. Give each Cub Scout a piece of paper and a pencil.
- 3. Ask Cub Scouts to open their Wolf handbook to the Pigpen Code.
- 4. Ask Cub Scouts to create a message using Pigpen Code.
- 5. Ask Cub Scouts to exchange their codes and decode the message they got from their buddy.

Code of the Wolf

Elective

Requirement 2



Code Breaker

Snapshot of Activity

Create and decipher codes to find your destination.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Paper, three sheets per team
- Pencil, one for each team

Directions

Before the meeting:

1. Review meeting space and determine a starting and ending point. This will be more interesting if there are obstacles between the two so that teams will have to use some creative coding to get their team through the course and to their destination.

- 1. Separate the den into two teams.
- 2. Have each team create a code using the code they learned in requirement 1.
- 3. Have each team write a set of directions to get from a starting point to an ending point using the code.
- 4. The leader will have to provide two separate starting and ending points. This could be moving from one space in their meeting place to another. The idea is for each group of Cub Scouts to create a set of directions in code for the other team to decipher and then follow the directions. Each team should be given a different starting point and ending point.
- 5. The first team to arrive at their destination wins.

Code of the Wolf

Elective

Requirement 2



Essentials Quest

Snapshot of Activity

Play a logic game to find your buddy's essential items first.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Essentials Quest worksheet found in Additional Resources
- Printer
- One pencil for each Cub Scout

Directions

Before the meeting:

1. Print Essentials Quest worksheet, one for each Cub Scout.

- 1. Ask Cub Scouts to place their three essentials on their "My Essentials" Quest grid by drawing rectangles on it. Essentials can be oriented either vertically or horizontally, but they cannot overlap or touch. Leave some space between the essentials for clarity.
 - Flashlight = 3 squares
 - First Aid Kit = 2 squares
 - Trail Food = 1 square
- 2. Tell Cub Scouts that on their turn, they pick a spot on their partner's grid, like "A3" or "B7" and tell their partner their guess. The partner will say "Found" if the spot has one of the essentials or "Miss" if it doesn't.
- 3. Instruct Cub Scouts to mark their My Guesses grid with "X" for finds and "O" for misses.
- 4. Tell Cub Scouts to keep track of their opponent's finds and misses by marking their own grid with "X" for finds and "O" for misses.
- 5. Cub Scouts continue taking turns, targeting each other's grids until one player has successfully found all of their opponent's essentials. An essential is considered found when every square it occupies has been found.

Essentials Quest worksheet

Code of the Wolf

Elective

Requirement 2



Wolf and Fox Game

Snapshot of Activity

Use logic to break your opponent's code.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Wolf and Fox Game found in Additional Resources
- Printer
- Two pencils

Directions

Before the meeting:

- 1. Print two copies of the Wolf and Fox game.
- 2. Become familiar with how to play Wolf and Fox by reading the directions below.

During the meeting:

- 1. Split the den into two teams.
- 2. Provide a Wolf and Fox game card and a pencil for each team.
- 3. Have each team select a three-digit number, write it down, keeping it a secret from the other team. All the digits must be different.
- 4. Team 1 guesses team 2's number by writing their guess on their paper under the guesses using all different numbers.
- 5. If the matching digits are in their right positions, they are "wolves", if it's a correct number but in a different position, they are "foxes".

Example: Team 1's Secret number: 427

Team 2's try: 124

Answer: 1 Wolf and 1 Fox. (The wolf is "2", the fox is "4" but sssh .. don't tell the other team which numbers are wolves or foxes.)

- 6. Team 1 marks the response on their score sheet next to the guessed number.
- 7. If the number isn't guessed, team 2 guesses team 1's number.
- 8. Team 2 writes down their guessed number on their sheet.

- 9. Team 1 provides the number of Wolves and Foxes for the guessed number.
- 10. Team 2 marks the number of Wolves and Foxes on their sheet next to the guessed number.
- 11. Play continues until a team guesses the number correctly.
- 12. The first team to reveal the other's secret number wins the game.

Wolf and Fox Game



Code of the Wolf

Elective

Requirement 3

Shapes at Home



Snapshot of Activity

Observe shapes inside your home.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Shapes at Home Scavenger Hunt worksheet found in Additional Resources
- Pencil or marker, enough for one per Cub Scout
- Timer

Directions

Before the meeting:

- 1. Using the shapes on the Shapes at Home Scavenger Hunt worksheet, identify items that match each shape around the meeting space. If any shapes do not exist, bring items to the meeting space and place around.
- 2. Print the Shapes at Home Scavenger Hunt worksheet, one for each Cub Scout.

During the meeting:

- 1. Hand out the Shapes at Home Scavenger Hunt worksheet.
- 2. Have Cub Scouts go on a Shape Scavenger Hunt around the meeting space. Give them 10 minutes to complete the scavenger hunt.
- 3. After the hunt is completed, gather the Cub Scouts in a circle. Ask each Cub Scout to share one item they found that matches one of the shapes. Ask the other Cub Scouts to raise their hands if they found the same shape.
- 4. Repeat the first step with the next Cub Scout.
- 5. Continue until all Cub Scouts have had a chance to share what they found.

Additional Resources

Code of the Wolf

Elective

Requirement 3





Snapshot of Activity

Visit a furniture store and discover which shape is most seen in furniture.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Activity Consent Form
- Shapes in Furniture Observation worksheet found in Additional Resources
- Printer
- Pencil, one for each Cub Scout

Directions

Before the meeting:

- 1. Contact a local furniture store and arrange for a visit.
- 2. Let your den's parents and legal guardians know the meeting location.
- 3. Print Shapes in Furniture Observation worksheet, one for each Cub Scout.

During the meeting:

- 1. Before starting the tour, explain that shapes are everywhere and ask what shape would be more found in furniture.
- 2. Tour the store and ask Cub Scouts to point out shapes.
- 3. At the end of the visit, did Cub Scouts guess the most used shape?
- 4. Ask Cub Scouts to thank the store employee who helped you.

After the meeting:

1. Create a thank you card for the store and have each Cub Scout sign.

Additional Resources

Code of the Wolf

Elective

Requirement 3

Shapes in Nature



Snapshot of Activity

Identify three different shapes that you see in nature.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Activity Consent Form
- Cub Scout Six Essentials
 - o Filled Water Bottle
 - First Aid Kit
 - Whistle
 - Flashlight
 - Sun protection
 - o Trail Food
- Shapes in Nature Observation worksheet found in Additional Resources
- Printer
- Pencil for each Cub Scout

Directions

Before the meeting:

- 1. Select a place for your den's nature walk.
- 2. Remind Cub Scouts to bring their Cub Scout Six Essentials.
- 3. Print Shapes in Nature Observation worksheet, one for each Cub Scout.

- 1. Before you start on the walk, ask Cub Scouts to name all the shapes they can think of.
- 2. Provide Shapes in Nature Observation Sheet and pencil to each Cub Scout
- 3. Go on a walk with Cub Scouts to see how many different shapes can be found in leaves, flowers, trees, rocks, clouds, and grass.

4.	Ask Cub Scouts prompting questions as you walk such as what shape are dandelion flowers? Point out that some
	patterns in nature repeat such as fern leaves. What shape are bird's nests? Can you find a leaf that is heart-
	shaped?

Shapes in Nature Observation worksheet

Code of the Wolf

Elective

Requirement 4



Tasty Predictions

Snapshot of Activity

Predict which color of candy is most common.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Large bag of multi-colored candy such as M&Ms, Skittles, Starbursts, etc. (If there are food sensitivity or allergy issues, substitute a non-food item such as colored paper clips)
- Small container one for each Cub Scout (approximately ½ cup)
- Tasty Predictions worksheet found in Additional Resources
- Printer
- One pencil or pen for each Cub Scout
- Food-handling glove
- Piece of paper and pen or pencil to record predictions and numbers

Directions

Before the meeting:

- 1. Print the Tasty Predictions worksheet, one for each Cub Scout.
- 2. Prepare the candy by placing it into smaller containers.
- 3. Prepare the meeting space ensuring that it is clean enough for serving food.

- 1. Hand out the small containers of candy, the Tasty Predictions worksheet, and the pencils to each Cub Scout.
- 2. Tell Cub Scouts not to eat it until the activity is over.
- 3. Ask Cub Scouts to write the names of each color item on the line within the circle. Then ask them to sort and count their items and to write the number they have of each in the square.
- 4. Give them time to sort and count.
- 5. Ask each Cub Scout to guess which color has the most items based on what they've counted. Record their predictions on a piece of paper.
- 6. Ask each Cub Scout how many of each color items they have.

- 7. After all Cub Scouts have given their prediction and number of items, add up the total number of each color item to determine which color was the most plentiful.
- 8. Announce the most plentiful and which Cub Scouts predicted that color.
- 9. Allow Cub Scouts to enjoy the tasty treats or take home for later.

Tasty Predictions worksheet



Snapshot of Adventure

A computer is a machine that can be programmed to carry out sequences of arithmetic or logical operations automatically. Most electronic computers use a simple code based on an electronic switch being on or off, this is known as binary. In this Adventure, get ready to see the inside of a computer and the main parts that make it work

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 <u>Guide to Safe Scouting</u> 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.

If you choose to take apart a computer, ensure that the computer is unplugged and the battery is removed to prevent any electrical discharge.

Complete the following requirements

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

Requirement 1

Discover the basic components of a computer.

- Learn about computer components with a fidget spinner.
- Play a computer matching game.
- <u>Take apart a computer</u>.

Requirement 2

Determine how to properly dispose of computer components.

<u>Visit an electronics recycling center</u> and learn how they take apart items to recycle and reuse.

Requirement 3

Using a digital device application of your choice, create a story that you can share with others.

• Use a computer-based program such as PowerPoint or Google Slides to <u>create a digital story using</u> pictures.

Requirement 4

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

• Cub Scouts <u>create digital usage contract with their parent or legal guardian</u>.

Back to Elective Adventures

Computing Wolves

Elective



Requirement 1

Computer Components Fidget Spinner

Snapshot of Activity

Learn about computer components with a fidget spinner.









If you want to know more about The Adventure Activity Key, <u>click here</u>.

Supply List

- Fidget Spinner Game found in Additional Resources
- Cardstock
- Printer
- Fidget spinner

Directions

Before the meeting:

- 1. Print 1 copy of the Fidget Spinner Game onto cardstock. Cut out the fidget spinner game card.
- 2. Attach fidget spinner to game card.
- 3. Familiarize yourself with the internal components of the computer(s) you will be taking apart and their function. Identify the following parts:
 - Keyboard
 - Mouse
 - Monitor
 - Central processing unit (CPU)
 - Hard drive
 - Motherboard
 - Power supply
 - Random-access memory chip (RAM)

- 1. Gather Cub Scouts into a circle.
- 2. Cub Scouts take turns spinning the fidget spinner and guess the name of the computer component they landed on.

Fidget Spinner Game

Computing Wolves

Elective

Requirement 1



Computer Matching Game

Snapshot of Activity

Play a computer matching game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Matching Game Cards found in Additional Resources
- Cardstock
- Printer

Directions

Before the meeting:

- 1. Print Matching Game Cards, one set for every two Cub Scouts.
- 2. Cut out the sets of cards.
- 3. Familiarize yourself with the internal components of the computer(s) you will be taking apart and their function. Identify the following parts:
 - o Keyboard
 - o mouse
 - o Monitor
 - o Central processing unit (CPU)
 - o Hard drive
 - Motherboard
 - Power supply
 - Random-access memory chip (RAM)

- 1. Divide the den into groups of two to three Cub Scouts.
- 2. Hand out a deck of cards to each group.
- 3. Ask Cub Scouts to shuffle the cards and place them face-down on the floor or table in front of them.

- 4. The goal of the game is to find the word that matches the computer component picture. The first Cub Scout selects two cards and flips them over. If the picture on the card matches the name of the computer part, the Cub Scout keeps the pair of cards.
- 5. If the two cards do not match, the cards are returned to their starting place and flipped face-down.
- 6. Players take turns until all the cards have been matched and removed.
- 7. The game ends when all the cards are matched.
- 8. The player who matches the most pairs of cards wins the game.

Matching Game Cards

Computing Wolves

Elective

Requirement 1

Inside a Computer



Snapshot of Activity

Take apart a computer.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Computer that is ready for disposal unplugged and battery removed. One for each Cub Scout is ideal
- Flathead screwdriver
- Phillips screwdriver
- Two small bowls to hold screws and small miscellaneous pieces
- Safety glasses for each Cub Scout

Directions

Before the meeting:

- 1. Familiarize yourself with the internal components of the computer(s) you will be taking apart and their function. Identify the following parts:
 - Keyboard
 - Mouse
 - Monitor
 - Central processing unit (CPU)
 - Hard drive
 - Motherboard
 - Power supply
 - Random-access memory chip (RAM)
- 2. Lay out the computer, tools, safety glasses, and bowls on a table.

- 1. Demonstrate how to use a screwdriver and which screwdriver is appropriate for each type of screw on the computer.
- 2. Identify a Cub Scout to remove the first screw and place the screw in a bowl.
- 3. Take turns allowing each Cub Scout the opportunity to take things off.

4. Lead a group discussion of each component of the computer.

Tip: Visit an electronics recycling store to find PCs and laptops.

Computing Wolves

Elective



Requirement 2

Visit Electronics Recycling Center

Snapshot of Activity

Visit an electronics recycling center and learn how they take apart items to recycle and reuse.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Activity Consent Form

Directions

Before the meeting:

- 1. Identify an electronics recycling center.
- 2. Contact the recycling center and set up a time for a den visit.
- 3. Confirm the name and information of a contact of the person at the recycling center.
- 4. Ask the contact to be prepared to discuss how computers are properly disposed of at their facility.
- 5. Send out an Activity Consent Form to all parents and legal guardians.

During the meeting:

- 1. Visit the electronics recycling center.
- 2. Have contact give a tour and teach Cub Scouts how to dispose of computers properly. If possible, allow Cub Scouts to do a hands-on activity to help with the disposal of a computer.
- 3. Encourage Cub Scouts to politely listen and ask questions.
- 4. Thank the host.

After the meeting:

1. Send a thank you note to the recycling center.

Computing Wolves

Elective

Requirement 3

Digital Story Building



Snapshot of Activity

Use a computer-based program such as PowerPoint or Google Slides to create a digital story using pictures.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Paper
- Pencils, markers, and crayons
- Computer or smart device, preferably 1 for every 2 Cub Scouts

Directions

1. Set up meeting space with room for the Cub Scouts to gather in buddy groups and set up the computers or smart devices.

During the meeting:

- 1. Ask the Cub Scouts to buddy up.
- 2. Give each buddy group 3 pieces of paper.
- 3. Each set of buddies is to create a story with pictures. They can draw the story out on paper.
- 4. With an adult assigned to each set of buddies, Cub Scouts are to build their story on a computer or smart device.
- 5. Have Cub Scouts share their story with the den.

Tip: There are several websites that provide help with building digital stories for free.

Computing Wolves

Elective

Requirement 4

Digital Safety Pledge



Snapshot of Activity

Cub Scouts create digital usage contract with their parent or legal guardian.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Digital Safety Pledge found in Additional Resources
- Printer
- Pens or pencils

Directions

Before the meeting:

1. Print Digital Safety Pledge, one for each Cub Scout.

During the meeting:

- 1. Ask Cub Scouts to sit down with their parent or legal guardian.
- 2. Hand out the Digital Safety Pledge to each Cub Scout.
- 3. Cub Scouts and adults review the Digital Safety Pledge together. The Cub Scouts initials each line.
- 4. Cub Scouts then work with their parent or legal guardian to create at least one rule for each of the following areas
 - o What devices are you allowed to use?
 - o What applications or programs are you allowed to use?
 - o What times are you allowed to use them?
 - o With whom are you allowed to communicate using your devices?
 - o Both Cub Scout and adult sign.

Additional Resources

Digital Safety Pledge



Snapshot of Adventure

Scouts understand just how many things people with disabilities are able to do. You will discover some challenges people with disabilities face, and you will have the chance to try facing similar challenges yourself. A single activity can't show you everything about life with a disability, but it can help you understand a little more about the ways a person with a disability is able to do things.

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 <u>Guide to Safe Scouting</u> 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 to be considered or followed for the Adventure.

Complete the following requirements

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

Requirement 1

Explore what it is to have a physical disability.

- Cub Scouts shoot baskets from a sitting position.
- Cub Scouts will use tongs to draw a picture of their family.
- Cub Scouts wear oversized gloves to complete simple tasks.

Requirement 2

Explore what it is to have a visual impairment.

- Cub Scouts draw a picture then try to draw it again with their eyes covered.
- Cub Scouts learn about service dogs.
- Cub Scouts toss a Nerf[™] ball back and forth learning depth perception.

Requirement 3

Explore what it is to have a hearing loss.

- Use American Sign Language to communicate a simple sentence that includes your name.
 - Cub Scouts try to speak to their buddy with a mouthful of marshmallows.
- Cub Scouts play "telephone" while ears are covered.

Requirement 4

Explore barriers to getting around.

- Cub Scouts will take a walk around your meeting space to identify accommodations and lack of accommodations for people with disabilities.
- Cub Scouts sit on chairs to explore barriers to getting around.

Back to Elective Adventures

Cubs Who Care

Elective

Requirement 1

Chair Ball



Snapshot of Activity

Cub Scouts shoot baskets from a sitting position.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Chairs
- Rubber ball, basketball size
- Basketball hoop or large basket

Directions

Before the meeting:

- 1. Set up the meeting space in a large open area.
- 2. If using a basketball hoop, set the hoop height to 6 to 7 feet. If using a basket, place on top of something that is approximately 6 to 7 feet in height.

During the meeting:

- 1. Explain to Cub Scouts that some people have a physical disability. Examples of physical disabilities are people in wheelchairs because their legs do not work. Because of the physical disability, doing simple tasks may be difficult.
- 2. Tell Cub Scouts they are going to try to shoot baskets from a chair to help them understand physical disabilities.
- 3. Explain to Cub Scouts that they'll play a game of "CUBS" while sitting in a chair.
- 4. Line up Cub Scouts.
- 5. Set up a chair from which Cub Scouts will sit and shoot the ball into the basket.
- 6. If a Cub Scout makes the shot, they are awarded a letter in "CUBS."
- 7. Each time a Cub Scout makes a shot, they are awarded a letter.
- 8. Once all Cub Scouts have had a chance from the first location, move the chair to another location and have all Cub Scouts shoot the ball into the basket from the new location.

Continue until someone has completed spelling CUBS.

Cubs Who Care

Elective

Requirement 1

Draw a Picture



Snapshot of Activity

Cub Scouts will use tongs to draw a picture of their family.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Kitchen tongs for each Cub Scout
- · Crayons or markers
- Paper

Directions

During the meeting:

- 1. Explain to Cub Scouts that some people have a physical disability. Examples of physical disabilities are people in wheelchairs because their legs do not work, or someone may be missing an arm. Because of a physical disability, doing simple tasks may be difficult.
- 2. Tell Cub Scouts they are going to try to draw a picture of their family with tongs to help them understand physical disabilities.
- 3. Hand out tongs, crayons or markers, and paper to Cub Scouts.
- 4. Have Cub Scouts use the tongs to draw a picture of their family.
- 5. When Cub Scouts are finished, ask them the following questions:
 - o Was it hard to draw a picture?
 - o What other things would be hard if we couldn't use our hands properly?

Cubs Who Care

Elective

Requirement 1



Mitten Hands

Snapshot of Activity

Cub Scouts wear oversized gloves to complete simple tasks.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Large gloves or mittens, winter gloves, work gloves, or oven mitts, 1 pair per Cub Scout
- Coins
- Crayons
- Paper
- Paracord or string

Directions

Before the meeting:

- 1. Collect supplies.
- 2. Spread coins, crayons, paper, and paracord on a tabletop.

- 1. Hand out gloves to Cub Scouts and ask them to put them on.
- 2. Explain to Cub Scouts that some people have a physical disability. Examples of physical disabilities are people in wheelchairs because their legs do not work, or someone may be missing an arm. Because of the physical disability, doing simple tasks may be difficult.
- 3. Tell Cub Scouts they are going to try to do some simple tasks while wearing gloves or mittens to help them understand physical disabilities.
- 4. Have Cub Scouts take turns doing the following activities with their gloves or mittens on:
 - o Pick up coins
 - o Color a picture with the crayons and paper
 - Tie a knot with the paracord
- 5. After Cub Scouts have finished, ask them how they felt while trying to pick up the coins, color a picture and tying a knot while wearing gloves.

Cubs Who Care

Elective

Requirement 2



Masked Artist

Snapshot of Activity

Cub Scouts draw a picture then try to draw it again with their eyes covered.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Crayons, colored pencils, or markers
- Paper, two sheets for each Cub Scout
- Eye covering, one set for each buddy group

Directions

Before the meeting:

1. Set up the meeting table with an area for Cub Scouts to draw.

- 1. Provide each Cub Scout with two sheets of paper and crayons.
- 2. Ask Cub Scouts to draw a picture of their home.
- 3. Explain to Cub Scouts that some people have a visual disability; they may have trouble seeing or may not be able to see at all. Ask Cub Scouts what they would do if they were drawing a picture and could not see what they were drawing.
 - o How would they decide the color to use when drawing if they could not see the color?
 - o How would they know how big to draw their home?
 - o How would they know where to put the front door?
 - o How would they know when they reached the edge of the paper?
 - o How would they know if the shape they draw is the shape of their house?
- 4. Have Cub Scouts buddy up. Provide eye covering to each buddy group. Ask for one buddy to be first to cover their eyes.
- 5. Have Cub Scout with their eyes covered draw the same picture of their home. The buddy may provide advice or guidance when drawing when asked.
- 6. Once Cub Scout with their eyes covered is done, have Cub Scouts switch.

- 7. Ask the Cub Scouts to compare the 2 drawings.
 - o How are the drawings the same?
 - o How are the drawings different?
 - O Which drawing was easier?
 - o How did your buddy help you?

Cubs Who Care

Elective

Requirement 2



Service Dog Visit

Snapshot of Activity

Cub Scouts learn about service dogs.







2



5



If you want to know more about The Adventure Activity Key, click here.

Supply List

Service dog with handler

Directions

Before the meeting:

- 1. Find a local group of service dog handlers for the visually impaired.
- 2. Invite the handler and service dog to an upcoming den meeting.
- 3. Let the families know that a handler and service dog will be attending the meeting.
- 4. Ask Cub Scouts to come up with questions to ask the handler.

During the meeting:

- 1. Explain to Cub Scouts that some people have a visual disability, they may have trouble seeing or may not be able to see at all.
- 2. Tell Cub Scouts that some visually impaired people have service dogs to help them.
- 3. Ask handlers to share how service dogs help people that are visually impaired.
- 4. Encourage Cub Scouts to ask questions about service dogs.

After the meeting:

1. Write a thank you note to the service dog handler.

Cubs Who Care

Elective

Requirement 2



Snapshot of Activity

Cub Scouts toss a Nerf™ ball back and forth learning depth perception.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Nerf[™] ball, 1 for every 2 Cub Scouts
- Eye patch for each Cub Scout

Directions

Before the meeting:

1. Set up meeting space with enough room for Cub Scouts to toss the ball back and forth between buddies.

- 1. Explain to Cub Scouts that some people have a visual disability; they may have trouble seeing or may not be able to see at all.
- 2. Have Cub Scouts line up and look into the distance at an object. Ask them to share what they see.
- 3. Have Cub Scouts cover their right eye. Did the object move or did it remain in the same place?
- 4. Do the same covering the left eye. Did the object move or did it remain in the same place?
- 5. Have Cub Scouts buddy up. Give each set of buddies a ball.
- 6. Have Cub Scouts toss the ball back and forth 10 times.
- 7. Hand out eye patches and ask Cub Scout to cover up their right eye.
- 8. Have Cub Scouts stand 5 feet apart and throw the Nerf™ ball back and forth 10 times.
- 9. Stop and ask Cub Scouts, "Was it the same, easier, or harder to catch the Nerf™ ball.
- 10. Repeat the exercise with the left eye covered. How was this different than when the right eye was covered?

Cubs Who Care

Elective

Requirement 3



"Hello, my name is"

Snapshot of Activity

Use American Sign Language to communicate a simple sentence that includes your name.



If you want to know more about The Adventure Activity Key, click here.

Supply List

American Sign Language Alphabet worksheet found in Additional Resources

Directions

Before the meeting:

1. Print one copy of American Sign Language Alphabet worksheet for each Cub Scout.

During the meeting:

- 1. Explain to Cub Scouts that some people have a hearing loss; they may have trouble hearing or may not be able to hear at all. Another method of communicating is by using sign language.
- 2. Have the Cub Scouts buddy up.
- 3. Give each Cub Scout a copy of the American Sign Language Alphabet worksheet.
- 4. Ask Cub Scouts to practice signing "Hello, my name is" and their name to their buddy.

Additional Resources

American Sign Language Alphabet worksheet

Cubs Who Care

Elective

Requirement 3



Scout Law

Snapshot of Activity

Cub Scouts try to speak to their buddy with a mouthful of marshmallows.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Bag of large marshmallows
- Large bowl
- Scout Law cards found in Additional Resources
- Printer

Directions

Before the meeting:

- 1. Print and cut out Scout Law cards.
- 2. Fold the cards and place them in a large bowl.

- 1. Sit Cub Scouts in a circle.
- 2. Explain to Cub Scouts that some people have a hearing loss; they may have trouble hearing or may not be able to hear at all. It is difficult to speak clearly when you are unable to hear clearly. Ask Cub Scouts how they would learn to talk if they could not hear.
- 3. Give one Cub Scout enough marshmallows to fill their mouth, 4 to 6. Ask them to draw a card from the bowl.
- 4. Ask Cub Scout to put the marshmallows in their mouth and read the Scout Law on the card. (You may help those who have difficulty reading.)
- 5. The other Cub Scouts try to guess what is being said.
- 6. Repeat for each Cub Scout.
- 7. Ask Cub Scouts the following:
 - o Did you understand what Cub Scouts were saying when they had marshmallows in their mouths?
 - o How would you make the message clearer?
 - O What would be another way to communicate?

Additional Resources

Scout Law cards

Cubs Who Care

Elective

Requirement 3



Tele-What?

Snapshot of Activity

Cub Scouts play "telephone" while ears are covered.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Ear coverings, one set per Cub Scout

Directions

- 1. Explain to Cub Scouts that some people have a hearing loss; they may have trouble hearing or may not be able to hear at all. Ask Cub Scouts how they would talk on the phone if they could not hear.
- 2. Tell Cub Scouts they're going to play the "telephone game." The game is to whisper a message from one person to another, with the goal of seeing how much the message changes as it gets passed along.
- 3. Have Cub Scouts sit in a circle.
- 4. Ask Cub Scouts to put on their ear coverings.
- 5. Give the first Cub Scout a message. It's most fun if it's a bit quirky like "purple elephants dance on the moon."
- 6. Have the first Cub Scout whisper it to the person on their right. Make sure it's quiet enough so that others can't hear. The message should only be whispered once.
- 7. Tell Cub Scout who received the message to whisper it to the person on their right, and this continues around the circle. Each person should only whisper the message they heard to the person next to them.
- 8. Tell Cub Scouts they should not repeat the message if asked, nor should they clarify or ask for repetitions if they didn't hear it correctly. They must do their best to pass on the message as they understood it.
- 9. After the message has been whispered around the entire circle, the last Cub Scout in the group announces what they heard to the entire group.
- 10. Questions to ask:
 - o Did the message change?
 - o Was it hard to hear the message being whispered?
 - o How would you make the message clearer?

o What would be another way to communicate the message without speaking louder?

Cubs Who Care

Elective

Requirement 4

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Accessibility Walk Around

Snapshot of Activity

Cub Scouts will take a walk around your meeting space to identify accommodations and lack of accommodations for people with disabilities.



If you want to know more about The Adventure Activity Key, click here.

Supply List

No supplies needed

Directions

- 1. Explain to Cub Scouts that some people have a physical disability. Examples of physical disabilities are people in wheelchairs because their legs do not work. Because of a physical disability, it is difficult to get around. This is especially true if a building's design isn't accessible.
- 2. Take Cub Scouts on a walk around their meeting space to discuss disability accommodations. Start in the parking lot.
- 3. Ask Cub Scouts the following questions:
 - o Are there specific handicap parking spots?
 - o Can you find any doors that have automatic openers?
 - Do you think a wheelchair could get into the building? What would prevent this?
 - Are there stairs you need to walk up to get into the building? If so, are there ramps or elevators that would help?
 - o Are the doorways wide enough to accommodate a wheelchair?
 - What do the thresholds look like? Are they raised? Can a wheelchair roll over them easily?
 - Are the bathroom doors wide enough to accommodate a wheelchair? Are there handicap accessible stalls that are big enough for a wheelchair?

 Are there other things about your meeting space that would make it difficult for someone in a wheelchair to get around?

Cubs Who Care

Elective

Requirement 4

Out of Reach



Snapshot of Activity

Cub Scouts sit on chairs to explore barriers to getting around.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Chairs
- Pencils
- Scissors
- Wolf handbook

Directions

Before the meeting:

- 1. Place the scissors on one side of a table. Put two or three chairs on the opposite side of the table.
- 2. Place the pencils on the floor near a wall where they won't be stepped on. Put a chair next to them.
- 3. Place the Wolf handbook on a wall shelf. Put a chair below and facing the shelf.

- 1. Explain to Cub Scouts that some people have a physical disability. Examples of physical disabilities are people in wheelchairs because their legs do not work. Because of the physical disability, it is difficult to get around and to retrieve items they may need.
- 2. Explain to Cub Scouts that they are going to sit in a chair and try to reach various objects they may need.
- 3. Have Cub Scouts take turns sitting in one of the chairs at the table. Ask them to pick up a pair of scissors without standing or rising up out of the chair.
- 4. Next, have Cub Scouts take turns sitting in the chair by the pencils. Ask them to pick up a pencil off the floor without moving off the chair.
- 5. Have Cub Scouts take turns sitting in the chair by the shelf. Ask them to retrieve the Wolf handbook off the shelf without standing or raising up out of the chair.
- 6. When Cub Scouts have tried all the tasks, have them sit in chairs and then ask the following questions:
 - o Was it hard to reach the items sitting down?

- o Look around the room. What other things would be hard to retrieve if you must stay seated?
- o What can we do to make it easier to reach the things we need?



Snapshot of Adventure

Dinosaurs and other giant creatures lived and died out millions of years ago, so thankfully you won't run into one on a walk. A scientist who studies dinosaurs is called a paleontologist (pa-le-on-to-lo-gist). They study dinosaur bones and fossils to learn more about their habits, the food they ate, and their size. During this Adventure, you will match dinosaurs to their names, and you'll use your imagination to create your own dinosaur.

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 <u>Guide to Safe Scouting</u> 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.)

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 the experiment.

Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Digging in the Past.

Requirement 1

Play a dinosaur game that shows what you know about them.

- Play a dinosaur identification game.
- Play a dinosaur matching game.
- Play a dinosaur trivia game.

Requirement 2

Create an imaginary dinosaur. Share with your den or family its name, what it eats, its size, and where it lives.

- Make a dinosaur out of clay.
- <u>Create custom dinosaurs</u> by assembling cutout body parts.
- Create an imaginary dinosaur out of recycled materials.

Requirement 3

Be a paleontologist and dig through a dinosaur dig.

- Make a <u>dinosaur dig</u>.
- Cub Scouts will make dinosaur eggs.
- Visit a location where fossils can be found.

Requirement 4 Build a fossil layer.

- Cub Scouts learn about fossil layers by making edible fossil layers.
- Draw fossil layers and add in dinosaurs.
- Cub Scouts <u>build fossil layers with play dough</u>.

Back to Elective Adventures

Digging in the Past

Elective

Requirement 1

Dino Detective



Snapshot of Activity

Play a dinosaur identification game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Dino Cards found in Additional Resources
- Cardstock
- Printer
- Wolf handbook

Directions

Before the meeting:

- 1. Print and cut out 1 set of Dino Cards on cardstock. Put the picture and the fun facts together in the deck. The picture will be used to the Cub Scouts. The fun facts are for you.
- 2. Review the cards and become familiar with the different types of dinosaurs.

During the meeting:

- 1. Gather Cub Scouts with their Wolf handbooks and let them know for this activity they can use their handbook and the Digging in the Past Adventure chapter.
- 2. Explain to Cub Scouts that they are going to guess the names of dinosaurs based on a picture and some clues.
- 3. Show pictures of the dinosaurs and ask Cub Scouts to guess the name of the dinosaur.
- 4. If Cub Scouts have trouble guessing based on the picture, provide clues, based on the fun facts, about the dinosaurs without revealing the name.

Additional Resources

Dino Cards

Digging in the Past

Elective

Requirement 1





Snapshot of Activity

Play a dinosaur matching game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Dino Cards found in Additional Resources
- Cardstock
- Printer
- Each Cub Scout will need their Cub Scout Wolf handbook

Directions

Before the meeting:

- 1. Print and cut out 1 set of Dino Cards on cardstock.
- 2. Review the cards and become familiar with the different types of dinosaurs.

During the meeting:

- 1. Gather Cub Scouts with their Wolf handbooks and let them know for this activity they can use their handbook and the Digging in the Past Adventure chapter.
- 2. Divide the Cub Scouts into two groups.
- 3. Give one group the cards with dinosaur photos.
- 4. Provide the other group with the dinosaur cards with the fun facts.
- 5. Tell Cub Scouts to work together and match the photos with the fun facts.

Additional Resources

Dino Cards

Digging in the Past

Elective

Requirement 1



Dino Trivia

Snapshot of Activity

Play a dinosaur trivia game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Dino Cards found in Additional Resources
- Cardstock
- Printer
- Wolf handbook

Directions

Before the meeting:

- 1. Print and cut out 1 set of Dino Cards on cardstock.
- 2. Separate the photos from the fun facts. Review the cards and become familiar with the different types of dinosaurs.

During the meeting:

- 1. Gather Cub Scouts with their Wolf handbooks and let them know for this activity they can use their handbook and the Digging in the Past Adventure chapter.
- 2. Lay out pictures of three different dinosaurs.
- 3. Select one of the dinosaurs and read the fun facts. Have Cub Scouts guess which dinosaur you are describing. Replace the dinosaur photo that matches the fun facts with another photo.
- 4. Continue until all the fun facts cards have been used.

Tip: Use plastic dinosaurs instead of the cards.

Additional Resources

Dino Cards

Digging in the Past

Elective

Requirement 2

Dino Clay Creations



Snapshot of Activity

Make a dinosaur out of clay.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Air dry craft clay
- Sculpting tools such as a craft knife, toothpick, and clay shaping tools a set for each Cub Scout
- Sponge
- Bowl of water
- Wolf handbook

Directions

Before the meeting:

1. Prepare your workspace. Cover your work surface with a plastic tablecloth or parchment paper to prevent the clay from sticking.

During the meeting:

- 1. Ask Cub Scouts to sculpt a basic dinosaur shape by shaping the clay into the rough outline of a dinosaur.
- 2. Ask Cub Scouts to create a basic body shape and then add limbs, head, tail, and other details as needed.
- 3. Encourage Cub Scouts to use sculpting tools to add details like scales, facial features, claws, and teeth. They can reference images to get a sense of the dinosaur's anatomy.
- 4. Suggest that Cub Scouts use tools to smooth out the surface and refine the shape. They can also use a damp cloth or sponge to achieve a smoother texture.
- 5. Ask Cub Scouts to share their dinosaurs with the den. Encourage Cub Scouts to name their dinosaur and tell where it lived and what it ate.

Back to Digging in the Past Requirements

Digging in the Past

Elective

Requirement 2

Dino Imagination



Snapshot of Activity

Create custom dinosaurs by assembling cutout body parts.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Dino Imagination worksheet found in Additional Resources
- Cardstock
- Printer
- Scissors, one pair for each Cub Scout
- Glue or glue stick for each Cub Scout
- Colored pencils, markers, or crayons

Directions

Before the meeting:

1. Print Dino Imagination on cardstock, one for each Cub Scout.

During the meeting:

- 1. Ask Cub Scouts to cut the dinosaur images into different body parts, such as heads, tails, bodies, legs, and arms along their outlines.
- 2. Ask Cub Scouts to select body parts and assemble them on the background sheet to create their unique dinosaur designs. Cub Scouts can mix and match different parts to come up with imaginative combinations.
- 3. Encourage Cub Scouts to use markers, colored pencils, or crayons to add details and personalize their dinosaurs. They can draw scales, patterns, or features on their creations.
- 4. Ask Cub Scouts to share their dinosaur creations with the group. This is an opportunity for them to explain their designs and discuss what makes their dinosaurs unique.

Additional Resources

Dino Imagination worksheet

Digging in the Past

Elective

Requirement 2

Recycled Reptiles



Snapshot of Activity

Create an imaginary dinosaur out of recycled materials.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Water bottles
- Bottle caps
- Cereal boxes
- Container lids
- Buttons
- Felt
- Construction paper
- Soda cans
- Chenille stems
- Tape or glue sticks
- Markers or crayons
- Paper clips
- Plastic tablecloth

Directions

Before the meeting:

- 1. Ask Cub Scouts to collect recycled materials that they could use to build a dinosaur to bring to the meeting.
- 2. Set up a workspace on a table. Cover the table with a plastic tablecloth.

During the meeting:

- 1. Ask Cub Scouts to use their imagination and the supplies on the workspace to build a dinosaur.
- 2. Have Cub Scouts build their dinosaur using recycled materials.

Encourage Cub Scouts to share their dinosaurs with the den. Ask Cub Scouts to name their dinosaur and tell where it lived and what it ate.

Back to Digging in the Past Requirements

Digging in the Past

Elective

Requirement 3

Dino Dig



Snapshot of Activity

Make a dinosaur dig.











If you want to know more about The Adventure Activity Key, click here.

Supply List

- 3 cups corn starch for each Cub Scout
- 1 ½ cups water for each Cub Scout plus ½ cup additional water to correct texture if needed
- 1 mixing bowl for each Cub Scout
- Dinosaur toys or fossil skeletons, several for each Cub Scout
- 1 container such as a deep-dish style pie plate for each Cub Scout
- Digging equipment such as a toothbrush, paintbrush, toothpick, and a lightweight hammer for each Cub Scout
- Safety glasses for each Cub Scout
- Newspaper for each Cub Scout

Directions

This Activity will take two meetings to complete.

Before the meeting:

1. Gather all materials and lay out items on a newspaper-covered work surface.

During the first meeting:

- 1. Ask Cub Scouts to combine the 3 cups cornstarch and 1 ½ cups water together in a big bowl to make oobleck. If the mixture is too watery, add more cornstarch. The consistency should feel like quicksand, when you apply force, it becomes thicker.
- 2. Have Cub Scouts pour the mixture into the container. Tell them to bury the dinosaurs in the mixture so that you can't see them. The bones may not want to stay buried, so they may have to push them back down into the mixture. It's OK if a couple of them are poking out of the mixture, but have Cub Scouts make sure that most of them are totally submerged in the oobleck.
- 3. Set the containers aside to dry in a place where they can stay until the next den meeting.

During the second meeting:

1. Cover your workspace with newspaper.

- 2. Bring containers and put them down on top of the newspaper. This is going to get messy. Corn starch dust will be everywhere.
- 3. For safety, Cub Scouts must wear safety glasses while working in case any pieces or dust go flying.
- 4. Ask Cub Scouts to carefully turn the container upside down onto the work surface. Remove the container, and the dig should slide right out.
- 5. The dig may crumble a bit. If it doesn't, Cub Scouts can use the hammer and very gently tap on it to start breaking it up.
- 6. Tell Cub Scouts to brush and dig their way through the dinosaur dig. When they see a bone, they should gently excavate around it, removing the cornstarch debris with a brush. Soon, they'll find their dinosaur bones!

Tip: Consider holding the second meeting outside so that cleanup will be easier.

Back to Digging in the Past Requirements

Digging in the Past

Elective

Requirement 3



Dino Egg Dig

Snapshot of Activity

Cub Scouts will make dinosaur eggs.







3



3



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Mixing bowl for each Cub Scout
- Assorted fossils such as shark teeth, sea clam fossil, trilobite, ichthyodont, ammolite, copal amber, graptolite, rhynchonellida, conchostracan, tower corals, spirifer. These can be found for purchase online.
- 1 cup used coffee grounds per egg for each Cub Scout
- 1 cup flour per egg for each Cub Scout
- 1/2 cup salt per egg for each Cub Scout
- 1/4 cup sand per egg for each Cub Scout
- 3/4 cup water per egg for each Cub Scout
- Digging equipment such a toothbrush, paintbrush, toothpick, and a lightweight hammer for each Cub Scout
- Newspaper for each Cub Scout
- Oven
- Oven mitts

Directions

Before the meeting:

- 1. Gather all materials and lay out items on a newspaper-covered work surface for each Cub Scout
- 2. Preheat oven to 150*

- 1. Tell Cub Scouts to mix coffee grounds, flour, salt, and sand together, and add 1/4 cup water at a time.
- 2. Once mixed, have Cub Scouts flatten a chunk of dough out in their hand and place fossils inside to later dig out and find. Have them roll the rest of the dough over the toy to form an egg or rock.
- 3. Bake in the oven at 150*F for about 20-30 minutes. Allow the eggs to cool before handling.
- 4. Place newspaper down for each Cub Scout. This is going to get messy.

- 5. The egg may crumble a bit. If it doesn't, have Cub Scouts use the hammer and very gently tap on it to start breaking it up.
- 6. Encourage Cub Scouts to dig their way to the dinosaur toys.

TIP: While the dino egg is baking complete other requirements for this or other Adventures.

Back to Digging in the Past Requirements

Digging in the Past

Elective

Requirement 3





Snapshot of Activity

Visit a location where fossils can be found.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Activity consent form for each Cub Scout

Directions

Before the meeting:

- 1. Choose a fossil site. Research and choose a location where fossils are known to be found such as national or state parks, nature reserves, or museums with fossil exhibits. This may include a beach that has seashells. Ensure the site is safe and suitable for Cub Scouts.
- 2. Obtain permissions. Contact the site authorities or landowners to obtain any necessary permissions for your visit. This is especially important if you plan to disturb the fossils in any way.
- 3. If possible, arrange for a guided tour or a local expert to explain the geological history of the site and provide insights into the fossils found there.

- 1. Brief Cub Scouts on safety rules, including staying with the group, wearing appropriate clothing and footwear, and watching out for hazards like steep cliffs or slippery rocks.
- 2. Have Cub Scouts explore and search for fossils. Encourage Cub Scouts to handle fossils gently and respect the site. Tell Cub Scouts that they should leave the fossil instead of taking it home.
- 3. Encourage Cub Scouts to document their findings. This can be through sketches, photographs, or written descriptions in their journals. It's a great way to create lasting memories.
- 4. At the end of the visit, gather the Cub Scouts for a discussion. Have Cub Scouts share their favorite discoveries and what they learned. Discuss the importance of preserving such sites.

Digging in the Past

Elective

Requirement 4

Dig in and Devour



Snapshot of Activity

Cub Scouts learn about fossil layers by making edible fossil layers.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 8 to 10 oz. clear plastic cup for each Cub Scout
- 3.25 oz. of prepared flavored gelatin one for every two Cub Scouts
- 4 animal crackers for each Cub Scout
- 3.25 oz. of prepared pudding for each Cub Scout
- 1 graham cracker for each Cub Scout

Directions

Before the meeting:

- 1. Gather all ingredients.
- 2. Place 1.625 ounces of prepared flavored gelatin into each of the clear plastic cups.
- 3. Place 2 animal crackers in the flavored gelatin so the animal crackers will be soft by the end of the activity.
- 4. Become familiar with how fossils are formed.

- 1. Gather Cub Scouts and share with them that this activity is to demonstrate how fossils are formed. When something like animal bones is covered, they can turn into fossils but not all the time. Sometimes an object gets wet and starts to dissolve but when this happens it will not turn into a fossil. Sometimes rock or other hard things will form around it and keep it dry and over time it may turn into a fossil.
- 2. Tell Cub Scouts to scoop crushed graham crackers onto the flavored gelatin layer.
- 3. Have Cub Scouts place an animal cracker on the layer.
- 4. Ask Cub Scouts to scoop more graham crackers on top, making sure to cover the animal cracker.
- 5. Tell Cub Scouts to scoop pudding onto the graham crackers.
- 6. Have Cub Scouts place an animal cracker on the layer.
- 7. Ask Cub Scouts to scoop more pudding.

8. Encourage Cub Scouts to eat their fossil layer dessert. Ask them if they notice that some of the crackers stay crunchy and some are soft. Tell them that this is because some of the crackers will absorb moisture from their surroundings layers and some will not. Each of the materials surrounding the animal crackers affects them in a different way.

Back to Digging in the Past Requirements

Digging in the Past

Elective

Requirement 4



Dino Canvas

Snapshot of Activity

Draw fossil layers and add in dinosaurs.







2



2



2

If you want to know more about The Adventure Activity Key, click here.

Supply List

- 2 ounces of Three different colors of play dough for a total of 6 oz. for each Cub Scout
- Small rolling pin for each Cub Scout
- Small arrowhead (plastic or real) at least one per Cub Scout
- Small plastic dinosaurs at least one per Cub Scout
- Small shell at least one per Cub Scout
- Piece of paper for each Cub Scout
- Plastic tablecloth

Directions

Before the meeting:

- 1. Set up the meeting space and cover the table or workspace with a plastic tablecloth.
- 2. Set out all the supplies.

- 1. Tell Cub Scouts that they're going to make layers of the earth where fossils are found using play dough.
- 2. Instruct Cub Scouts to collect their supplies.
- 3. Have Cub Scouts take one color of playdough and roll it out flat into a rectangle.
- 4. Tell Cub Scouts that this first layer will be the oldest fossil layer. The oldest fossils are fossils that were formed from things that lived in the sea. To represent this place the seashells in this layer.
- 5. Next tell the Cub Scouts the second layer is where we will find dinosaurs. To represent this have them place the dinosaurs in this layer.
- 6. Next tell the Cub Scouts that the next layer will have things that are not as old, and this is where we will find fossils or artifacts from humans. To represent this, have them place the arrowhead in this layer.
- 7. Inform Cub Scouts that paleontologists use fossil layers to help determine how old a fossil may be and to help them know how far they must dig to find fossils they are looking for.

Digging in the Past

Elective

Requirement 4



Fossil Dough Discovery

Snapshot of Activity

Cub Scouts build fossil layers with play dough.



Indoor



2



3



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If you want to know more about The Adventure Activity Key, click here.

Supply List

- 2 ounces of Three different colors of play dough for a total of 6 oz. for each Cub Scout
- Small rolling pin for each Cub Scout
- Small arrowhead (plastic or real) at least one per Cub Scout
- Small plastic dinosaurs at least one per Cub Scout
- Small shell at least one per Cub Scout
- Piece of paper for each Cub Scout
- Plastic tablecloth

Directions

Before the meeting:

- 3. Set up the meeting space and cover the table or workspace with a plastic tablecloth.
- 4. Set out all the supplies.

During the meeting:

- 8. Tell Cub Scouts that they're going to make layers of the earth where fossils are found using play dough.
- 9. Instruct Cub Scouts to collect their supplies.
- 10. Have Cub Scouts take one color of playdough and roll it out flat into a rectangle.
- 11. Tell Cub Scouts that this first layer will be the oldest fossil layer. The oldest fossils are fossils that were formed from things that lived in the sea. To represent this place the seashells in this layer.
- 12. Next tell the Cub Scouts the second layer is where we will find dinosaurs. To represent this have them place the dinosaurs in this layer.
- 13. Next tell the Cub Scouts that the next layer will have things that are not as old, and this is where we will find fossils or artifacts from humans. To represent this have them place the arrowhead in this layer.
- 14. Inform Cub Scouts that paleontologists use fossil layers to help determine how old a fossil may be and to help them know how far they must dig to find fossils they are looking for.

Back to Digging in the Past Requirements

Wolf – 2nd Grade

Finding Your Way

Elective

Snapshot of Adventure

The ancient Greeks went on many adventures. Their writings told of faraway lands and treasures. To explain where their adventures took them, they created geography. Geography is the science of the Earth's surface. Geo means "earth" and grapho means "to write." Maps and compasses are tools that have helped travelers know if they are headed in the right direction.

In this Adventure, you will learn to read maps and use one on a walk. You'll also get to make your own map and use a compass on a scavenger hunt. Just like the ancient Greek explorers, it's time for you to lead the way on another great 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 <u>Guide to Safe Scouting</u> 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.)

Before starting this Adventure complete the following:

- Review <u>Age Appropriate Guidelines for Scouting Activities</u>.
- 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 <u>BSA Annual Health and Medical Record</u> for all Cub Scouts and adults going on the walk and check for any safety 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 <u>anaphylaxis</u>. During the Adventure:

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

Complete the following requirements

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

Requirement 1

Using a map, locate where you live.

- Cub Scouts use Google Maps to show where they live.
- Cub Scouts find and show their town on a map.

Requirement 2

Draw a map for a friend to locate your home or school. Create a key for the map.

Cub Scouts draw a map to their house.

Requirement 3

Find the directions north, east, south, and west and the compass rose on a map.

• Cub Scouts learn about <u>directions by making a paper plate compass rose</u>.

Requirement 4

Find the directions north, east, south, and west using a compass.

- Cub Scouts learn directions with this campsite compass activity.
- Cub Scouts make a sundial.
- Cub Scouts <u>learn directions by playing a Simon Says using a compass.</u>

Requirement 5

Practice using both a map and a compass.

- Cub Scouts go Geocaching using maps and a compass.
- Cub Scouts practice using a map and compass while taking a walk in their neighborhood.
- Practice using a map and compass at a park.

Back to Elective Adventures

Finding Your Way

Elective

Requirement 1



Google Maps Adventure

Snapshot of Activity

Cub Scouts use Google Maps to show where they live.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Computer or tablet with internet access.

Directions

Before the meeting:

1. Contact Cub Scouts' parents or legal guardians and ask that they write down their address for their Cub Scout to bring to the next meeting or use Scoutbook to identify each Cub Scouts address.

During the meeting:

- 1. Tell the Cub Scouts that we use maps to help us find where we are, where we need to go, and how to get there. The first step is knowing where you are. Today we are going to identify on a map where you live.
- 2. Navigate to Google Maps on the computer or tablet.
- 3. Have Cub Scouts gather around the computer or tablet.
- 4. Ask each Cub Scout in turn to type their address into the Google Maps search bar.
- 5. Ask questions:
- •
- o What do you see on the map near your home?
- o Does anything look like it does not belong on a map?
- o Can you find your school?

Back to Find Your Way Requirements

Finding Your Way

Elective

Requirement 1



Home Sweet Map

Snapshot of Activity

Cub Scouts find and show their town on a map.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- A map of your community centered on your den meeting location, one copy for each Cub Scout
- Pencil or pen for each Cub Scout

Directions

Before the meeting:

- 1. Using an app with mapping capabilities use your meeting location as a starting point.
- 2. Zoom out of the map to encompass your community and capture the neighborhoods that the members of your den live in.
- 3. Use Scoutbook to identify where the members of your den live.
- 4. Print a copy for each Cub Scout of the map.

- 1. Tell the Cub Scouts that we use maps to help us find where we are, where we need to go, and how to get there. The first step is knowing where you are. Today we are going to identify on a map where you live.
- 2. Pass out the maps and pencils or pens to each Cub Scout.
- 3. Have Cub Scouts look at the map and ask if anyone can identify a street, building, or other landmark on the map. Work to guide Cub Scouts to identify common landmarks and major intersections. Guide Cub Scouts to help them find their neighborhood and then their house.
- 4. Ask Cub Scouts to locate where they live and circle it.
- 5. Work with the Cub Scouts to locate where they go to school and circle it.
- 6. Work with the Cub Scouts to locate where the pack meetings are held.

Finding Your Way

Elective

Requirement 2





Snapshot of Activity

Cub Scouts draw a map to their house.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 8 ½"x11" paper, at least one sheet for each Cub Scout
- Markers, crayons, or colored pencils

Directions

During the meeting:

- 1. Have Cub Scouts buddy up.
- 2. Explain to Cub Scouts that they are going to draw a map to get from their house to their school .
- 3. Have each Cub Scout create a symbol for their house and a symbol for their school. This is the legend. Put the symbol in a box in the lower right corner of the paper.
- 4. Have them think about the buildings they might see on their way to their school. Think about grocery stores and libraries. Create a symbol for each building and put it in the legend.
- 5. Each Cub Scout should then draw a map from their house to their school using the symbols (keys) in their legend to mark buildings and other landmarks.

Tip: This activity can be combined with Requirement 3 Make a Compass Rose activity.

Back to Find Your Way Requirements

Finding Your Way

Elective

Requirement 3



Make a Compass Rose

Snapshot of Activity

Cub Scouts learn about directions by making a paper plate compass rose.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Make a Compass Rose found in Additional Resources
- Printer
- One 9" paper plate for each Cub Scout
- Markers, crayons, or colored pencils
- One glue stick for every two Cub Scouts
- One pair of scissors for each Cub Scout
- Wolf handbook

Directions

Before the meeting:

1. Print Make a Compass Rose, one for each Cub Scout.

- 1. Explain to the Cub Scouts that when we look at a map, we need to have a way to tell what direction the top of the map is pointing to. Is the map pointing north, south, east, or west? Maps traditionally are drawn with the top of the map pointing to north. Maps use what is called a compass rose to confirm what direction north is on the map.
- 2. Knowing what direction north is on a map allows us to position the map in real life in that direction, this is called orienting the map. Today most digital maps will do this as an option, we can either have the map stay pointing north or the have the map stay oriented to the direction that you are moving.
- 3. Pass out compass rose printable and paper plate to each Cub Scout.
- 4. Have Cub Scouts color the parts of the compass rose and cut them out.
- 5. Ask Cub Scouts to glue the parts to their paper plate.
- 6. Tell Cub Scouts to use their Wolf handbook as a reference and write the directions on the compass rose.

Additional Resources

Make a Compass Rose

Back to Find Your Way Requirements

Finding Your Way

Elective

Requirement 4

Campsite Compass



Snapshot of Activity

Cub Scouts learn directions with this campsite compass activity.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Campsite Compass found in Additional Resources
- Pencil or pen for each Cub Scout
- Access to Campsite Compass Answer Key

Directions

Before the meeting:

- 1. Print Campsite Compass game, one for each Cub Scout.
- 2. Print one copy of the Campsite Compass Answer Key if needed.

During the meeting:

- 1. Hand out game sheets and a pen or pencil to each Cub Scout.
- 2. Tell the Cub Scouts to use the compass rose on the bottom of the question sheet and the campsite map to answer the questions.
- 3. When Cub Scouts have completed the activity, have them swap their question sheet with a buddy so that they can check each other's answers.

Additional Resources

<u>Campsite Compass game</u> <u>Campsite Compass Answer Key</u>

Back to Find Your Way Requirements

Finding Your Way

Elective

Requirement 4



Create a Sundial

Snapshot of Activity

Cub Scouts make a sundial.







2



3



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Paper plate for each Cub Scout
- Bendy straw for each Cub Scout
- Sharpened pencil for each Cub Scout
- Compass, used both at the meeting and at home to finish project
- Tape

Directions

Before the meeting:

1. Ask Cub Scouts' parent or legal guardian to bring a compass to the meeting if they have one.

During the meeting:

- 1. Tell Cub Scouts that they'll be making a sundial.
- 2. Pass out supplies.
- 3. Ask Cub Scouts to carefully poke a hole through the center of the plate using the pencil.
- 4. Instruct Cub Scouts to push the straw through the hole and tape the short end underneath to hold it in place.
- 5. Explain to Cub Scouts that they'll need to do part of this activity over a day's time at home, but that they'll be practicing what to do.
- 6. Tell Cub Scouts to place their sundial on the floor. Explain that when they're home, they'll put their sundial in a sunny area. They may need to find rocks to hold their sundial down.
- 7. Ask Cub Scouts to use their compass to find north. Next, they need to tilt the straw slightly north. Explain that when they do this at home, the tilted straw will cast a slightly longer shadow.
- 8. When Cub Scouts are at home, they will mark the shadow with the time.
- 9. Every hour, Cub Scouts will check their sundial and will mark the shadow with the time.

Tip: This is a good activity to do during a pack campout.

Finding Your Way

Elective

Requirement 4



Simon Says Never Eat Soggy Waffles

Snapshot of Activity

Cub Scouts learn directions by playing a Simon Says using a compass.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Compass
- Four pieces of paper, labeled North, South, East, and West
- Masking tape

Directions

Before the meeting:

1. Make signs for north, south, east, and west.

- 1. Explain to Cub Scouts that they're going to play Simon Says Never Eat Soggy Waffles.
- 2. Stand in the center of the room with the compass and ask Cub Scouts to gather around.
- 3. Demonstrate how to use the compass. Discuss which wall is north, south, east, and west. Have a Cub Scout take each of the signs and tape it to the appropriate wall.
- 4. Ask Cub Scouts to line up, side by side.
- 5. Tell Cub Scouts that when they hear "Simon Says" and a direction, they are to turn and face that wall. For example, after "Simon Says East," Cub Scouts should turn and face the east wall.
- 6. Proceed with calling out directions with and without "Simon Says."
- 7. Cub Scouts who don't face the correct wall at the correct time are out.
- 8. Continue playing until there is only one player left.

Finding Your Way

Elective

Requirement 5





Snapshot of Activity

Cub Scouts go Geocaching using maps and a compass.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Activity Consent Form
- Smart device

Directions

Before the meeting:

- 1. Visit the Geocaching website and find a cache that is accessible for your Cub Scouts.
- 2. Review "Ten tips for newbies looking for their first geocache."
- 3. Bring along a small token to place in the cache if appropriate.
- 4. Download the Geocache app on your phone or smart tablet.
- 5. Notify families that the den will be going on a Geocache. Let them know where to meet.
- 6. Cub Scouts should bring their Cub Scout Six Essentials.

During the meeting:

- 1. Gather at the meeting location.
- 2. Explain how Geocaching works.
- 3. Head out and find your cache.

Back to Find Your Way Requirements

Finding Your Way

Elective

Requirement 5



Map Meandering Mission

Snapshot of Activity

Cub Scouts practice using a map and compass while taking a walk in their neighborhood.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Copy of a map of a local neighborhood, one for every two Cub Scouts
- Compasses, enough for each Cub Scout
- Activity Consent Form

Directions

Before the meeting:

- 1. Decide on a route for a short walk in a local neighborhood.
- 2. Mark several points on the map where Cub Scouts can safely stop to orient themselves.
- 3. Ensure the walk has all four directions for the Cub Scouts to walk: north, south, east, and west.
- 4. Make copies of the map with the marks.
- 5. Notify Cub Scouts' parents or legal guardians about the walk location and where to meet.

- 1. Tell Cub Scouts that the den is going on a walk using a map and a compass. Explain that you will be "north."
- 2. Tell Cub Scouts that whenever they get to a point that is marked on their map, everyone will stop, and you will be facing a point north.
- 3. Explain that Cub Scouts will orient themselves using their compass. They can do this by standing still and turning their compass until the north point is facing the same direction as the leader.
- 4. Tell Cub Scouts to call out the direction they're facing. Ask the other adults on the walk to confirm that their answer is correct.
- 5. Have Cub Scouts practice a couple of times before you start your walk.
- 6. Go on the walk in the selected neighborhood.

Finding Your Way

Elective

Requirement 5



Park Map Journey

Snapshot of Activity

Practice using a map and compass at a park.



If you want to know more about The Adventure Activity Key, click here.

Supply List

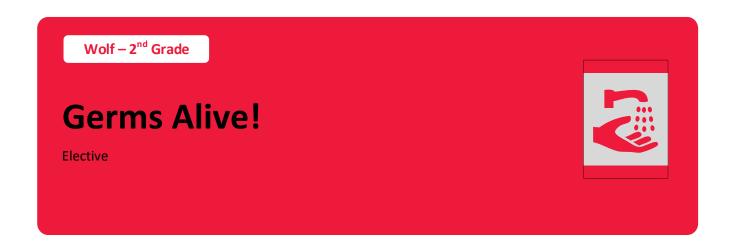
- Map of local park, one copy for every two Cub Scouts
- Compasses, enough for each Cub Scout
- Activity Consent Form

Directions

Before the meeting:

- 1. Locate a local park that has a map and decide on a route. Many parks have a map online.
- 2. Mark several points on the map where Cub Scouts can safely stop to orient themselves.
- 3. Ensure the walk has all four directions for the Cub Scouts to walk: north, south, east, and west.
- 4. Make copies of the map with the marks.
- 5. Notify Cub Scouts' parents or legal guardians about the walk location and where to meet.

- 1. Tell Cub Scouts that the den is going on a walk using a map and a compass. Explain that you will be "north."
- 2. Tell Cub Scouts that whenever they get to a point that is marked on their map, everyone will stop, and you will be facing a point north.
- 3. Explain that Cub Scouts will orient themselves using their compass. They can do this by standing still and turning their compass until the north point is facing the same direction as the leader.
- 4. Tell Cub Scouts to call out the direction they're facing. Ask the other adults on the walk to confirm that their answer is correct.
- 5. Have Cub Scouts practice a couple of times before you start your walk.
- 6. Go on the walk in the selected park.



Snapshot of Adventure

In this Adventure, you'll get to explore how to keep your body healthy. Why is it important to wash your hands? Why is the slimy mucus in your nose (yep, snot) important to your health? What happens if you sneeze into the air instead of into the bend in your elbow? How does keeping your room clean help keep you healthy? We will explore all of these questions while we journey through the sticky, sickening world of germs.

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 <u>Guide to Safe Scouting</u> 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 Germs Alive!.

Requirement 1

Wash your hands with soap and water while singing the "Happy Birthday" song two times.

• Sing Happy Birthday while washing hands.

Requirement 2

Play Germ Magnet with our den or your family. Wash your hands afterward.

- <u>Play Glitter Germ Magnet</u> to see how germs are easily spread.
- Using Glo Germ™, Cub Scouts learn about the spread of germs.

Requirement 3

Conduct the sneeze demonstration.

Cub Scouts learn about how far a sneeze can travel.

Requirement 4

Conduct the mucus demonstration.

• Cub Scouts learn about the importance of mucus and how it works.

Requirement 5

Grow a mold culture. Show what formed at a den or pack meeting.

- <u>Cub Scouts learn about the importance of hand hygiene and the spread of germs</u> by conducting a hands-on bread mold experiment.
- Cub Scouts learn which foods are more susceptible to growing mold.

Back to Elective Adventures

Germs Alive!

Elective

Requirement 1



Happy Birthday Hand Washing

Snapshot of Activity

Sing Happy Birthday while washing hands.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Hand soap
- Hand towel
- Running water
- Wolf handbook

Directions

Before the meeting:

1. Set up your handwashing station with hand soap, running water, and hand towel.

During the meeting:

- 1. Ask Cub Scouts to get their hands wet.
- 2. Ask Cub Scouts to put soap on their hands.
- 3. Tell Cub Scouts to work the soap into a lather on both sides of their hands.
- 4. Encourage Cub Scouts to wash their wrists, between their fingers and around their fingernails.
- 5. Ask Cub Scouts to sing the "Happy Birthday" song twice while washing their hands.
- 6. Direct Cub Scouts to rinse and dry their hands.

Back to Germs Alive! Requirements

Germs Alive!

Elective

Requirement 2



Glitter Germ Magnet

Snapshot of Activity

Play Glitter Germ Magnet to see how germs are easily spread.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Two colors of approximately two tablespoons glitter
- Water
- Hand soap
- Hand towel
- Vacuum cleaner

Directions

Before the meeting:

- 1. Set up hand washing station.
- 2. Set up meeting space and have vacuum cleaner prepared to pick up glitter.

- 1. Gather Cub Scouts and tell them that germs are so small we can only see them with a microscope. Some germs can get us sick. Germs can travel through the air, but they can also travel through contact with each other. Today we are going to see just how germs can travel with we don't keep our hands clean.
- 2. Ask Cub Scouts to wash their hands and form a circle with the group.
- 3. Ask an adult or den chief to put a pinch of bright-colored glitter into one person's hand in the circle. Have that person shake hands with the next person.
- 4. Remind Cub Scouts to not touch their face or eyes with glitter on their hands.
- 5. Instruct Cub Scouts to pass the handshake around the circle and see how far the "germs" (glitter) go.
- 6. Ask an adult or den chief to add a second color of glitter to one Cub Scout's hand to show how different "germs" can build up.
- 7. Ask Cub Scouts to wash their hands after the game.

Germs Alive!

Elective

Requirement 2



Glo Germ™ Exploration

Snapshot of Activity

Using Glo Germ™, Cub Scouts learn about the spread of germs.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Glo Germ™
- UV light
- Water
- Hand soap
- Hand towel

Directions

Before the meeting:

- 1. Set up handwashing station.
- 2. Apply Glo Germ[™] to an adult or den chief's hands.
- 3. Select a meeting location that is dimly lit to enhance the visibility of glowing germs.

- 1. As Cub Scouts arrive, have an adult or den chief with Glo Germ™ on their hands shake each Cub Scout's hand.
- 2. Ask Cub Scouts to sit down.
- 3. Explain to your Cub Scouts
 - Germs are so small we can only see them with a microscope. Some germs can get us sick. Germs can travel through the air, but they can also travel through contact with each other. Today we are going to see just how germs can travel with we don't keep our hands clean.
 - When you arrived today, we all shook hands. Before the meeting we put this safe stuff called Glo Germ to represent how germs can travel through contact.
- 4. In a darkened room, turn on the UV light.
- 5. Encourage Cub Scouts to examine their hands under the UV light.
- 6. Explain that the glowing spots represent simulated germs that have been spread through touch.

- 7. Ask Cub Scouts to thoroughly wash their hands.
- 8. After handwashing, use the UV light to see how thoroughly Cub Scouts wash their hands.

Back to Germs Alive! Requirements

Germs Alive!

Elective

Requirement 3



Sneeze-splosion!

Snapshot of Activity

Cub Scouts learn about how far a sneeze can travel.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Blanket, old sheet, or tarp with circles drawn on it in the form of a bull's-eye. Each "ring" of the bull's-eye should be 12 inches apart.
- Balloon (check for latex allergies)
- Paper confetti
- Piece of paper to roll into a funnel
- Tape
- Tape measure
- Wolf handbook

Directions

Before the meeting:

- 1. Roll the paper to make a funnel.
- 2. Insert the small end of the funnel into the balloon.
- 3. Pour a couple of tablespoons of paper confetti into the balloon.
- 4. Blow up the balloon to its full size and tie it. Safety: Pinch the balloon when you stop blowing so you don't get any confetti in your mouth and tie off the balloon
- 5. Place the blanket with the bull's eye on the ground.

- 1. Ask an adult or den chief to place the balloon in the center ring of the bull's eye.
- 2. Gather Cub Scouts and tell them that this demonstration shows how far a germ can spread from our mouths when we are sick.
- 3. The air in the balloon is like the air in our lungs and the confetti in the balloon is like our saliva or spit. When we sneeze a lot of air in our lungs push out a lot of spit and sometimes mucus that can get others sick.

- 4. Ask Cub Scouts to guess how far they think the "sneeze" will spread the "germs." Have the other members of the den move several feet away from the balloon.
- 5. On the count of three, Cub Scouts yell, "ACHOO!" while an adult pops the balloon.

Back to Germs Alive! Requirements

Germs Alive!

Elective

Requirement 4





Snapshot of Activity

Cub Scouts learn about the importance of mucus and how it works.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Borax
- Two plastic containers
- Warm water
- Quart-size zippered storage bag
- White school glue
- Pinch of dirt, flour, glitter, or cocoa
- Food coloring
- Paper plate
- Hand soap
- Hand towel
- Running water

Directions

Before the meeting:

- 1. In container one, dissolve two tablespoons of borax into 2 cups of warm water.
- 2. In container two, dissolve two teaspoons white glue into three teaspoons of warm water.
- 3. Add a few drops of yellow or green food coloring to the container of glue, and mix.
- 4. Add one to two teaspoons of the borax mixture to the glue mixture. Begin stirring and watch as the mixture starts to form into "slime."
- 5. Set up handwashing station.

- 1. Ask Cub Scouts to handle the mixture and explain what it feels like. How do you think something so slimy could protect your body?
- 2. Ask Cub Scouts to put their fake mucus on a paper plate.

- 3. Ask an adult or den chief to place a pinch of dirt, glitter, flour, or cocoa onto each Cub Scout's hand and gently blow it onto their mucus.
- 4. Ask Cub Scouts if things stuck onto the surface? This is how the mucus in your nasal membrane inside your nose filters stuff.
- 5. When you blow your nose mucus comes out along with the stuff your mucus has collected.
- 6. Ask Cub Scouts to wash their hands.

Back to Germs Alive! Requirements

Germs Alive!

Elective

Requirement 5



Germy Bread Investigation

Snapshot of Activity

Cub Scouts learn about the importance of hand hygiene and the spread of germs by conducting a hands-on bread mold experiment.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Plastic sandwich bags, two for each Cub Scout
- Slices of sandwich bread, two for each Cub Scout
- Permanent markers, one for each Cub Scout
- Water, hand soap and hand towel
- Germy Bread Investigation observation sheet found in Additional Resources
- Printer

Directions

Before the meeting:

- 1. Print Germs Alive 5 Germy Bread Investigation observation sheet, one for each Cub Scout.
- 2. Place two sandwich bags at each place where a Cub Scout will work.
- 3. Set up handwashing station.

- 1. Gather the Cub Scouts and inform them that germs are alive. Like all living things germs need to eat. Some germs are bacteria or fungi that eat the same food you and I do. If we don't properly wash our hands and we have germs on them the bacteria or fungi will get on it and start to eat it and will get so big you can see them without a microscope.
- 2. Ask Cub Scouts to label their two bags. One is labeled Dirty Hands, and the other is labeled Clean Hands.
- 3. Provide a piece of bread to each Cub Scout and ask them to gently touch the piece of bread on one side.
- 4. Tell Cub Scouts to place this piece of bread into their bag labeled Dirty Hands.
- 5. Ask Cub Scouts to wash their hands.
- 6. Provide a piece of bread to each Cub Scout and ask them to gently touch the piece of bread on one side.
- 7. Tell Cub Scouts to place this piece of bread into their bag labeled: Clean Hands.

- 8. Wash hands.
- 9. Ask Cub Scouts to take their two bags home and place them somewhere they can see them easily such as a table or windowsill. Make sure they are kept at room temperature.
- 10. Ask Cub Scouts to check on their bread slices and record what they see on a piece of paper. Make sure to note the differences between the "Dirty Hands" and "Clean Hands" bread.

Tip: For extra fun, have an adult or den chief do the same experiment and add other options such as rubbing the bread on their cell phone or laptop. Share the results at the next den meeting.

Additional Resources

Germy Bread Investigation observation sheet

Back to Germs Alive! Requirements

Germs Alive!

Elective

Requirement 5



Moldy Meals Mystery

Snapshot of Activity

Cub Scouts learn which foods are more susceptible to growing mold.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Banana, one for five Cub Scouts
- Small piece of bread, one for each Cub Scout
- Small paper plates (one for each Cub Scout and they should be able to fit into a sandwich bag)
- Small pieces of cheese, one piece for each Cub Scout
- Sandwich bags, one for each Cub Scout
- Rubber gloves
- Permanent marker, one for each two Cub Scouts
- Plastic cup with water, one for each two Cub Scouts
- Moldy Meals Mystery observation sheet found in Additional Resources
- Printer
- Water, hand soap and hand towel

Directions

Before the meeting:

- 1. Print Moldy Meals Mystery observation sheet, one for each Cub Scout.
- 2. Cut small pieces of cheese for each Cub Scout.
- 3. Cut slices of bread into small pieces.
- 4. Cut peeled bananas into small pieces.
- 5. Put a plate and sandwich bag at each place where a Cub Scout will sit.
- 6. Set up handwashing station.
- 7. Prepare meeting space for experiment.

- 1. Gather the Cub Scouts and inform them that germs are alive. Like all living things germs need to eat. Some germs are bacteria or fungi that eat the same food you and I do. If we don't properly store food or let it sit out bacteria or fungi will get on it and start to eat it and will get so big you can see them without a microscope.
- 2. Instruct Cub Scouts to write DO NOT EAT on their sandwich bag with the permanent marker.
- 3. Ask Cub Scouts to place one piece of banana, one piece of bread and one piece of cheese onto their paper plate.
- 4. Instruct Cub Scouts to lightly sprinkle each food with water.
- 5. Ask Cub Scouts to carefully place their plate into their sandwich bag.
- 6. Encourage Cub Scouts to leave a small opening to let some air in.
- 7. Ask Cub Scouts to observe the three foods daily. Which food grew mold faster? Tell them to write down their findings for a week. If they can, have them take pictures to share with the den.
- 8. Wash hands.

Safety: Tell Cub Scouts to wear rubber gloves to dispose of the food and paper plates after one week. Tell them to have an adult help them clean the area. Remind Cub Scouts to wash their hands with soap and water.

Additional Resources

Moldy Meals Mystery observation sheet

Back to Germs Alive! Requirements



Snapshot of Adventure

You are about to go on an overnight campout. Sleeping in a tent, roasting marshmallows, and exploring nature are some of the best parts of being a Cub Scout. Before you go, make a list of what you need to bring. Your den leader and parent(s) will help you get ready. Each time you go camping, you can show you are a Wolf Scout by doing more on your own.

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 <u>Guide to Safe Scouting</u> 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 Wolf.

Requirement 1

Learn about the buddy system and how it works in the outdoors.

- Cub Scouts find their buddy using animal sounds.
- Learn buddy teamwork during this relay game.

Requirement 2

Know the Cub Scout Six Essentials.

- Play Kim's game and learn the Cub Scout Six Essentials.
- Cub Scouts create their own Cub Scout Six Essentials kit.

Requirement 3

In addition to your Cub Scout Six Essentials, list the personal items you need for your campout.

- Cub Scout teams pack a backpack for a camping trip.
- Cub Scouts determine what is a "need" or "want" for a campout.

Requirement 4 Learn a camping skill.

- Cub Scouts learn about square knots.
- Cub Scouts will learn about storing their sleeping bags in this fast-paced relay.

Requirement 5

Attend a council or district Cub Scout overnight camp or attend a campout with your pack.

- Go camping at your local council camp.
- Go camping with your pack.

Back to Elective Adventures

Let's Camp

Elective

Requirement 1

Buddy Calls



Snapshot of Activity

Cub Scouts find their buddy using animal sounds.







2



2



2

If you want to know more about The Adventure Activity Key, click here.

Supply List

- Buddy Calls cards found in Additional Resources
- Hat or bowl

Directions

Before the meeting:

- 1. Become familiar with the Buddy System by watching this video "The Buddy System."
- 2. Print and cut out Buddy Calls cards, one set for every two Cub Scouts.
- 3. Select the number of animals that are needed for your den. You will need one set of animals for every two Cub Scouts. For example, if you have eight Cub Scouts you will need both pictures of four animals.
- 4. Fold up the pieces of paper and place them in a hat or bowl.
- 5. If you have an odd number of Cub Scouts, print one additional animal of the animals you've selected to create a three-person buddy group.

- 1. Gather Cub Scouts and say: "The buddy system is when two Cub Scouts work together, share, and keep each other safe. The den leader decides how buddies are paired. If there is an odd number of Cub Scouts, you can have a buddy group of no more than three. Having a buddy is especially important when you are doing an activity outdoors, particularly near or on the water. When you have a buddy, you are not to let your buddy out of your sight. As buddies you are friends, so remember the points of the Scout Law to be friendly, courteous, and kind to each other. You keep each other safe by following any rules or instructions for the activity"
- 2. To pick our buddies we are going to pick a piece of paper out of this bowl. Each piece of paper has an animal on it. You will do your best to make the sound of that animal. You will find your buddy who is making the sound of the same animal.
- 3. Ask each Cub Scout to pick one piece of paper out of the bowl/hat.

4.	Without showing other Cub Scouts their paper, ask Cub Scouts to make the sound of the animal on their piece	O
	paper.	

5. Ask Cub Scouts to listen for their matching call to find their buddy.

Additional Resources

Buddy Calls cards

Back to Let's Camp Requirements

Let's Camp

Elective

Requirement 1



Buddy Walk

Snapshot of Activity

Learn buddy teamwork during this relay game.



Indoor



4



2



If you want to know more about The Adventure Activity Key, click here.

Supply List

- One neckerchief for every two Cub Scouts
- Masking tape

Directions

Before the meeting:

- 1. Become familiar with the Buddy System by watching this video "The Buddy System." Determine the best location for the relay race.
- 2. Mark the starting and finish line with masking tape
- 3. Set up an area 20 yards long, free of obstacles for Cub Scouts to run a buddy race.

- 1. Gather Cub Scouts and say: "The buddy system is when two Cub Scouts work together, share, and keep each other safe. The den leader decides how buddies are paired. If there is an odd number of Cub Scouts, you can have a buddy group of no more than three. Having a buddy is especially important when you are doing an activity outdoors, particularly near or on the water. When you have a buddy, you are not to let your buddy out of your sight. As buddies you are friends, so remember the points of the Scout Law to be friendly, courteous, and kind to each other. You keep each other safe by following any rules or instructions for the activity"
- 2. Have Cub Scouts form a single line. Ask them to number off, one, two. This will form the buddy pair.
- 3. Cub Scouts will have to hold on to a neckerchief as buddies race to the finish line.
- 4. If there is an odd number of Cub Scouts, have one team of three.
- 5. Line up the buddy groups on the starting line and have them race toward the finish line.
- 6. They must work together and not let go of the neckerchief or fall. If they let go or fall, they must return to the starting line and start over.
- 7. The first buddy team to cross the finish line wins.

Let's Camp

Elective

Requirement 2

Cub Scout Six Essentials Kim's Game



Snapshot of Activity

Play Kim's game and learn the Cub Scout Six Essentials.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Camping Items Memory Game worksheet found in Additional Resources
- Pencils (one for each Cub Scout)
- Miscellaneous items such as a toy car, a rubber ducky, a book, a poncho, a sock
- Blanket
- Timer
- Filled water bottle
- First aid kit
- Whistle
- Flashlight
- Sun protection
- Trail food

Tip: You may include different types of the same essential. For example, different types of flashlights and trail food.

Directions

Before the meeting:

- 1. Print Camping Items Memory Game worksheet, one for each Cub Scout.
- 2. Place all items on a table and cover with the blanket.
- 3. Become familiar with the Cub Scout Six Essentials by watching this video "The Six Essentials." Review the Cub Scout Six Essentials in the front of the Wolf handbook.

During the meeting:

1. Gather the Cub Scouts and tell them that the Cub Scout Six Essentials are the six things they should have with them when they go on an outdoor adventure either in Cub Scouting or when they are with their family. After learning about the Cub Scout Six Essentials, you will play a game to see what they have learned.

- 2. Review the Cub Scout Six Essentials with the Cub Scouts using the Cub Scout Six Essentials chapter in the Wolf handbook.
- 3. Hand out a pencil and Let's Camp 2 Camping Items Memory Game worksheet to each Cub Scout.
- 4. Tell Cub Scouts that they will be shown a bunch of items. They will need to remember the items.
- 5. Invite Cub Scouts to stand by the covered table and remind them that they need to look and remember the items and not to touch the items.
- 6. Lift the blanket.
- 7. Set a timer for 3 minutes to allow Cub Scouts to look at the items.
- 8. After three minutes, cover the items with the blanket.
- 9. Ask Cub Scouts to write down all the items that they remember.
- 10. Allow them five minutes to complete their list.
- 11. Uncover the table to display the items.
- 12. Talk through each item and discuss whether it's important for a camping trip.
- 13. Identify the Cub Scout Six Essentials.
- 14. The Cub Scout who remembered the most items is the winner.

Additional Resources

Camping Items Memory Game worksheet

Back to Let's Camp Requirements

Let's Camp

Elective

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Requirement 2

Make a Cub Scout Six Essential Kit

Snapshot of Activity

Cub Scouts create their own Cub Scout Six Essentials kit.







3



3



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If you want to know more about The Adventure Activity Key, click here.

Supply List

This activity is designed if the pack is providing the Cub Scouts with their Cub Scout Six Essentials. You can modify this activity by not providing the Cub Scout Six Essentials, but by having Cub Scouts bring their six essentials and reviewing with them the purpose of each item.

If providing trail food, make sure to check for food allergies or restrictions.

- Make a Cub Scout Six Essentials Kit signs found in Additional Resources
- Tape
- A day bag, one for each Cub Scout with their name written on it
- Cub Scout Six Essentials, one for each Cub Scout
 - Filled water bottle
 - First aid kit
 - Whistle
 - Flashlight
 - Sun protection: hats, sunblock, and/or sunglasses
 - o Trail food

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 Wolf handbook.
- 3. Print one set of the Cub Scout Six Essentials Kit signs.
- 4. Set up six tables in your meeting space. Tape one kit sign to each table.
- 5. Each table will be a station that will have the appropriate Cub Scout Six Essential for each Cub Scout to take and place in their day bag as they learn about the Six Essentials at that table. Then they move on to the next table to learn about the next six essentials and place it in their day bag until each of the Six Essentials has been covered.
- 6. Ask den chief and adults to help with each of the stations.

During the meeting:

- 1. Tell Cub Scouts that they will be building their Cub Scout Six Essentials kit for an upcoming outing.
- 2. Gather the Cub Scouts into a circle and sit down and hand out the day bag for each Cub Scout
- 3. Start at the first table with the water bottles. Tell the Cub Scouts that they must always carry water with you when you are going outside. Your body loses water all the time, and you must replace it. When it is hot outside, your body loses water by sweating, and when it is cold outside, your body loses water with every breath you take; when you can see your breath when it is cold outside, that is water your body has lost. When your body has lost too much water, your body will tell you in different ways. The first is that you will feel thirsty. If you don't drink water, you may get a headache. If you continue to not listen to your body, you may end up getting a stomachache. When outside, it is best to get in the habit of drinking water before you start, continuously drinking small amounts throughout your activity, and drinking when you are finished. Do not drink a lot of water at a time. It is best to drink small amounts a lot of times than to drink a large amount all at once. How do you know if you're drinking enough water? One way is by checking your urine (pee). Your urine should be clear and light. If it's yellow, your body could use more water. If it's dark yellow, your body needs more water. Plastic water bottles are the most popular way to carry water. These come in all shapes and sizes. When looking at plastic water bottles, you want to think about how you will carry the bottle and how much water it will hold. Another important part of a plastic water bottle is how you drink from it. Some have straws, some have a valve, and others have just an opening with a screw cap. Water bladders are carried in backpacks. These are useful as they make drinking water easy and include a place to carry your other Cub Scout essentials. It is best to keep only water in your water bottle or water bladder and make sure to wash it after each use.
- 4. The second table should be the first-aid kits. Tell the Cub Scouts that there are different kinds of first-aid kits. The one you carry should be small and simple. Your first-aid kit should include things you know how to use and may need, based on the activity. Always check your first-aid kit before going out to make sure it has what you need. Your first-aid kit should have the following items:
 - o Personal medical items, for example, if you are allergic to bee stings, you may need to carry an EpiPen
 - Pads to clean cuts before applying an adhesive bandage
 - o First-aid cream applied to a cut before putting on an adhesive bandage
 - Adhesive bandages only a few in two or three different sizes

As you learn more about first aid, you will begin to carry more items in your kit.

- 5. The next table should be the whistle. Tell the Cub Scouts that a whistle is for emergencies if you get separated from your group. Since most whistles are small, you may want to tie a string to it and attach it to your belt or your backpack. If you get separated from your group, use the SAW method of Stay, Answer, and Whistle.
- 6. The next table should be the flashlight. Tell the Cub Scouts that a flashlight is one of the six essentials because like a first-aid kit and whistle, it is better to have it and not need it than to need it and not have it. There are a lot of options for a flashlight. When looking at different flashlights, remember that you must carry it. There are some you carry in your hands, some that you wear on your head, and even some that you wear around your neck. The next thing to consider about your flashlight is how it is powered. What type of batteries does it use? Do the batteries come with a flashlight? Is it easy to replace the batteries? When using your flashlight, remember to keep it pointed down and not at someone's face.
- 7. The next table should be sun protection. Tell the Cub Scouts that just like when they need water when it is hot or cold outside, you need sun protection in all types of weather. You can protect yourself from the sun by wearing the appropriate clothing and using sunblock. Sunblock and some clothes will indicate what sun protection factor, or SPF, will provide. The higher the SPF number, the more protection it will provide. The SPF number is not related to how long you can stay out in the sun. The effect the sun has on your skin can be different based on the time of year, time of day, and type of skin you have. A hat to provide good sun protection should cover not only your head, but also your ears and neck. If your hat doesn't cover your ears or neck, make sure to apply sunblock to those areas. When using sunblock, always follow the directions on the container. Know if your sunblock is waterproof or sweatproof. If not, you will need to reapply if you get wet or sweat a lot. Most sunblock will wear off, and you will need to apply more if you are outside for a longer period. Check the expiration date on your sunblock bottle.
- 8. The next table should be trail food. Tell the Cub Scouts that when they are outside and active, your body will need energy. Pack a snack that is easy to carry, is easy to eat when you are moving, and will stay fresh. Here are

some ideas for trail food. GORP – Good Old Raisins and Peanuts was the first trail mix and was simply raisins and peanuts. Raisins provided sugar and peanuts provided protein, two important nutrients for energy. Trail mix is now much more than just raisins and peanuts. Dried fruits, chocolate candies, and other nuts are just some items you can find in trail mix. Dried meats like beef jerky and turkey jerky are another source of high-protein foods that make a good snack when outdoors. You can even find vegetarian jerky made from plant-based proteins. Granola can be simply rolled oats, nuts, and honey baked together. Like trail mix, granola can be made from different ingredients. You can find a variety of granola bars at your grocery store. When deciding on trail food, remember what the temperature will be like. If it is going to be warm outside, anything that has chocolate will melt, making it difficult to eat. If it is going to be 35 degrees or colder outside, you can consider packing cheese as your trail food. When planning what to bring for trail food, make sure to check with your den leader to see if anyone has a food allergy, so you can plan to avoid those foods.

Additional Resources

Cub Scout Six Essentials Kit signs

Back to Let's Camp Requirements

Let's Camp

Elective

Requirement 3

Packing Relay

Snapshot of Activity

Cub Scout teams pack a backpack for a camping trip.









If you want to know more about The Adventure Activity Key, click here.

Supply List

Check for food allergies or dietary restrictions prior to this activity for the trail food.

- Two backpacks
- Two filled water bottles
- Two first aid kits
- Two brimmed hats
- Two bottles of sunscreen
- Two whistles
- Two trail food bags
- Two flashlights
- Two sleeping bags
- Two pillows
- Two 1-gallon sealable bags with a set of extra clothes. (t-shirt, shorts, socks, underwear)
- Two rain jackets or ponchos
- Two mess kits or plates or bowls
- Two tents
- Two toothbrushes
- Two bars of soap

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 Wolf handbook.
- 3. Become familiar with the suggested Individual Campout Checklist for Pack Overnighter.
- 4. Divide up the items into two piles. Each pile should have one of each the items.

During the meeting:

- 1. Divide Cub Scouts into two teams.
- 2. Explain the rules:
 - Cub Scouts are to take turns running to and from the table, picking up one item for their camping trip at a time.
 - When a Cub Scout has reached the table, they will choose one item to place into their team's backpack and quickly explain why that item is important for the campout. If they get it correct the Cub Scout will run back to the group, and before the next person can run to get another item. The sleeping bag and tent may be placed next to the backpack.
- 3. The team that packs all the items and correctly explains why it is important wins.

Back to Let's Camp Requirements

Let's Camp

Elective

Requirement 3



What Would You Bring?

8

Snapshot of Activity

Cub Scouts determine what is a "need" or "want" for a campout.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Backpack to fit all the items below
- Cub Scout Six Essentials
 - Filled water bottle
 - First aid kit
 - o Whistle
 - o Flashlight
 - Sun protection
 - o Trail food
- "Need" items
 - o Sleeping Bag
 - o Tent
 - Clothes
 - closed toe shoes
 - o toothbrush and toothpaste
 - insect repellent
 - Warm jacket
 - o Cub Scout uniform
- Items "Want" items
 - o Camera
 - o Notebook and pencil
 - Fishing pole
 - o Binoculars

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 Wolf handbook.
- 3. Become familiar with the suggested Individual Campout Checklist for Pack Overnighter.
- 4. Pack a backpack or canvas with the Cub Scout Six Essentials, items from the "need" list, items from the "want" list.

During the meeting:

- 1. Show the Cub Scout the backpack or canvas bag. Share with them that this is the type of bag that would be packed when going on a campout with the pack.
- 2. Pull out each item one by one. Ask the Cub Scouts if the item is a Six Essential, a needed item, or something they may want to bring but isn't needed.
 - o Call out items that are part of the Cub Scout Six Essentials and why they are essential.
 - o Describe why the "need" items may be important to take.
 - o Describe why the "want" items are nice but not needed
- 3. Continue until everyone has an empty backpack.

Back to Let's Camp Requirements

Let's Camp

Elective

Requirement 4

Nothing But Knots



Snapshot of Activity

Cub Scouts learn about square knots.



If you want to know more about The Adventure Activity Key, click here.

Supply List

 One piece of 20-inch rope with red duct tape on one end and blue duct tape on the other end for each Cub Scout

Directions

Before the meeting:

1. Learn how to tie a square knot using the "How to Tie a Square Knot" video on Scout Life magazine.

During the meeting:

- 1. Gather Cub Scouts and inform them that learning to tie knots is important. Rope is an extremely helpful item on campouts. Rope can be used to tie down tents or to create clotheslines to dry towels. We use knots for different reasons. Some knots can make the rope shorter, tie things down, bind poles together, or to connect two pieces together to make a longer piece of rope. The important thing about knots is that when tied correctly they do the job, and they are easy to untie when done. That is what we are going to learn today. One of the most basic knots is the square knot. The square knot simply connects two pieces of rope together, it works best with the rope is the same type and size. It holds the two pieces together but when you want to separate them it is easy to untie.
- 2. Hand out a rope to each Cub Scout.
- 3. While teaching the Cub Scouts to tie the square knot, demonstrate with your own rope.
- 4. Ask Cub Scouts to hold the red end in the right hand and the blue end in the left hand.
- 5. Pass the red end over and under the rope with the blue end.
- 6. Pass the red end rope now in your left hand over and under the blue end now in your right.
- 7. Tighten the knot by pulling both running ends at the same time.
- 8. Demonstrate that if they tie the knot correctly you can simply squeeze the knot together and it will loosen up and make it easy to untie.

Back to Let's Camp Requirements

Let's Camp

Elective

Requirement 4



Stuff Sack Relay

Snapshot of Activity

Cub Scouts will learn about storing their sleeping bags in this fast-paced relay.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Two sleeping bags
- Two sleeping bag stuff sacks
- Masking tape

Directions

Before the meeting:

- 1. Read "How to Buy the Best Sleeping Bag" in Scout Life magazine.
- 2. Read "How to clean and care for your sleeping bag" in Scout Life magazine.
- 3. Become how a sleeping bag works.
 - Sleeping bags use trapped air to keep you warm. Trapped air is one of the best insulators.
 - o Your body provides the heat for sleeping bags to keep you warm.
 - Sleeping bags must be kept dry, wet sleeping bags will remove body heat and may cause loss of body heat which can lead to hypothermia in very cold conductions.
 - A sleeping bag will last longer if after a campout you let it air out for a day and then place it loosely in a large stuff sack.
- 4. Set up a start and finish line using masking tape.
- 5. Lay out a stuff sack and the sleeping bag on the finish line.

During the meeting:

- 1. Gather Cub Scout and review how to clean and care for your sleeping bag from the Scouting Magazine article.
- 2. Share with Cub Scouts how sleeping bags work.
- 3. Describe to the Cub Scouts how the relay race will work.
- 4. Divide Cub Scouts into two teams and form a line.
- 5. Tell Cub Scouts that they will run down and stuff the sleeping bag into the stuff sack, pull the drawstring as quickly as possible and run back and tag their next teammate.

- 6. The second Cub Scout will run down and unstuff the sleeping bag and lay it next to the stuff sack. Once complete, they will run back to their team and tag the next Cub Scout in line.
- 7. Play continues until all Cub Scouts have had a turn.
- 8. The team with the fastest time wins.

Tip: When selecting a sleeping bag for camping a good rule of thumb is that if it has a cartoon character on it, there is a good chance it isn't going to work for camping. Those sleeping bags are designed for indoor use.

Back to Let's Camp Requirements

Let's Camp

Elective

Requirement 5

Council Camping Wolf



Snapshot of Activity

Go camping at your local council camp.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Check with your local council, depends on the council's camping facility
- Review <u>Guide to Safe Scouting</u> for camping
- BSA Health and Medical Record for every Cub Scout

Tip: Cub Scout families may participate in Council Organized Family Camp. These events may be called something less formal such as Parent and Pal or Cub Family Camp. The program is provided by the local council and the event may last two nights. For these activities, you are not required to have a BALOO-trained leader attend, but it is recommended.

Directions

Before camping:

- 1. Find a council camp on your local council's website and sign up
- 2. Determine what items you will need to take.

Go camping!

Additional Resources

Scouting Magazine Taking your pack or den camping?

Back to Let's Camp Requirements

Let's Camp

Elective

Requirement 5

Pack Camping Wolf



Snapshot of Activity

Go camping with your pack.







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
- Activity Consent Form
- BSA Health and Medical Record for every Cub Scout

Tip: Be sure and have fun activities for Cub Scouts to do while camping. Consider working on an Adventure such as Paws on the Path, A Wolf Goes Fishing, or Finding Your Way.

Directions

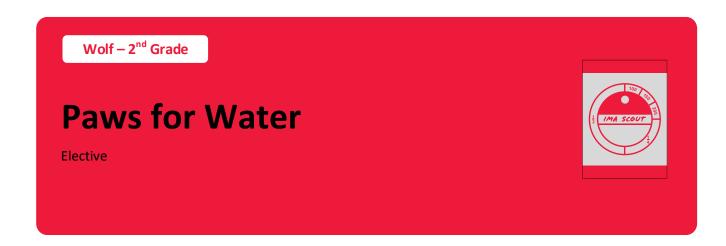
A Wolf Den **may not** go camping as a den. This activity is designed to be conducted as a Pack Campout. Before camping:

- 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.

Additional Resources

Scouting Magazine Taking your pack or den camping?

Scouting Magazine Cub Scout camps can camp up to 2 consecutive nights



Snapshot of Adventure

Swimming is a great way to stay healthy. In this Adventure you will have a chance to get wet while you learn the rules to swimming safely.

To earn this Adventure, you may enroll in and complete a swimming instruction program offered by an accredited instructor **OR** pass the BSA swimmer test **OR** complete the requirements below.

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 <u>Guide to Safe Scouting</u> 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 Paws for Water.

Requirement 1

Learn about the swimming safety rules that you need to follow.

Cub Scouts will learn swimming rules through a relay race game.

Requirement 2

Demonstrate how to enter the swimming area properly.

• Before going swimming <u>Cub Scouts learn how to properly enter the swimming area</u>.

Requirement 3

Using the buddy system and staying within your ability group, go swimming with your den or family for 30 minutes.

Take your den and go swimming.

Requirement 4

Attempt at least one swimming stroke: front crawl, restful backstroke, or breaststroke.

• <u>Cub Scouts will attempt to swim using a specific swimming stroke</u>. Requirements 1, 2, and 3 must be completed first.

Requirement 5

Jump feet first into water that is chest high or deeper.

• Cub Scouts jump into a pool in chest deep water. Requirements 1, 2, and 3 must be completed first.

Requirement 6

Demonstrate how to exit the swimming area properly.

• Cub Scouts demonstrate how to properly exit the pool.

Back to Elective Adventures

Paws for Water

Elective

Requirement 1



Rules Relay

Snapshot of Activity

Cub Scouts will learn swimming rules through a relay race game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Rules Match Relay game found in Additional Resources
- Printer
- Tape

Directions

Before the meeting:

- 1. Become familiar with the <u>Safe Swim Defense</u>.
- 2. Print two copies of Rules Relay. Cut out the rule boxes and the graphics.
- 3. Tape the two sets "Rules" to separate areas on a wall space. Leave enough spacing in between each rule to allow for the "graphic" to be posted.

During the meeting:

- 1. Gather the Cub Scouts and adults in the den. Explain that there are rules for swimming and after the rules are shared, there is a game to see how much was learned.
- 2. Review the eight points of the Safe Swim Defense with everyone.
 - "The first rule is to make sure there is an adult who is properly trained oversee the swimming activity, this is called Qualified Supervision. 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."
 - "The second rule is to make sure that everyone who is going to swim is healthy. You should never go swimming if you feel sick. Everyone who is swimming is to have a **Personal Health Review.** A complete health history is required of all participants as evidence of fitness for swimming activities. The BSA Annual Health and Medical record can be used for this."

- "The third rule is to make sure where we are swimming is safe. A Safe Area means that all swimming areas must be carefully inspected and prepared for safety prior to each activity. Water depth, quality, temperature, movement, and clarity are important considerations. Hazards must be eliminated or isolated by conspicuous markings and discussed with participants. Controlled Access: There must be safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other nonswimming activities."
- "The fourth rule is to have Response Personnel or Lifeguards. Every swimming activity must be closely
 and continuously monitored by a trained rescue team on the alert for and ready to respond during
 emergencies."
- "The fifth rule is to have a **Lookout**. The lookout continuously monitors the conduct of the swim, identifies any departures from Safe Swim Defense guidelines, alerts rescue personnel as needed, and monitors the weather and environment."
- "The sixth rule is for everyone to be placed into an **Ability Groups**. All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized BSA swim classification tests. The swimming area will be marked by ability groups and you cannot go beyond your ability groups swimming area. Nonswimmers must stay in the nonswimmer area, beginners can go in the nonswimmer and beginner area, and swimmers can swim in any of the three areas."
- "The seventh rule is the **Buddy System.** Every participant is paired with another. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing. During our swimming time when a lifeguard or adult calls for a buddy check you must exit the water with your buddy and hold your buddy's hand up. A count will be done to make sure everyone is safe before anyone gets back into the water."
- "The last rule is extremely important and that is **Discipline.** Rules are effective only when followed. All
 participants should know, understand, and respect the rules and procedures for safe swimming provided
 by Safe Swim Defense guidelines."
- 3. Divide Cub Scouts into two groups.
- 4. Divide up the rules graphics, as evenly as possible, amongst each team.
- 5. Tell Cub Scouts that when you say go, the first Cub Scout in line runs to their "rules" to attach their graphic to the correct rule. Once a group has completed putting on eight rules, check to see if they are the correct ones. If the graphics do not match the correct rule, the group must decide which one(s) are not correct and change them before the other group finishes.
- 6. The group that gets all the rules correct first wins.

Additional Resources

Rules Match Relay game key

Back to Paws for Water Requirements

Paws for Water

Elective

Requirement 2





Snapshot of Activity

Before going swimming Cub Scouts learn how to properly enter the swimming area.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Swimming area
- Qualified Adult Supervision
- Activity Consent Form
- BSA Health and Medical Form
- Buddy tags
- Buddy board found in Additional Resources

Directions

This activity is designed to be done before requirement 3 as part of a swimming activity. 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.
- 4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
- 5. Be aware that unless the BSA Swim Test was conducted, everyone in this activity, including adult partners will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Before entering the swimming area gather Cub Scouts and adult partners. Have the adult serving as the qualified supervision introduce themselves and show the den where the buddy board is. Pass out buddy tags to each Cub Scout and adult partner.

- 2. Have Cub Scouts and adult partners buddy up and place their buddy tags on the buddy board. Have the adult serving as the qualified supervision explain how the buddy board works and how to properly enter the swimming area.
- 3. Once everyone has entered the swimming area safely.
- 4. Demonstrate how to enter the pool. Walk up to the edge of the pool, sit down on the edge, place your feet into the pool, and lower yourself down into the pool.
- 5. Go buddy group by buddy group, and have Cub Scouts repeat the entry method demonstrated to them.

Additional Resources

Information about buddy boards can be found in the BSA Aquatics Staff Guide found on the <u>Aquatics</u> <u>Resources</u> webpage.

Back to Paws for Water Requirements

Paws for Water

Elective

Requirement 3





Snapshot of Activity

Take your den and go swimming.









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. Conduct swim checks to identify ability group for each Cub Scout. Those who do not take a swim check are automatically considered a nonswimmer.
 - Nonswimmer
 - Beginner
 - Swimmer
- 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 <u>Aquatics Resources</u> webpage.

Back to Paws for Water Requirements

Paws for Water

Elective

Requirement 4





Snapshot of Activity

Cub Scouts will attempt to swim using a specific swimming stroke. Requirements 1, 2, and 3 must be completed first.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Swimming area
- Qualified Adult Supervision
- Activity Consent Form
- BSA Health and Medical Form
- Whistles for lifeguards and look-outs
- Buddy board, see Additional Resources for information
- Buddy tags

Directions

Before this activity Cub Scouts must complete requirements 1, 2, and 3.

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 while swimming:

- 1. Demonstrate the front crawl.
 - Legs do a flutter kick. To do this, move your legs up and down in the water, pressing down on the water with the top of your foot.
 - At the same time, reach out with your arms out as far as you can in front of you, one arm at a time. Cup each hand, and scoop water down and back toward your body as your arm goes around in a circle.
- 2. Demonstrate the restful backstroke.

- Start by facing the pool wall, grabbing the poolside with both hands and putting your feet up against the wall, so your knees are bent up between your arm.
- You are poised and ready to spring away from the wall.
- Let go of the wall and push hard with both feet. Stretch out away from the wall keeping both arms by your sides.
- Glide across the water surface maintaining a horizontal position.
- Introduce using legs to kick. Push away from the poolside with one foot and with your head back, facing upwards.
- Begin to kick using a relaxed and alternating action, flicking your feet upwards to break the water surface.
- Your relaxed ankles should enable your feet to kick in a flipper-like action.
- Finally, introduce arms. Push gently away from the pool side holding a float across the chest with one arm and with the other arm by your side
- Extend your arm up and over the water with your thumb leading the movement
- Keeping your arm straight, rotate your hand so that your little finger enters the water in line with your shoulder and arm fully extended
- The arm pulls through the water to the hip with the forearm and the palm of the hand providing the propulsion.
- 3. Demonstrate the breaststroke.
 - Grab the poolside with both hands behind you. Put your feet up against the wall, getting ready to spring away from the wall.
 - Take a deep breast and submerge your face. Immediately let go of the wall and stretch your arms and hands in front of you.
 - Push hard with both feet and stretch out away from the wall.
 - For your legs, Push away from the poolside with one foot, looking forward with your chin on the water surface.
 - Draw your knees up underneath you keeping your legs and feet together and...
 - ...turn out your feet, exposing the soles to the water behind you.
 - Kick your feet out, around and back together, keeping your knees as close together as you can.
 - As you get used to the action, add more power and acceleration to the movement so that it becomes more of a whip action/
 - For your arms, Push gently away from the pool side with arms stretched out in front and together
 - Keeping fingers together, pull the water around in a small circle, keeping your hands in front of you throughout the movement
 - Allow your hands to scoop around and come together just under your chin
 - Elbows tuck in (this part of the action is easier when practiced without the woggle)
 - Both hands then stretch forwards, remaining together as they return to their starting position.
- 4. Tell Cub Scouts to make sure they're with the swim buddy within their same swim ability group that they selected in requirement 3.
- 5. Call each buddy group, one at a time, to attempt one of the styles.

Additional Resources

Information about buddy boards can be found in the BSA Aquatics Staff Guide found on the <u>Aquatics</u> Resources webpage.

Paws for Water

Elective

Requirement 5

Jump On In



Snapshot of Activity

Cub Scouts jump into a pool in chest deep water. Requirements 1, 2, and 3 must be completed first.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- · 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 this activity Cub Scouts must complete requirements 1, 2, and 3.

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 while swimming:

- 1. Have Cub Scouts sit on the edge of the pool with their swim buddy within their same swim ability group that they selected in requirement 3.
- 2. Call each buddy group to stand up.
- 3. Tell them to put their toes on the edge of the pool ledge.
- 4. Ask them to jump into the pool feet first and swim back to the edge.

Additional Resources

Information about buddy boards can be found in the BSA Aquatics Staff Guide found on the <u>Aquatics</u> <u>Resources</u> webpage.

Back to Paws for Water Requirements

Paws for Water

Elective

Requirement 6



Getting Out of the Pool

Snapshot of Activity

Cub Scouts demonstrate how to properly exit the pool.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- 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 this activity Cub Scouts must complete requirements 1, 2, and 3.

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 while swimming:

- 1. Have Cub Scouts stand in the pool, facing the edge.
- 2. Have your swimmers grab onto the wall with two hands [please emphasize BOTH hands!]
- 3. Put one elbow on top of the edge of the pool.
- 4. Bring their other elbow up on the edge.
- 5. Pull their body up so that their tummy is laying on the edge of the pool
- 6. Have them put their knee on the ledge and push up to a safe exit of the pool.

Additional Resources

Information about buddy boards can be found in the BSA Aquatics Staff Guide found on the <u>Aquatics</u> <u>Resources</u> webpage.

Back to Paws for Water Requirements



Snapshot of Adventure

Sports and active games are great ways to have fun and be healthy. Sports teach you to work with a team, help others, and follow rules. You can use the Scout Oath and the Scout Law as guides when you are playing games and sports. In this Adventure, you'll be challenged to exercise, play a team sport with your den, and show how to be a good sport. Time to move your powerful paws.

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 <u>Guide to Safe Scouting</u> 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 each Cub Scouts BSA Annual Health and Medical Record for any restrictions.

Complete the following requirements

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

Requirement 1

With your den, discuss sportsmanship and what it means to be a good sport. Make the connection between sportsmanship and the Scout Oath and the Scout Law.

- <u>Discuss sportsmanship and the connection to the Scout Oath and Law.</u>
- Share with den an example of a sports celebrity with good sportsmanship.

Requirement 2

Learn the rules of a team sport that you can play with your den, pack, family, or friends. After learning the rules, play the game for 30 minutes.

- Cub Scouts learn about the rules of basketball and play a game.
- Invite a sports coach to your Cub Scout den meeting to teach the rules and basic skills of a sport.
- Cub Scouts learn about the rules of kickball and play a game.

Requirement 3

Visit or watch a team sporting event with your family or den. Look for ways the team works together and share with your family or den.

- Attend a sporting event and watch a live game.
- Watch a team sporting event on the television.

Back to Elective Adventures



Paws of Skill

Elective

Requirement 1

Playing with Honor



Snapshot of Activity

Discuss sportsmanship and the connection to the Scout Oath and Law.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Access to Playing with Honor sheet found in Additional Resources

Directions

Before the meeting:

- 1. Review the Scout Oath and Law.
- 2. Review the Playing with Honor sheet.

During the meeting:

- 1. Discuss with Cub Scouts the importance of being a good sport and the connection to the Scout Oath and Law.
- 2. Name a point of the Scout Law and how it relates to good sportsmanship. Ask Cub Scouts to give an example of when they practiced good sportsmanship using that particular point of the Scout Law.
- 3. Allow each Cub Scout an opportunity to share a story, allowing one story per one Scout Law.

Additional Resources

Playing with Honor sheet

Paws of Skill

Elective

Requirement 1

The Graceful Competitor

Snapshot of Activity

Share with den an example of a sports celebrity with good sportsmanship.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Access to The Graceful Competitor found in Additional Resources
- Research sports athlete known for their outstanding sportsmanship

Directions

Before the meeting:

- 1. Choose a sports athlete known for their outstanding sportsmanship using the information found on the Graceful Competitor resource.
- 2. Collect information about the athlete's career and specific instances where they displayed good sportsmanship. Identify any awards or recognition the athlete received for their character on and off the field.
- 3. Ask Cub Scouts to bring their own example of an athlete with good sportsmanship.

During the meeting:

- 1. Share with Cub Scouts the specific traits that make the athlete a role model for sportsmanship.
 - o Be supportive.
 - Have a positive attitude.
 - o Be respectful.
 - o Be willing to learn.
 - Practice self-control.
- 2. Have Cub Scouts share their example of an athlete with good sportsmanship.
- 3. Encourage Cub Scouts to reflect on and share their own experiences with sportsmanship.

Additional Resources

The Graceful Competitor

MasterClass™ article on "How to Show Good Sportsmanship: 5 Qualities of a Good Sport"



Elective



Requirement 2

Basketball

Snapshot of Activity

Cub Scouts learn about the rules of basketball and play a game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Basketball size 6
- Court size 74' x 50'
- Height of basket 9'
- Distance of free-throw line 14'

Directions

Before the meeting:

- 1. Visit the USA Basketball website and become familiar with the rules of youth basketball.
- 2. Keep the rules simple and if possible, adjust the height of the basketball hoop so Cub Scouts can compete.
- 3. Identify a basketball court that is free of hazards.
- 4. If the basketball court you are using is not at your regular meeting location, send a reminder to all parents, legal guardians, and adult partners in the den about the date, time, and location of the den meeting.

During the meeting:

- 1. Gather Cub Scouts and adults and divide them into two teams, keeping adults together with their Cub Scouts.
- 2. Ask Cub Scouts why following rules in a game is important. Ask Cub Scouts which points of the Scout Law they should follow when they are playing a game and why.
- 3. Review the rules of basketball and how to score.
 - Field goal are 2 points
 - Free throw is 1 point
 - No 3-point field goals
- 4. A coin flip will determine the team that will start with the ball to mitigate significant differences in height and coordination among children. Alternating possession rules will then ensue throughout the game, Team awarded possession starts with throw-in at half court.
- 5. Only player-to-player defense. Double-team/crowding is not allowed.

- 6. Shot clock
 - o 30 seconds
 - o Full 30 second reset on offensive and defensive rebounds
 - o Full 30 second reset on any foul
- 7. The object of the game is to dribble the ball and shoot it into the basket.
- 8. The team with the most points wins.

Paws of Skill

Elective

Requirement 2

Coach and Cubs



Snapshot of Activity

Invite a sports coach to your Cub Scout den meeting to teach the rules and basic skills of a sport.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Dependent on chosen sport

Directions

Before the meeting:

1. Two weeks before the den meeting, invite a sports coach from your community to your den meeting to teach the rules of a sport of their choice.

During the meeting:

- 1. Discuss Cub Scout expectations when having a guest speaker:
 - o Raise hands
 - o No running around
 - Listening ears
- 2. Allow the coach to teach the rules and give some basic skill demonstrations about the chosen sport.
- 3. Encourage Cub Scouts to ask questions.
- 4. Have Cub Scouts play the game for 30 minutes with the help of the guest coach.
- 5. Thank your guest for coming.

After the meeting:

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



Elective



Requirement 2

Kickball

Snapshot of Activity

Cub Scouts learn about the rules of kickball and play a game.



Outdoor



5



3



2

If you want to know more about The Adventure Activity Key, click here.

Supply List

- 10-inch rubber kickball
- 4 baseball bases

Directions

Before the meeting:

- 1. Visit the World Kickball Association website and become familiar with the rules of kickball.
- 2. Keep the rules simple and adjust the distance of the kickball field so Cub Scouts can compete.
- 3. Identify a space clear of obstacles and hazards to lay out the kickball field.
- 4. Layout the kickball field using baseball bases.
- 5. If the kickball field you are using is not at your regular meeting location, send a reminder to all parents, legal guardians, and adult partners in the den about the date, time, and location of the den meeting.

During the meeting:

- 1. Gather Cub Scouts and adult partners and divide them into two teams, keeping adult partners together with their Cub Scouts.
- 2. Ask Cub Scouts why following rules in a game is important. Ask Cub Scouts which points of the Scout Law they should follow when they are playing a game and why.
- 3. Review the rules to kickball and how to score, rules are like baseball.
- 4. To begin, one team will be in the outfield and the other will be the kicking team.
- 5. A member of the outfield team is the pitcher and begins the game by rolling the ball to the first kicker on the kicking team.
- 6. Once the kicker kicks the ball, they run around the bases in order.
- 7. If the ball lands in the foul zone, the kicker must try again, and the foul will count as a strike.
- 8. If the ball is caught without touching the ground the kicker is out.

- 9. When running bases, a kicker can be out if they are touched with the ball while it is in the hands of an opposing team member when they are off the base.
- 10. You may not throw the kickball at someone to get them out.
- 11. A team gets three outs before the team switches to the outfield.
- 12. The team with the most points wins.

Paws of Skill

Elective

Requirement 3

Scouting in the Stands



Snapshot of Activity

Attend a sporting event and watch a live game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Activity consent form for each Cub Scout

Directions

Before the meeting:

- 1. Select a sporting event that is age-appropriate for the Cub Scouts. Consider factors like the length of the game, the nature of the sport, and the time of day.
- 2. Ask parents or legal guardians to complete and bring the activity consent form.

During the meeting:

- 1. Clearly communicate to Cub Scouts the behavior expectations during the event. Remind them to be respectful, courteous, and attentive to the game.
- 2. Encourage the Cub Scouts to look for ways the team works together.
- 3. After the event, ask the Cub Scouts to share what they enjoyed and what they learned.

Tip: If you are attending a high school or college event, contact the sports department to ask if Cub Scouts can get in for free or a reduced cost. Check with your local council as many professional sports teams offer special Scout discounts or events.

Paws of Skill

Elective

Requirement 3

Tuning into Team Spirit



Snapshot of Activity

Watch a team sporting event on the television.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Television with access to a sports game

Directions

Before the meeting:

- 1. Decide on a sport that everyone in your den enjoys.
- 2. Arrange comfortable seating in front of the television, ensuring that everyone has a good view of the screen.

During the meeting:

- 1. Take a moment to teach Cub Scouts about the teams playing, their key players, and any interesting facts about the game.
- 2. Encourage Cub Scouts to look for ways the team works together.
- 3. After the game, ask Cub Scouts to share what they enjoyed and what they learned.



Snapshot of Adventure

Get together with your den, pack, or family to go on a bike ride. You will learn about what to take, how to make sure your bike is ready, and then go for a ride! Grab your helmet, check your tires, and 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 <u>Guide to Safe Scouting</u> 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.)

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 <u>BSA Sports and Activities</u> page. During the Adventure:
 - Conduct an "ABC Quick Check" on the bicycles before riding. The Pedestrian and Bicycle Information Center has a <u>checklist</u> 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 Pedal With the Pack.

Requirement 1

Show how to properly wear a bicycle helmet. Show you can take off and put on without help.

• Cub Scouts demonstrate how to properly wear a helmet.

Requirement 2

Decide what you should wear when riding a bike.

- Cub Scouts <u>demonstrate what clothes to wear when going for a bike ride</u>.
- Cub Scouts choose proper clothes and gear for a safe bike ride.

Requirement 3

Learn about different types of bikes and when/where you might ride these different types.

Cub Scouts <u>learn about different types of bikes</u>.

Requirement 4

Demonstrate you can start and stop your bicycle without help.

• Cub Scouts <u>demonstrate starting and stopping a bike</u>.

Requirement 5

Demonstrate proper hand signals.

• Cub Scouts demonstrate hand signals while riding a bike.

Requirement 6

With your den, pack, or family, follow the buddy system and take a bike ride.

• Cub Scouts go for a bike ride with their buddy.

Back to Elective Adventures

Pedal With the Pack

Elective

Requirement 1

Helmet Fitting



Snapshot of Activity

Cub Scouts demonstrate how to properly wear a helmet.



If you want to know more about The Adventure Activity Key, click here.

Supply List

One bike helmet for each Cub Scout

Directions

Before the meeting:

1. Confirm all Cub Scouts who will be completing this Adventure have a helmet. Ask them to bring the helmet to the next den meeting.

During the meeting:

- 1. Ask Cub Scouts to put on their helmet.
- 2. For each Cub Scout, check the placement and the two-finger strap rule.
- 3. Confirm each Cub Scout is properly wearing their helmet and ask Cub Scouts to remove their helmet.

Back to Pedal with the Pack Requirements

Pedal With the Pack

Elective

Requirement 2

Gear Check



Snapshot of Activity

Cub Scouts demonstrate what clothes to wear when going for a bike ride.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- One pair of scissors for each Cub Scout
- One glue stick per Cub Scout
- Bike Gear worksheet found in Additional Resources
- Printer
- Access to Bike Gear Answer Key found in Additional Resources

Directions

Before the meeting:

1. Print Bike Gear worksheet, one for each Cub Scout.

During the meeting:

- 1. Give each Cub Scout a Bike Gear worksheet, a pair of scissors, and a glue stick.
- 2. Have each Cub Scout cut out the gear they think is appropriate for a bike ride and glue it to the Bike Gear worksheet.
- 3. Check the answers with the answer key. For any incorrect answers, initiate a discussion with Cub Scouts.

Additional Resources

<u>Bike Gear worksheet</u> Bike Gear worksheet answer key

Pedal With the Pack

Elective

Requirement 2



Gear Classification

Snapshot of Activity

Cub Scouts choose proper clothes and gear for a safe bike ride.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Random pieces of clothes, some appropriate and some not appropriate
- Random pairs of shoes, (some appropriate and some not appropriate
- Bicycle helmets
- Reflector vests and/or bracelets
- Safety pads for elbow, knee, wrists

Directions

Before the meeting:

1. Collect the clothing and biking items and place them in a pile on the floor.

During the meeting:

- 1. Explain to Cub Scouts that they will sort the supplies into two piles. One pile that's appropriate for biking and one pile that's not appropriate for biking.
- 2. When they are finished, review the pile for appropriate clothing to wear when bicycling. Ask them why chose each item.
- 3. Review the pile of inappropriate clothing. Ask them to explain why they would not wear the item.

Back to Pedal with the Pack Requirements

Pedal With the Pack

Elective

Requirement 3





Snapshot of Activity

Cub Scouts learn about different types of bikes.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Types of Bikes found in Additional Resources
- Printer
- Pencils
- Types of Bikes Answer Key found in Additional Resources

Directions

Before the meeting:

- 1. Print Types of Bikes worksheet, one for each Cub Scout.
- 2. Access to Types of Bikes Answer Key.

During the meeting:

- 1. Hand out the Types of Bikes worksheet and ask Cub Scouts to fill it out.
- 2. Review the answers. Ask Cub Scouts which type of bike they have and what type of bike they would like to have in the future.

Additional Resources

Types of Bikes worksheet
Types of Bikes Answer Key

Back to Pedal with the Pack Requirements

Pedal With the Pack

Elective

Requirement 4



Snapshot of Activity

Cub Scouts demonstrate starting and stopping a bike.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Bicycle helmet for each Cub Scout
- Closed-toe shoes for each Cub Scout
- Activity Consent Form
- Bike for each Cub Scout

Directions

Before the meeting:

- 1. Confirm each Cub Scout who will be completing this Adventure has a bike and helmet.
- 2. Find a location that has enough room for Cub Scouts to practice riding safely. Parks and school playgrounds are great places to meet. Avoid parking lots.
- 3. Communicate location to parents or legal guardians.

During the meeting:

- 1. Define the starting line and the finishing line.
- 2. Tell Cub Scouts when you say, "Green Light," they will start riding their bikes toward the finish line. When you say, "Red Light," they will stop their bikes. If they are still moving after you call "Red Light," they must go back to the starting line.
- 3. Ask the Cub Scouts to stand behind the starting line, put on their helmets properly, and mount their bikes. Make sure there is plenty of space between each rider.
- 4. Say "Green Light" to start the game.
- 5. Start a new round when everyone gets across the finish line or when most players make it across the finish line.

Tip: If Cub Scouts cannot yet ride without training wheels, that's okay!

Pedal With the Pack

Elective

Requirement 5

Show Me A Sign



Snapshot of Activity

Cub Scouts demonstrate hand signals while riding a bike.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Bicycles helmet for each Cub Scout
- Closed-toe shoes for each Cub Scout
- Activity Consent Form
- Bike for each Cub Scout

Directions

Before the meeting:

- 1. Confirm each Cub Scout who will be completing this Adventure has a bike and helmet.
- 2. Find a location that has enough room for Cub Scouts to practice riding safely. Parks and school playgrounds are great places to meet. Avoid parking lots.
- 3. Communicate location to legal guardians.

During the meeting:

- 1. Ask Cub Scouts to straddle their bicycles with their hands on the handlebars.
- 2. Practice right turn, left turn, stop hand signs.
 - o Call out "right turn." Cub Scouts point their right hand to the right.
 - o Call out "left turn." Cub Scouts point their left hand to the left.
 - Call out "stop sign." Cub Scouts extend their left arm out, and bend arm down at a 90-degree angle, with hand open.
- 3. Ask the Cub Scouts to stand behind the starting line, put helmets on properly, and mount bikes. Make sure there is plenty of space between each rider.
- 4. Have Cub Scouts take turns riding in a straight line and practice using one of the learned hand signs, and then follow their own direction.

Back to Pedal with the Pack Requirements

Pedal With the Pack

Elective

Requirement 6



Let's Go Ride A Bike

Snapshot of Activity

Cub Scouts go for a bike ride with their buddy.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Bicycle helmet for each Cub Scout
- Closed-toe shoes for each Cub Scout
- Activity Consent Form
- Bike for each Cub Scout

Directions

To participate in this activity, all adults and den chiefs need properly fitting helmets.

Before the meeting:

- 1. Confirm each Cub Scout who will be completing this Adventure has a bike and helmet.
- 2. Find a location that has enough room for Cub Scouts to practice riding safely. Parks and school playgrounds are great places to meet. Avoid parking lots.
- 3. Communicate the location to parents or legal guardians and ask them to bring the activity consent form.

During the meeting:

- 1. Have Cub Scouts choose a buddy.
- 2. Ask the Cub Scouts to stand behind the starting line, put on their helmets properly, and mount their bikes. Make sure there is plenty of space between each rider.
- 3. Tell Cub Scouts to stay with their buddy and go for a bike ride.

Back to Pedal with the Pack Requirements



Snapshot of Adventure

This Adventure is the highlight for many Cub Scouts. The Pinewood Derby® and Raingutter Regatta™ are two popular Cub Scout races. The best part about these races is getting to design and build your own car or boat. You may want to design your car or boat for looks, or you may want to go for speed; either way, have fun spending time with your family making your car or boat or both.

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 <u>Guide to Safe Scouting</u> 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 <u>Age Appropriate Guidelines for Scouting Activities</u> 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.

Complete the following requirements

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

Requirement 1

With an adult, build either a Pinewood Derby® car or a Raingutter Regatta™ boat.

- Den or pack provides a Pinewood build day for Cub Scouts.
- Den or pack provides a <u>Regatta build day for Cub Scouts</u>.

Requirement 2

Learn the rules of the race for the vehicle chosen in Requirement 1.

- Learn the race rules for the Pinewood Derby.
- Learn the race rules for the Raingutter Regatta.

Requirement 3

Identify how you could increase the speed of your chosen vehicle.

- Cub Scouts will identify three ways to make their pinewood car go faster.
- Cub Scouts <u>identify three ways to make Raingutter boats go faster</u>.

Requirement 4

Before the race, discuss with your den how you will demonstrate good sportsmanship during the race.

• Cub Scouts review good sportsmanship before the race.

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

Wolf – 2nd Grade
Race Time Wolf

Requirement 1

Elective



Pinewood Derby Car Build Day Wolf

Snapshot of Activity

Den or pack provides a build day for Cub Scouts.









If you want to know more about The Adventure Activity Key, click here.

Supply List

OR

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.

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
- 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 <u>Pinewood Derby website</u> 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 from 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

Race Time Wolf

Elective



Requirement 1

Raingutter Regatta Boat Build Day Wolf

Snapshot of Activity

Den or pack provides a build day for Cub Scouts.



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

Raingutter Regatta Boat Pre-Cut Peel N' Stick Decal Sticker, Racing Strips
Raingutter Regatta Boat Pre-Cut Peel N' Stick Decal Sticker, Sea Creatures
Scout Shop Raingutter Regatta Racing Trimaran Kit





Requirement 2

Pinewood Rule Scramble Wolf

Snapshot of Activity

Learn the race rules for the Pinewood Derby.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Pinewood Rules Scramble found in Additional Resources
- Pencils, one for each Cub Scout

Directions

Before the meeting:

1. Print Pinewood Rules Scramble, one per Cub Scout.

During the meeting:

- 1. Pass out pencils and one worksheet to each Cub Scout.
- 2. Have Cub Scouts work together to unscramble each "word" that is associated with a rule.
- 3. Go over each rule after Cub Scouts have completed unscrambling them.

Additional Resources

Pinewood Rules Scramble





Requirement 2

Raingutter Rule Scramble Wolf

Snapshot of Activity

Learn the race rules for the Raingutter Regatta.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Raingutter Rules Scramble found in Additional Resources
- Pencils, one for each Cub Scout

Directions

Before the meeting:

1. Print Raingutter Rules Scramble, one per Cub Scout.

During the meeting:

- 1. Pass out pencils and one worksheet to each Cub Scout.
- 2. Have Cub Scouts work together to unscramble each "word" that is associated with a rule.
- 3. Go over each rule after Cub Scouts have completed unscrambling them.

Additional Resources

Raingutter Rules Scramble



Cub Scouts will identify three ways to make their pinewood car go faster.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Pinewood Tune-Up found in Additional Resources
- Pencil, one per Cub Scout
- Smart device with wi-fi available

Directions

Before the meeting:

1. Print Pinewood Tune-Up, one for each Cub Scout.

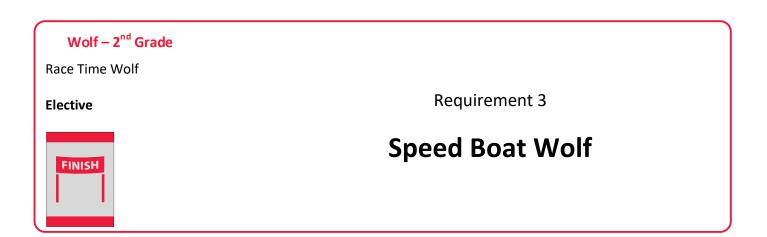
During the meeting:

- 1. Have Cub Scouts use the QR Code on the Tune-Up worksheet to find helpful ways to improve their car.
- 2. Ask Cub Scouts to write down three possible improvements they can make to their car.

Tip: Have your Cub Scouts apply these ideas to their car for max speed!

Additional Resources

Pinewood Tune-Up worksheet



Cub Scouts identify three ways to make Raingutter boats go faster.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Raingutter Tune-Up found in Additional Resources
- Pencil, one per Cub Scout

Directions

Before the meeting:

1. Collect materials.

During the meeting:

- 1. Have Cub Scouts use the QR Code on the Raingutter Tune-Up worksheet to find helpful ways to improve their boat.
- 2. Cub Scouts will write down three possible improvements they can make to their boat.

Additional Resources

Raingutter Tune-Up worksheet



Cub Scouts review good sportsmanship before the race



If you want to know more about The Adventure Activity Key, click here.

Supply List

- My Good Sportsmanship Rules found in Additional Resources
- Pencils, one for each Cub Scout

Directions

Before the meeting:

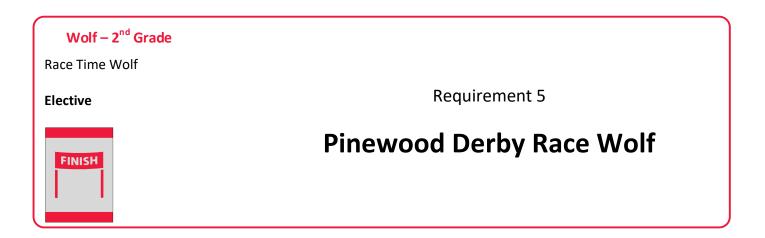
1. Print My Good Sportsmanship Rules, one for each Cub Scout.

During the meeting:

- 1. Have Cub Scouts review what being a good sport means and how they can be a good sport during their upcoming race. Things to keep in mind:
 - o Follow the rules
 - o Always do your best
 - Encourage others
 - Respect the judges
 - o End with a handshake
- 2. Pass out the My Good Sportsmanship Rules worksheet.
- 3. Ask each Cub Scout to write down the 5 rules they feel are part of showing good sportsmanship.
- 4. Have Cub Scouts share. Discuss rules that are the same and those that are different.

Additional Resources

My Good Sportsmanship Rules worksheet



Conduct a Pinewood Derby car race.



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:

- 1. Meet with your Pack leadership to discuss the date, time, and location of your Pinewood Derby.
- 2. Confirm location.
- 3. Have Cub Scouts complete requirement 1.
- 4. Make or purchase awards and recognition.
- 5. Secure a pinewood derby track. Packs either build one, purchase one, or borrow one from another Pack.
- 6. Promote the date, time, and location of the race.

- 7. Conduct a weigh-in of pinewood derby cars.
- 8. Communicate rules of race to Cub Scouts and parents or legal guardians.
- 9. Communicate how race heats or divisions will be conducted to Cub Scouts and parents or legal guardian.
- 10. Determine a method to display each heat winner during the race.
- 11. Set up the Pinewood Derby track.
- 12. Place rope 2 ft. 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.
- 13. Set up displays for tracking the heats and/or divisions.
- 14. Set up tables to place cars on when they are not racing.

During the meeting:

- 1. Cub Scouts check in to the event.
- 2. Review the rules with attendees.
- 3. Review heats and divisions.
- 4. Race the Pinewood Derby cars.
- 5. 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



Conduct a Raingutter Regatta.



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 raingutters)
- 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:

- 1. Meet with your pack leadership to discuss the date, time, and location of your Raingutter Regatta.
- 2. Confirm location.
- 3. Have Cub Scouts complete requirement 1.
- 4. Find a space to conduct the Raingutter Regatta.
- 5. Make or purchase awards and recognition.
- 6. Secure a raingutter raceway. Packs either build one, purchase one, or borrow one from another pack.
- 7. Long table or support for raingutter raceway.
- 8. Promote the date, time, and location of the regatta.

- 9. Communicate the rules of regatta to Cub Scouts and parents or legal guardians.
- 10. Communicate how regatta heats or divisions will be conducted to Cub Scouts and parents or legal guardians.
- 11. Determine method to display each heat winner during the regatta.
- 12. Set up the raceway and fill it with water.
- 13. Set up table for boats when not racing.
- 14. Set up chairs for the audience.
- 15. Set up a display for tracking the heats and/or divisions race results.

During the meeting:

- 1. Cub Scouts check in to the event.
- 2. Review the rules with attendees.
- 3. Review heats and divisions.
- 4. Race the boats.
- 5. 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



Snapshot of Adventure

Water is an important force in our lives. It can be as gentle as a spring sun-shower or as powerful as a hurricane. All living things need water to live, but we use water for more than just survival. In this Adventure, you will learn where the water you use comes from and how to conserve it.

Safety Moment

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 <u>Guide to Safe Scouting</u> and applicable program literature or manuals.

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

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 Spirit of the Water.

Requirement 1

Discover where the water in your home comes from.

- <u>Visit a river or other body of water</u> to learn where your drinking water comesfrom.
- Create a poster showing the water cycle for your community.
- Have a <u>professional who works in the water treatment industry</u> speak to the den about where water used at home comes from.

Requirement 2

Discuss how water can become polluted.

- Cub Scouts demonstrate how pollution can enter our groundwater.
- Cub Scouts <u>learn how water can become polluted</u>.
- Cub Scouts identify which items contribute to polluting water and which will help keep water clean.

Requirement 3

Share some ways you can conserve water in your home.

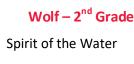
- Cub Scouts <u>learn about wasting water in their home</u>.
- Cub Scouts <u>learn about water conservation</u> by playing a card matching game.
- Cub Scouts will find water conservation-related words in a word search puzzle.

Requirement 4

Discover how water in your community is treated to become safe to drink.

- Cub Scouts <u>learn about filtering water by making their own water filter.</u>
- Visit a water treatment plant.
- Cub Scouts learn how a backpacking water filter works.

Back to Elective Adventures



Elective



Requirement 1

H₂O Discovery Day

Snapshot of Activity

Visit a river or other body of water to learn where your drinking water comes from.



If you want to know more about The Adventure Activity Key, click here.

Supply List

Activity Consent Form

Directions

Before the meeting:

- 1. Locate a river or other source of water that you can visit and pick a spot where you can safely visit.
- 2. Inform Cub Scouts' parent or legal guardian about the visit and ask them to fill out an Activity Consent Form.

During the meeting:

- 1. Gather Cub Scouts at the meeting spot.
- 2. Ask Cub Scouts questions such as these:
 - o Did you know your drinking water comes from here?
 - o How clean do you think this water is?
 - o Would you drink it just like this?
 - o How do you think our town cleans the water?
 - o How do we get more water?



Spirit of the Water

Elective



Requirement 1

My Water

Snapshot of Activity

Create a poster showing the water cycle for your community.







2



3



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Large poster board 22"x28," one for each Cub Scout
- Markers and crayons
- Construction paper
- Tape or glue
- Scissors

Directions

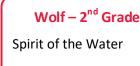
Before the meeting:

- 1. Visit the CDC Drinking Water website for information on tap water sources in the United States.
- 2. From your local water district, learn where the water in your area comes from.
- 3. Gather supplies on a table large enough to accommodate your Cub Scout den.

During the meeting:

- 1. Gather Cub Scouts and discuss where they think the water in their house comes from. Questions to ask:
 - o Where can you find a lot of water?
 - o Can you drink water from the ocean? From a lake?
 - o How is the water cleaned before entering your house?
 - o How is the water supply replaced?

Have Cub Scouts make a poster that shows where the water started and the journey to get to their house.



Elective



Requirement 1

Water Expert

Snapshot of Activity

Have a professional who works in the water treatment industry speak to the den about where water used at home comes from.



If you want to know more about The Adventure Activity Key, click here.

Supply List

No supplies needed

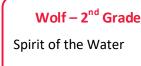
Directions

Before the meeting:

- 1. Contact your local water treatment plant or municipality that manages water utilities.
- 2. Identify someone who can speak to the den about where the water used in residential homes in your community comes from and how it is treated.
- 3. Confirm date, time, and location of den meeting with guest speaker.

During the meeting:

- 1. Gather the Cub Scouts and introduce the guest speaker.
- 2. Have the guest speaker discuss where the water that is used in homes in your community comes from and how it gets from the source to home and how it is treated and what happens to water when it goes down the drain or toilet
- 3. Give Cub Scouts opportunities to ask questions.
- 4. Thank the guest speaker when done.



Elective



Requirement 2

Aqua Pollution

Snapshot of Activity

Cub Scouts demonstrate how pollution can enter our groundwater.



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!

Spirit of the Water

Elective



Requirement 2

River Rangers: Detecting Water Contaminants

Snapshot of Activity

Cub Scouts learn how water can become polluted.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Access to River Rangers story found in Additional Resources
- A clear plastic washtub big enough to hold several gallons of water (a clear plastic storage container would work well)
- Enough clean water to fill the plastic washtub 3/4 full
- Tarp, sheet, or plastic tablecloth
- Slotted spoon
- Spoon
- Tongs
- Other tools useful for moving small items
- Laundry soap
- Salt
- Vegetable oil
- Small pieces of paper
- Small pieces of trash and food
- Several bottles of food coloring
- Rocks and soil
- Towels
- Trashcan

Directions

Before the meeting:

- 1. Ensure access to River Rangers story either by printing the story or using a smart device.
- 2. Set out the salt, food coloring, paper, trash pieces, vegetable oil, soil and rocks, and laundry soap.
- 3. Set up workspace for Cub Scouts. Fill a clear washtub with water and place it on the tarp, sheet, or plastic tablecloth in the center of your meeting room.

During the meeting:

- 1. Have Cub Scouts choose an item and hold on to it.
- 2. Ask Cub Scouts to circle around the washtub and tell them that you're going to share a story. When you call their name during the story, they put their item into the washtub.
- 3. Start reading the River Rangers story. As you read each name, ask the Cub Scouts to put their item into the washtub.
- 4. When you are finished with the story, have Cub Scouts examine the washtub.
- 5. Ask Cub Scouts if they think the water can still be used for drinking, swimming, and living in.
- 6. Have Cub Scouts take turns removing their item with a utensil such as a slotted spoon or tongs. Explain that they are removing pollution from the lake.
- 7. As they remove their item, ask if the item was easy or difficult to remove. Larger items are easily cleared away, but some can't be removed from the water. That's why it is important to take care of the water before it becomes polluted!

Tip: More than one Cub Scout can select an item if there are more than seven in your den.

Additional Resources

River Rangers story

Spirit of the Water

Elective



Requirement 2

Water Warriors: Pollution Busters

Snapshot of Activity

Cub Scouts identify which items contribute to polluting water and which will help keep water clean.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Items that pollute water:
 - Plastic bottles and bags
 - Chemical containers
 - o Motor oil container
 - o Non-biodegradable soap
 - o Trash
 - Pesticide or fertilizer containers
- Items that can help keep the water clean:
 - o Reusable water bottle
 - o Biodegradable soap
 - Plant or soil
 - o Eco-friendly cleaning supplies

Directions

Before the meeting:

- 1. Gather some of the items that pollute water and some that keep water clean.
- 2. Put the items on a tray or table but mix them together.

During the meeting:

- 1. Gather the Cub Scouts and share with them that there are some things that when not properly disposed of can get into our water supply.
- 2. Tell Cub Scouts that you're going to hold up an item, and they will vote on whether it helps or hurts water cleanliness.

- 3. After each item, ask Cub Scouts to share how the item helps or hurts water cleanliness.
- 4. Make sure to discuss how to properly dispose of items that can be harmful to the water supply.

Tip: This activity could be done as part of the visit to a water treatment plant or guest speaker.

Spirit of the Water

Elective

Requirement 3



How Much Water Do I Use?

Snapshot of Activity

Cub Scouts learn about wasting water in their home.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Four water bills, one for winter, spring, fall, and summer
- Laptop or smart device

Directions

Before the meeting:

1. Print out your water bill for one month during each of the seasons.

During the meeting:

- 1. Share the water bills with Cub Scouts.
 - o How many gallons a month were used?
 - o Did the number of gallons change based on the season?
 - o Why are some months higher than other months?
- 2. Using a laptop or smart device, go to the USGS "How Much Water Do You Use at Home?" form. Work with the Cub Scouts to fill it out. The form will give a quick idea of water usage in a home. Have the Cub Scouts compare water usage.
- 3. Ask Cub Scouts for ideas on how they could use less water.
 - Turn off the tap when brushing your teeth.
 - When hand washing dishes, do not let the water run continuously.
 - Take a five-minute shower.
 - Fix faucet leaks.
 - Water the yard early in the morning or in the evening so that the water does not evaporate quickly in the heat of the day. Check if your community has rules or restrictions on water lawns.

Spirit of the Water

Elective

Requirement 3



Splash Savers Memory Match

Snapshot of Activity

Cub Scouts learn about water conservation by playing a card matching game.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Splash Savers Memory Match cards found in Additional Resources
- Printer
- Card stock

Directions

Before the meeting:

1. Print Splash Savers Memory Match cards, one set of cards for every two Cub Scouts. Cut out the cards.

During the meeting:

- 1. Ask Cub Scouts to buddy up.
- 2. Give each pair of Cub Scouts a set of memory match cards.
- 3. Ask Cub Scouts to shuffle the cards and lay them face down in a grid pattern.
- 4. Tell Cub Scouts to take turns trying to match the cards by turning over two at a time. If Cub Scout makes a match, they put the two matching cards in a pile and get another turn. If the cards don't match, their buddy tries to make a match.
- 5. The person with the most cards when they are all matched wins.

Additional Resources

Splash Savers Memory Match cards

Spirit of the Water

Elective

Requirement 3



Water Conservation Word Search

Snapshot of Activity

Cub Scouts will find water conservation-related words in a word search puzzle.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- Water Conservation Word Search found Additional Resources
- Pencil or pen for each Cub Scout

Directions

Before the meeting:

1. Print Water Conservation Word Search, one for each Cub Scout.

During the meeting:

- 1. Pass out a copy of the word search and a pencil or pen to each Cub Scout.
- 2. Have Cub Scouts find all the words.

Additional Resources

Water Conservation Word Search

Spirit of the Water

Elective

Requirement 4

Clean H₂O Creations



Snapshot of Activity

Cub Scouts learn about filtering water by making their own water filter.



If you want to know more about The Adventure Activity Key, click here.

Supply List

- One 2-liter empty and clean plastic bottle for every two Cub Scouts
- Dirty water, mix together
 - 1 cup water
 - 1 tablespoon of coffee grounds
 - 1 tablespoon of crunched-up dried leaves
 - 1 tablespoon of uncooked rice
- One paper cup for every two Cub Scouts
- Spoons for sand and gravel
- Sand
- Gravel
- Cotton balls
- Three coffee filters for every two Cub Scouts

Directions

Before the meeting:

- 1. Cut the plastic bottles in half.
- 2. Set up an area with sand, gravel, cotton balls, and coffee filters.
- 3. Make a water filter following the directions below to use a model.
- 4. Make a batch of dirty water for every two Cub Scouts.

During the meeting:

1. Gather Cub Scouts and share with them that no matter where the source of water comes from before it gets to your house it is filtered. There are several different ways to filter water and in most areas several methods are used. Most filtering systems start with removing solid items from the water, things like dirt, sand, and

rocks. Today we are going to make our own filter to demonstrate how filters can remove solid items from water.

- 2. Have Cub Scouts buddy up.
- 3. Pass out the bottles and paper cups to each pair of Cub Scouts. Pour about a cup of dirty water into the paper cup.
- 4. Have Cub Scouts flip the bottle's top half over and put it in the bottom, so the top looks like a funnel. Tell them they'll build their filter in the top part.
- 5. Have Cub Scouts build their filter by using coffee filters, sand, gravel, and cotton balls.
- 6. After Cub Scouts have built their filters, have them slowly pour their dirty water over the filter.
- 7. Ask Cub Scouts what their water looks like after it has gone through the filter compared to how it looked before. What do they think happened?
- 8. Tell the Cub Scouts that before this water can be clean enough to drink it still would need to be treated to remove the things, we can't see in the water like bacteria that can make us sick.

Spirit of the Water

Elective

Requirement 4



Clean Water Quest Tour

Snapshot of Activity

Visit a water treatment plant.



Travel



4



1



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 treatment plant to schedule a tour.
- 2. Inform Cub Scouts' parent or legal guardian about the visit and ask them to fill out an Activity Consent Form.

During the meeting:

- 1. Gather Cub Scouts outside the water treatment plant.
- 2. Encourage Cub Scouts to ask questions.
- 3. Thank the person who guided the tour.

After the meeting:

1. Write a thank you note to the water treatment plant tour guide and send.

Spirit of the Water

Elective

H20

Requirement 4

Hiking Filters

Snapshot of Activity

Cub Scouts learn how a backpacking water filter works.



If you want to know more about The Adventure Activity Key, click here.

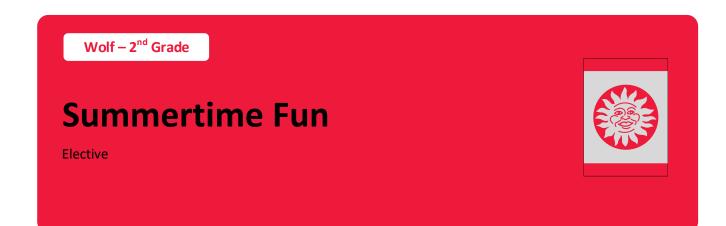
Supply List

- Pitcher of water
- Table salt
- Small cups, enough for one per Cub Scout
- 32-ounce water bottle
- Backpacking water filter

Directions

During the meeting:

- Gather Cub Scouts and share with them that no matter where the source of water comes from before it gets to
 your house it is filtered. There are several different ways to filter water and in most areas several methods are
 used. Most filtering systems start with removing solid items from the water, things like dirt, sand, and
 rocks. When we are on a campout or hiking and we find a natural source of water we must filter it first before
 drinking it.
- 2. Explain to Cub Scouts that water filters purify water by passing it through a filter, which blocks the bad things.
- 3. Pour water into each cup and allow Cub Scouts to drink it. Ask them how it tasted.
- 4. Add a small amount of salt to the pitcher of water.
- 5. Pour a small amount of salted water into each cup and allow Cub Scouts to taste. Ask them how it tasted.
- 6. Use the hiking filter to filter the salted water into the water bottle.
- 7. Pour filtered water into each cup and allow Cub Scouts to taste. Ask them how it tasted.



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 Wolf, you participate in summer activities during the summer after you have completed the 1st grade. If you are just now learning about this Adventure don't worry, the requirement to earn it as a Bear 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 <u>Guide to Safe Scouting</u> 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 to be considered or followed 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 Wolf.

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

Summertime Fun

Elective

Requirement 1



Council Activity Wolf

Snapshot of Activity

Participate in an activity with your council.



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

Summertime Fun

Elective

Requirement 1





Snapshot of Activity

Participate in an activity with your den.



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

Summertime Fun

Elective

Requirement 1

Pack Activity Wolf



Snapshot of Activity

Participate in an activity with your pack.



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