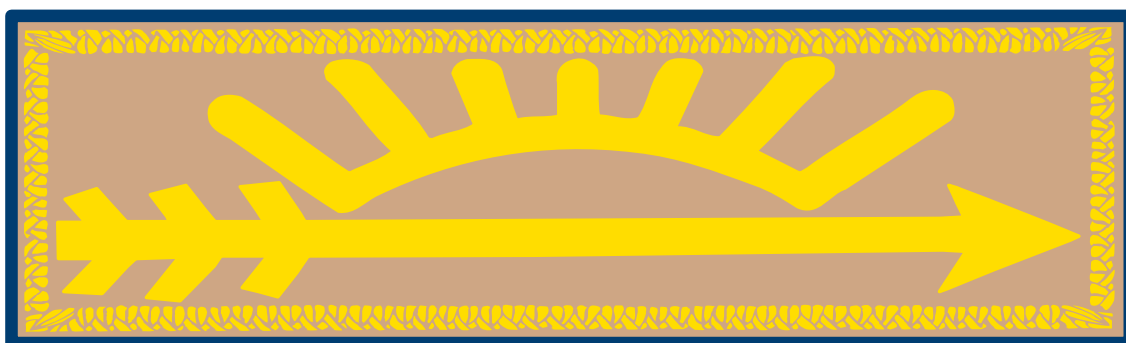


The “Unofficial” Arrow of Light Den Leader Guide



®

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Acknowledgements

Let it be known that Scouting America 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

ARROW OF LIGHT ADVENTURES

6th Grade

Earn the Arrow of Light Badge of Rank

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

Required Adventures



Character & Leadership

Bobcat Adventure

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

[View Arrow of Light Bobcat](#)

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



Personal Fitness

Personal Fitness



Citizenship

Citizenship



Duty to God

Family & Reverence



First Aid

Personal Safety



Outdoor Adventurer

Outdoors

For the two required elective adventures, click the link below:

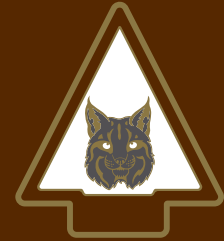
[Elective Adventures](#)

AOL – 6th Grade

Bobcat

Character & Leadership

REQUIRED



Snapshot of Adventure

The Bobcat Adventure is the first required Adventure on your Trail and will get you and your patrol off to a great start. Once you have completed the Bobcat Adventure, you can work on the other Adventures in any order. In this Adventure, you'll learn about things like the Scout slogan and the patrol method. You'll find out about ranks in Scouts BSA and merit badges. And you'll visit a Scouts Scouting America troop.

Safety Moment

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

All participants in official Scouting America 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 Scouting America 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 overnighiter. At least one registered adult leader who will be present during the overnighiter must complete BALOO training. BALOO training consists of an online pre-requisite component in addition to an overnight hands-on practical. Scouting America'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 online 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](#).

When camping with a Scouts Scouting America troop, Arrow of Light scouts abide by camping rules for Arrow of Light Scouts.

Complete the following requirements

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

Requirement 1

Demonstrate the patrol method by choosing a patrol name and electing a patrol leader. Discuss the benefits of using the patrol method.

- Cub Scouts [choose a patrol name and elect a patrol leader.](#)

Requirement 2

Get to know members of your patrol.

- Cub Scouts [get to know each other using a beach ball.](#)
- Cub Scouts [share compliments about each other.](#)
- Cub Scouts [create a patrol flag.](#)

Requirement 3

Recite the Scout Oath and Scout Law with your patrol.

- [Learn and reinforce the Scout Oath and the Scout Law by reciting it with your patrol.](#)

Requirement 4

With your patrol create a Code of Conduct.

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

Requirement 5

Demonstrate the Scout sign, Scout salute and Scout handshake used by Scouts BSA. Show how each are used.

- Cub Scouts [learn the Scouts BSA sign, salute, and handshake and how each is used.](#)

Requirement 6

Learn the Scouts BSA slogan and motto.

- Cub Scouts [learn the Scouts BSA slogan and motto and how to use them.](#)

Requirement 7

With your patrol, or with your parent/legal guardian, visit a Scouts Scouting America troop.

- Cub Scouts [attend a daytime activity with a local Scouts Scouting America troop.](#)
- During a visit with a Scouts Scouting America troop, Cub Scouts [look for key elements and experiences of the troop meeting.](#)
- Cub Scouts [attend an overnight activity with a local Scouts Scouting America troop.](#)

Requirement 8

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

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

[Back to Required Adventures](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required



Requirement 1

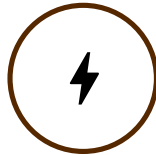
Patrol Elections

Snapshot of Activity

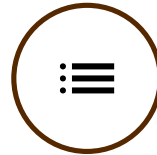
Cub Scouts choose a patrol name and elect a patrol leader.



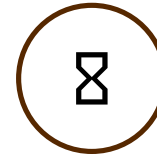
Indoor



2



2



2

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

Supply List

- Slip of paper for each Cub Scout
- Pencil or pen for each Cub Scout

Directions

Before the meeting:

1. Decide on the responsibilities the Arrow of Light patrol leader will assist you with regularly. Suggestions include:
 - Arrive early to help set up the meeting
 - Welcome everyone when they arrive at the meeting
 - Lead in reciting the Scout Oath and the Scout Law
 - Carry the United States flag during the opening
 - Pick and lead a game for the to play during the meeting
 - Help hand out supplies for an activity
 - Stay after the meeting to help clean up
2. Review the available patrol emblem patches at the [Scout Shop](#). Select a few that would appeal to the youth in your den and make a list.

During the meeting:

1. Explain to Cub Scouts that they'll be learning about the patrols and how they are used in a Scouts Scouting America troop. Tell Cub Scouts that a patrol is similar to a den in a Cub Scout pack but instead of an adult den leader, patrols have a youth leader. Tell Cub Scouts that patrols are managed by the patrol method. The patrol method allows Scouts to interact in a small group outside the larger troop, working together as a team. Each patrol has a patrol leader and today they will elect a patrol leader.
2. Share with Cub Scouts the list of responsibilities that the Arrow of Light patrol leader will be responsible for. Note that Arrow of Light patrol leaders are to never be put in charge of other Scouts. The Arrow of Light patrol leader is not the same as a Scouts BSA patrol leader. Ask Cub Scouts to raise their hands if they want to run for patrol leader. Give each candidate a minute or two to share with their den why they want to be the Arrow of Light patrol leader.
3. Pass out a piece of paper and a pencil to each Cub Scout. Ask them to write down the name of the candidate they would like to be the Arrow of Light patrol leader. For a larger den, you may also choose to elect an Arrow of Light assistant patrol leader.
4. Tally the votes and announce the patrol leader.
5. Provide a list of possible patrol names to the newly elected Arrow leader. Ask the Arrow of Light patrol leader to lead a discussion about what patrol name Cub Scouts want to use.
6. Have a vote to determine the Arrow of Light patrol name.

Tip: The Arrow of Light patrol leader is not in charge of the den. The den is led by a den leader

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required

Requirement 2



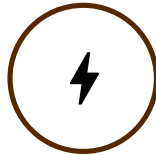
Beach Ball Questions

Snapshot of Activity

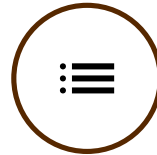
Cub Scouts get to know each other using a beach ball.



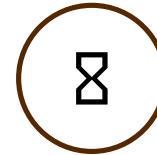
Indoor



3



2



2

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

Supply List

- Inflatable beach ball
- Black marker

Directions

Before the meeting:

1. Blow up the beach ball and write questions like these on it using a permanent marker.
 - Favorite ice cream flavor
 - Favorite sport
 - Favorite school subject
 - Favorite video game
 - Pet's name
 - Superpower you wish you had
 - Favorite food
 - Birthday
 - Number of siblings

During the meeting:

1. Ask Cub Scouts to stand in a circle. Explain that you will toss the beach ball to one of them. When they catch the ball, they should answer the question that's closest to their right thumb. After they answer the question, they will toss the ball to someone else.
2. Toss the ball to the first Cub Scout.
3. Have Cub Scouts continue to toss the ball to someone else until all Cub Scouts have answered two or three questions each.

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required

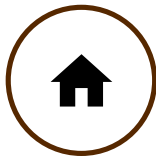
Requirement 2

Compliment Circle

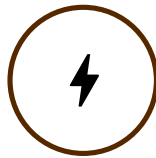


Snapshot of Activity

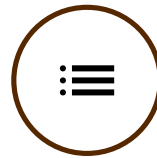
Cub Scouts share compliments about each other.



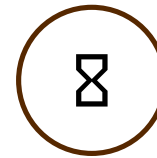
Indoor



1



1



1

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

Supply List

- No supplies needed

Directions

During the meeting:

1. Have Cub Scouts sit in a circle with their legs stretched out in front of them.
2. Explain to Cub Scouts that they're going to share something they like or admire about a fellow Cub Scout.
3. Ask for a volunteer to go first. This person will call the name of another Cub Scout and give a compliment.
4. The person who received the compliment will pull up their legs and sit in crisscross applesauce style. They will then call out the name of another Cub Scout and compliment them.
5. Continue until all Cub Scouts are sitting crisscross applesauce style.

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required

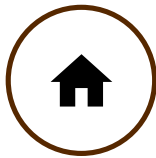
Requirement 2



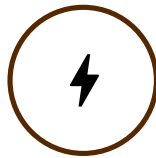
Patrol Flag Arrow of Light

Snapshot of Activity

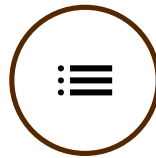
Cub Scouts create a patrol flag.



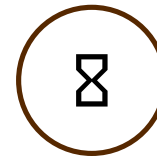
Indoor



2



4



3

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

Supply List

Patrol flags can be made from different materials and there are several different designs. This is one example of a patrol flag that can be made. These instructions include a flagpole and stand.

- 60" long 1 1/8" diameter wooden staff or dowel
- 30" long 1/2" diameter wooden dowel
- Concrete mix
- Water
- Tin foil
- 2-gallon paint bucket
- 200 grit sandpaper
- Various colors of felt
- 1 Patrol patch (Based on what the Scouts chose in requirement 1)
- 30" piece of twine or thin rope
- 1 teacup hook
- Various colors of Sharpie marker
- Scissors, enough to share
- Fabric glue
- Protective cover for workspace, plastic tablecloths, newspapers, etc.
- Fabric markers or paint
- Yardstick

Directions

Before the meeting:

1. Gather supplies.
2. Set up meeting space for Cub Scouts to have room to work on their patrol flag and set out supplies.
3. Wrap the bottom of the wooden staff with tin foil as high as the paint bucket is tall.
4. Follow the Directions for the concrete mix to fill the 2-gallon paint bucket $\frac{3}{4}$ of the way full.
5. While the concrete is wet, place the wooden staff, the end with the tin foil, into the bucket and hold it in place until the concrete is dry.
6. Once the concrete is dry, remove the wood staff the tin foil will allow the pole to come out. This is the base for your den flag.
7. Sand the ends of the wooden dowels and staff to remove sharp edges
8. Lay the flag on a table so that it is vertical with the 2' section as the bottom and top.
9. Place the $\frac{1}{2}$ " dowel across the top and fold the top of the flag over by 1 inch to cover the wood dowel and glue the folded section to the flag to the back section of the flag with the wood dowel inside.
10. Attach the teacup hook to the top of the flagpole.
11. Attach the 30" twine or rope to each end of the dowel.
12. Prepare the work area with table covering, flag material, and markers or paint.
13. Cut out your den number from the yellow felt.

During the meeting:

1. Tell Cub Scouts that they will be making a patrol flag. In a Scouts Scouting America troop, your patrol flag is your trademark. It shows your patrol name, emblem, Scouts Scouting America troop number, and the names of your members. As you win competitions, you can hang ribbons from it as reminders of your accomplishments.
2. Allow Cub Scouts time to discuss the design of their flag. They may want to draw the flag using paper and pencil.
3. Create the flag. Make sure it contains the patrol name and the names of each of the members of the patrol.
4. When the flag is finished, attach the flag to the flagpole by hanging it by the twine or rope onto the teacup hook.
5. The Arrow of Light patrol flag can be displayed at meetings and outings.

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

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required



Requirement 3

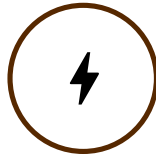
Recite the Oath and Law Arrow of Light

Snapshot of Activity

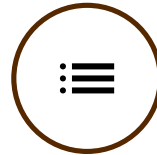
Learn and reinforce the Scout Oath and the Scout Law by reciting it with your patrol.



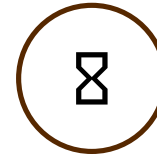
Indoor



1



1



1

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

Supply List

- Arrow of Light handbook

Directions

During the meeting:

1. Recite the Scout Oath and Scout Law from memory.

Additional Resources

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

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required

Requirement 4



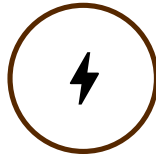
Patrol Code of Conduct

Snapshot of Activity

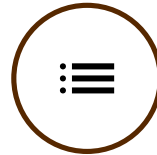
Cub Scouts will be invested in their conduct when they help create their code of conduct.



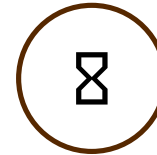
Indoor



2



2



2

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

Supply List

- 1 piece of posterboard
- Markers
- Optional den code of conduct poster from Scout Shop found in Additional Resources

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 Scouting America 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.

Tip: Save this Code of Conduct to have visible at future den meetings to remind Cub Scouts of the Code of Conduct they created.

Additional Resources

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

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required



Requirement 5

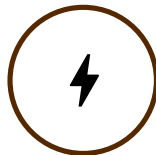
Scouts BSA Sign, Salute, and Handshake

Snapshot of Activity

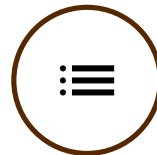
Cub Scouts learn the Scouts BSA sign, salute, and handshake and how each is used.



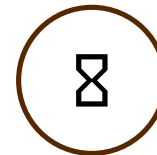
Indoor



2



2



2

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

Supply List

- Six index cards
- Pen or marker

Directions

Before the meeting:

1. Become familiar with the Scouts BSA sign, salute, and handshake.
 - Scouts BSA sign – raise your right arm to shoulder height with your elbow bent at a right angle. Cover the nail of your pinky with your thumb and hold the three middle fingers of your hand upward and together. Your thumb and little finger touching represent the bond Scouts have throughout the world. The three fingers stand for the three parts of the Scout Oath: duty to God and country, duty to others and duty to self. Like the Cub Scout sign, when the sign is raised, it's a silent reminder to follow the Scout Oath and the Scout Law by respectfully quieting down and listening. Nobody needs to yell, "Signs up!" The sign says it all. From this point forward Arrow of Light Scouts give the Scouts BSA sign and not the Cub Scout sign.
 - Scouts BSA Salute – Form the Scout sign with your right hand, then finish the salute by bringing that hand up, palm down, until your forefinger touches the brim of your hat or the tip of your right eyebrow. The Scout salute is a form of greeting that also shows respect. Use it to salute the flag of the United States of America. You may also salute other Scouts and Scout leaders.
 - Scouts BSA Handshake – This is a regular handshake but done with the left hand instead of the right. Learn more about this tradition by reading Aaron on Scouting blog "[Why is the Scout handshake done with the left hand?](#)"
2. Identify a safe area free of obstacles to conduct a relay race.
3. Write each of the following on two of the index cards so that you'll have two sets of three cards each.
 - Scouts BSA Sign
 - Scouts BSA Salute
 - Scouts BSA Handshake

During the meeting:

1. Explain to Cub Scouts that the sign, salute, and handshake for Scouts BSA is different than for Cub Scouts and today they will be learning and practicing.
2. Give the Arrow of Light patrol leader the six cards and have them stand 60 feet from the starting line.
3. Divide Cub Scouts into two teams and have them gather behind a starting line.
4. Tell Cub Scouts that when you say go, they will take turns running over to the Arrow of Light patrol leader. The Arrow of Light patrol leader will hold up one of the cards and Cub Scouts will demonstrate what is written on the card. After they have correctly demonstrated it, they will run back and tag the next person on their team.
5. Continue playing the game until all Cub Scouts have had a turn.
6. The team that finishes first will be the winner.

Additional Resources

[Scouts BSA Sign, Salute, and Handshake](#)

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required

Requirement 6



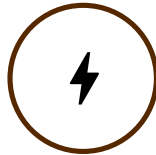
Scouts BSA Slogan & Motto

Snapshot of Activity

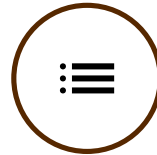
Cub Scouts learn the Scouts BSA slogan and motto and how to use them.



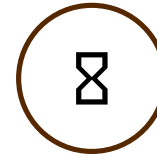
Indoor



1



2



1

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

Supply List

- No additional supplies

Directions

During the meeting:

1. Share the Scouts BSA slogan “Do a Good Turn Daily” and the Scouts BSA motto “Be Prepared” with the Cub Scouts. Point out that the slogan and motto are different than the slogan and motto for Cub Scouts.
2. Explain to Cub Scouts that they’re going to play a game to help them memorize the Scouts BSA slogan and motto.
 - One Cub Scout will start the slogan by saying “do.” A second Cub Scout will take the second word “a.” Another Cub Scout picks up the next word. This continues until both the slogan and motto are said correctly.
 - Cub Scouts aren’t going in order; anyone can say the next word at any time. But if two or more people happen to speak at the same time, they must start the slogan and motto again from the beginning.
3. Have Cub Scouts stand in a circle and begin the game.
4. Keep track of how many times Cub Scouts can say the slogan and motto without starting over.

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required

Requirement 7



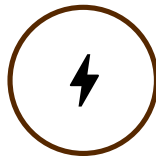
Scouts Scouting America troop Daytime Activity

Snapshot of Activity

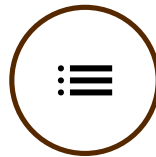
Cub Scouts attend a daytime activity with a local Scouts Scouting America troop.



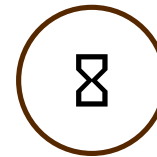
Travel



4



3



5

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

Supply List

- [Activity Consent Form](#)
- Cub Scout Six Essentials
- Any other supplies or equipment recommended by the troop

Directions

Before the meeting:

1. Contact a local Scouts Scouting America troop to ask about participating in a daytime activity with the troop. The activity can be a hike, picnic, service project, or something similar.
2. Find out what equipment other than the Cub Scout Six Essentials that Cub Scouts need to bring.
3. Communicate the date, time, and location of the activity and the needed supplies/equipment to the Cub Scouts' parents or legal guardians and remind them to bring the completed Activity Consent Form.
4. Send the Aaron on Scouting blog "[What questions should you ask when selecting a Scout troop?](#)" to parents and legal guardians.

During the meeting:

1. Immediately before the activity begins, gather Cub Scouts and encourage them to interact with Scouts BSA members while they are participating in the activity. Remind them that this is a good way to get to know the troop which will help them decide which troop to join when they cross over.
2. Have Cub Scouts participate in the activity.

After the Scouts Scouting America Meeting:

1. Gather Cub Scouts and ask what they observed about the troop outing.

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required

Requirement 7



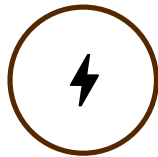
Scouts Scouting America troop Meeting Scavenger Hunt

Snapshot of Activity

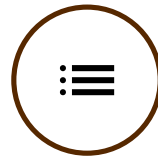
During a visit with a Scouts Scouting America troop, Cub Scouts look for key elements and experiences of the troop meeting.



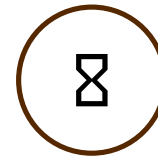
Travel



4



2



5

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

Supply List

- [Activity Consent Form](#)
- Paper, one for each Cub Scout
- Pencil, one for each Cub Scout
- Scouts Scouting America troop Scavenger Hunt worksheet found in Additional Resources

Directions

Before the Cub Scout meeting:

1. Set up meeting space for Cub Scouts to be able to sit and write.

During the Cub Scout meeting:

1. Pass out paper and pencils to each Cub Scout. Let them know that the patrol will be visiting a Scouts Scouting America troop.
2. Ask them to write down questions they may have for the scouts in the troop. If they need some help, provide some examples:
 - How often do you meet?
 - How many kids are in the troop?
 - Where is summer camp and can I go?
 - How do I earn merit badges?

Before the Scouts Scouting America Meeting:

1. Contact a local Scouts Scouting America troop to ask about attending a troop meeting.
2. Communicate the date, time, and location of the troop meeting to the Cub Scouts' parents or legal guardians and remind them to bring the completed Activity Consent Form and a pen or pencil.
3. Send the Aaron on Scouting blog "[What questions should you ask when selecting a Scout troop?](#)" to parents and legal guardians.
4. Print the Scouts Scouting America troop Scavenger Hunt worksheet one for each Cub Scout.

During the Scouts Scouting America Meeting:

1. Immediately before the troop meeting begins, gather Cub Scouts and hand out the Scouts Scouting America troop Scavenger Hunt worksheet. Ask them to mark off the different elements that they see during the meeting.
2. Remind Cub Scouts to ask the older Scouts BSA members questions about their troop.

After the Scouts Scouting America Meeting:

1. Gather Cub Scouts and ask what they observed about the troop meeting. Ask them to share what they recorded on their scavenger hunt handout.

Additional Resources

[Scouts Scouting America troop Scavenger Hunt worksheet](#)

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required

Requirement 7



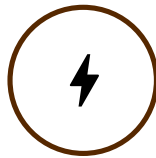
Scouts Scouting America troop Overnight

Snapshot of Activity

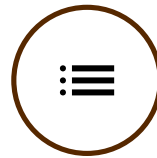
Cub Scouts attend an overnight activity with a local Scouts Scouting America troop.



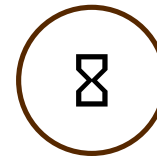
Travel



4



5



5

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

Supply List

- [Activity Consent Form](#)
- Scout Basic Essentials
- Any other supplies or equipment recommended by the troop

Directions

Arrow of Light Cub Scouts may go camping as a den. They must abide by the [Guide to Safe Scouting](#) for Cub Scout overnight camping and have a BALOO trained leader,

Before the meeting:

1. Contact a local Scouts Scouting America troop to ask about participating in an overnight activity with the troop. The activity can be a campout, lock in, or something similar.
2. Find out what equipment other than the Cub Scout Six Essentials that Cub Scouts need to bring.
3. Communicate the date, time, and location of the activity and the needed supplies/equipment to the Cub Scouts' parents or legal guardians and remind them to bring the completed Activity Consent Form.
4. Send the Aaron on Scouting blog "[What questions should you ask when selecting a Scout troop?](#)" to parents and legal guardians.

During the meeting:

1. Have Cub Scouts participate in the overnight activity with the troop.

After the Scouts Scouting America Meeting:

1. Gather Cub Scouts and ask what they observed about the troop outing.

Additional Resources

Aaron on Scouting blog, "[Let's discuss the Scouting America's rule on registering all adults who participate in overnight activities.](#)"

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Bobcat
Character & Leadership
Required

Requirement 8



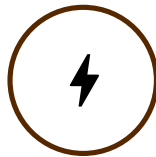
Child Abuse Protection Review Arrow of Light

Snapshot of Activity

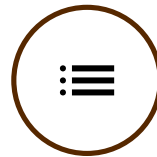
Review the activities in the booklet “How to Protect Your Children from Child Abuse: A Parent’s Guide.”



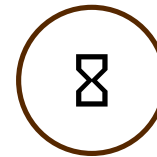
Indoor



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2



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

Supply List

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

Additional Resources

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

[Back to Bobcat Requirements](#)

AOL – 6th Grade

Personal Fitness

Personal Fitness

REQUIRED



Snapshot of Adventure

In the Scout Oath we promise to keep ourselves physically strong. Proper nutrition, staying active with group activities, and personal exercises are key to being physically strong. You are now old enough to also know about your personal Scouting America Health and Medical Record.

Safety Moment

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

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

When cooking and using a knife, the Knife Safety Adventure must be completed first.

For requirement 3, if choosing to go cycling:

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

During the Adventure:

- Conduct an “ABC Quick Check” on the bicycles before riding. The Pedestrian and Bicycle Information Center has a [checklist](#) for air, brakes, and cranks, chain, and cogs.
- If conducting a bike ride away from your regular meeting location make sure to have everyone complete an [Activity Consent](#) form.

Complete the following requirements

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

Requirement 1

Plan a balanced meal that you would eat when camping. Prepare that meal using the gear you would use on a campout.

- Cub Scouts [prepare a pizza on a campout](#).
- Cub Scouts [prepare a meal for a picnic](#).

Requirement 2

Examine what it is to be physically fit and how you incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically strong.

- Cub Scouts [track their physical fitness for 14 days](#).

Requirement 3

Be active for 30 minutes with your patrol, a younger den, or at least one other person in a way that includes both stretching and moving.

- Cub Scouts [go on a bike ride](#).
- Cub Scouts [participate in a school or extracurricular sport](#).
- Cub Scouts [play kickball](#).

Requirement 4

Review your Scouting America Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in Arrow of Light patrol and pack activities.

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

[Back to Required Adventures](#)

AOL – 6th Grade

Personal Fitness
Personal Fitness
Required

Requirement 1



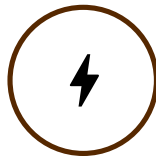
Prepare a Meal On Campout

Snapshot of Activity

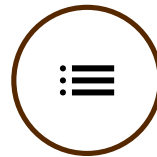
Cub Scouts prepare a pizza on a campout.



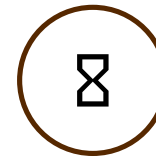
Travel



3



5



5

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

Supply List

- Cutting boards
- 2 Chef knives, 6" blades are recommended
- Pizza Cutter
- Bowls for holding pizza ingredients
- Fork for mixing
- Plates one for each Cub Scout
- Napkins
- Cooking stations with access to stoves or grills
- Food handling gloves, one two for each Cub Scout
- Hand sanitizer
- 8 lb. bag of charcoal, 29 pieces of charcoal per pizza
- Charcoal chimney
- Lighter
- 12" Dutch oven
- Parchment paper or other liner
- Scissors
- Large serving bowl for salad
- Small salad bowls – one for each Cub Scout
- Forks – one for each Cub Scout

Pizza ingredients for a serving of 10:

- Cooking oil spray
- 1 roll of refrigerated pizza dough
- 1/2 jar pizza sauce
- Desired pizza toppings
- 4 cups shredded mozzarella cheese

Salad ingredients for a serving of 10:

- 1 head of iceberg lettuce
- 4 Roma tomatoes
- 1 cucumber
- 16 oz. of Italian salad dressing

Directions

This requirement does not have to be completed on a campout. The requirement is to prepare a meal that would work well on a campout.

Before the meeting:

1. Become familiar with the food groups using [USDA My Plate](#).
2. Learn how to make Dutch oven pizza for cooking on a campout by watching the Scout Life video, "[How to Make a Dutch-Oven Pizza](#)".
3. Coordinate with your pack leadership that your den will be cooking dinner during the campout for this Adventure to allow for proper planning.
4. Identify a local grocery store for the den to meet at and shop for the ingredients. Confirm the date, time, and location of the visit to the grocery store.
5. Inform Cub Scouts, parents, and legal guardians of the date, time, and location of the visit to the grocery store and the details of the campout. Request that parents and legal guardians participate in the visit to the grocery store to provide additional supervision.
6. Check with each parent or legal guardian for Cub Scouts to check for food allergies or dietary restrictions and make any necessary adjustments.
7. Secure funding for food shopping with your pack leadership.
8. Gather needed supplies.

During the meeting:

1. Gather the Cub Scouts and review with them the steps to making the Dutch oven pizza and salad. Give each Cub Scout a specific responsibility for preparing the meal. One team could make the pizza and another team make the salad.
2. Prepare the oven by cutting three strips of parchment paper approximately 18 inches long and 5 inches wide. Fold in half length-wise, crisscross strips in the bottom of the oven and drape the ends of the strips over the edge. This might require others to help you hold the strips in place. Spray the parchment and the bottom of the oven with cooking oil spray.
3. On a clean surface, press dough into a shape that will fit snugly (without touching the edges) in your 12" Dutch oven.
4. Place the circle of dough in the bottom of your oven. Poke the surface of the dough with a fork to prevent bubbles from forming.
5. Bake the dough for 5-8 minutes using 10 coals beneath your oven and 19 coals on top, arranged in a double ring on the lid.
6. Remove the lid and oven from the charcoal. Add pizza sauce, your desired toppings and cheese. Replace the lid on the Dutch oven and place over the ring of charcoal to bake for 15-20 minutes or until dough is golden brown and cheese is bubbly and turning brown.
7. Remove oven from charcoal. Use teamwork and the parchment strips to lift the hot pizza out of the oven.
8. To make the salad, Cub Scouts cut the iceberg lettuce into fork-sized pieces and placed it in the salad bowl. Have them slice the cucumber and dice the tomatoes and add to the salad. Leave the salad dressing on the side for people to add as they would like.

[Back to Personal Fitness Requirements](#)

AOL – 6th Grade

Personal Fitness
Personal Fitness
Required

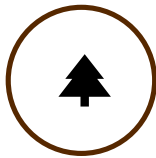
Requirement 1



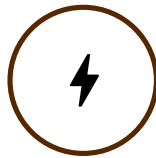
Prepare Meal for a Picnic

Snapshot of Activity

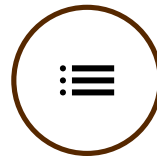
Cub Scouts prepare a meal for a picnic.



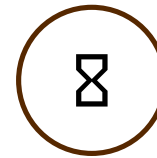
Outdoor



3



3



3

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

Supply List

- Cooler with ice
- 1 burrito size wheat tortilla per Cub Scout
- 4 ounces sliced or shredded cooked turkey per Cub Scout
- 2 ounces shredded cheddar cheese per Cub Scout
- 1 small tomato thinly sliced per two Cub Scouts
- Ranch dressing to taste
- Chopped lettuce, enough for all the Cub Scouts
- Quart size baggie
- Marker
- Napkins
- Hand sanitizer

Directions

This requirement does not have to be completed on a campout. The requirement is to prepare a meal that would work well on a campout.

Before the meeting:

1. Become familiar with the food groups using [USDA My Plate](#).
2. Coordinate with your pack leadership that your den will be cooking dinner during the campout for this Adventure to allow for proper planning.
3. Identify a local grocery store for the den to meet at to shop for the ingredients for the balanced meal, tortilla wrap. Confirm the date, time, and location of the visit to the grocery store.
4. Inform Cub Scouts, parents, and legal guardians of the date, time, and location of the visit to the grocery store and the details of the campout. Request that parents and legal guardians participate in the visit to the grocery store to provide additional supervision.
5. Check with each parent or legal guardian for Cub Scouts to check for food allergies or dietary restrictions and make any necessary adjustments.

6. Secure funding for food shopping with your pack leadership.
7. Gather any needed supplies.

During the meeting:

1. Have Cub Scouts wash hands.
2. Gather around a table and set out ingredients for Cub Scouts.
3. Have Cub Scouts build their sandwich.
 - Place some lettuce in the center of a large burrito or wrap.
 - On top of the lettuce, layer the cheese, and sliced tomatoes.
 - Drizzle dressing to taste, then place the sliced turkey on top.
 - Fold over ends and roll up tightly (like a burrito), then cut in half.
4. Have Cub Scouts put their wrap into a large plastic baggie and label it with their name for transport.
5. Go on a picnic with Cub Scouts.

[Back to Personal Fitness Requirements](#)

AOL – 6th Grade

Personal Fitness
Personal Fitness
Required

Requirement 2



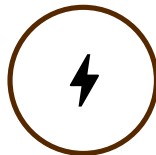
Tracking Your Fitness

Snapshot of Activity

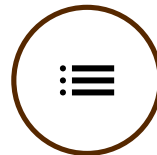
Cub Scouts track their physical fitness for 14 days.



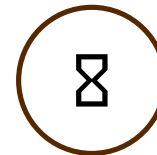
Indoor



5



2



1

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

Supply List

- Arrow of Light handbook or Personal Fitness Activity Log found in Additional Resources
- Pencils, one for each Cub Scout

Directions

Before the meeting:

1. Remind Cub Scouts to bring their Arrow of Light handbook or print a copy of the Personal Fitness Activity Log for each Cub Scout.

During the first meeting:

1. Remind Cub Scouts that being physically fit is one of the Scout Laws. Explain that they will be using a log to write down activities that keep them fit and the duration of the activity for the next 14 days. Let them know that they must do the activity or exercise for at least 30 minutes.
2. Discuss with Cub Scouts the types of activities or exercises that they might choose. Some ideas to help them:
 - Running
 - Basketball
 - Swimming
 - Dancing
 - Skateboarding
3. Ask Cub Scouts to open their Arrow of Light handbook to the activity log. Explain that this is where they should write their activity each day along with the time.
4. Let them know the date of the next den meeting and that they should complete their activity log by that date.

Before the second meeting:

1. Send a reminder for Cub Scouts to bring their activity log to the meeting.

During the second meeting (held 14 days or more after the first meeting):

1. Ask the following questions to Cub Scouts:
 - What kind of activities did you do during the 14 days?
 - Was it easy to track your progress?
 - Why is it important to remain physically active?
 - What is your favorite way to stay active?

Additional Resources

[Personal Fitness Activity Log](#)

[Back to Personal Fitness Requirements](#)

AOL – 6th Grade

Personal Fitness
Personal Fitness
Required

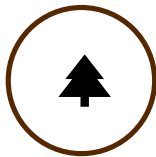
Requirement 3

Cycling Fun

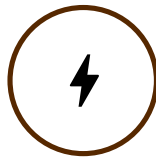


Snapshot of Activity

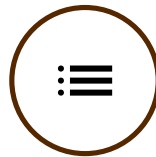
Cub Scouts go on a bike ride.



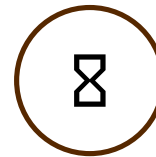
Outdoor



5



3



5

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
- Access to Cycling Stretching found in Additional Resources

Directions

Before the meeting:

1. Review the Cycling Stretching exercises found in Additional Resources.
2. Confirm each Cub Scout who will be completing this Adventure has a bike and helmet.
3. Locate an appropriate location for bike riding.
4. 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. Review proper helmet fitting and bicycle safety rules.
3. Each Cub Scout should check their bike to ensure it's in good condition.
4. Have those riding bicycles, put on their helmets. Check for proper fitting.
5. Before riding, lead the group in Cycling Stretching exercises found in Additional Resources.
6. Tell Cub Scouts to stay with their buddy and go for a bike ride for at least 30 minutes.

Tip: This activity may be completed as part of the Cycling Adventure.

Additional Resources

[Cycling Stretching](#)

[Back to Personal Fitness Requirements](#)

AOL – 6th Grade

Personal Fitness
Personal Fitness
Required

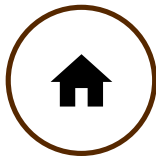
Requirement 3

Exploring Sports

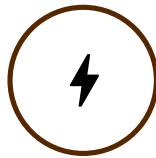


Snapshot of Activity

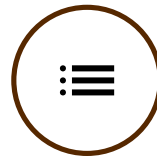
Cub Scouts participate in a school or extracurricular sport.



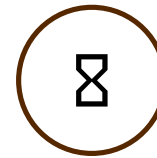
Indoor



1



1



1

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

Supply List

- No additional supplies

Directions

This activity assumes that the Cub Scout is participating in a sporting activity, either as part of a team or as an individual.

During the meeting:

1. Remind Cub Scouts that being physically fit is one of the Scout Laws.
2. Ask them if they participate in a sport at school or as an extracurricular activity.
3. Have each Cub Scout who participate in an organized sport or physical extracurricular activity share their chosen sport or activity and describe what a typical practice is like. If possible have them demonstrate an exercise they do to help them prepare for their sport or activity.

[Back to Personal Fitness Requirements](#)

AOL – 6th Grade

Personal Fitness
Personal Fitness
Required

Requirement 3



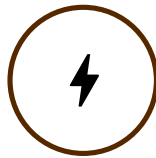
Kickball Madness

Snapshot of Activity

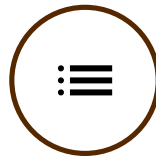
Cub Scouts play kickball.



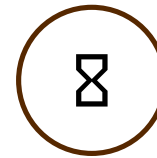
Outdoor



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. Become familiar with the rules of playing kickball from the [World Kickball Association](#).
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. Remind Cub Scouts that being physically fit is one of the Scout Laws.
2. Gather Cub Scouts and adult partners and divide them into two teams, keeping adult partners together with their Cub Scouts.
3. 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.
4. Review the rules to kickball and how to score, rules are similar to baseball.
5. To begin, one team will be in the outfield and the other will be the kicking team.
6. 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.
7. Once the kicker kicks the ball, they run around the bases in order.
8. If the ball lands in the foul zone, the kicker must try again, and the foul will count as a strike.
9. If the ball is caught without touching the ground the kicker is out.

10. 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 of a base.
11. You may not throw the kickball at someone to get them out.
12. A team gets three outs before the team switches to the outfield.
13. The team with the most points wins.

[Back to Personal Fitness Requirements](#)

AOL – 6th Grade

Personal Fitness
Personal Fitness
Required

Requirement 4



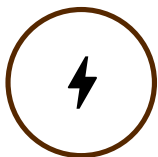
Scouting America Annual Health and Medical Record AOL

Snapshot of Activity

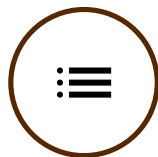
Cub Scouts review their Scouting America Annual Health and Medical Records with their parent or legal guardian.



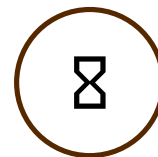
Indoor



1



2



2

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

Supply List

- Scouting America [Annual Health and Medical Record](#) for each Cub Scout
- Pens, one for each Cub Scout

Directions

Before the meeting:

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

During the meeting:

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

After the meeting:

1. Review each Arrow of Light scouts Scouting America Annual Health and Medical Record. Follow up with any questions you have with individual families about participation limits.

[Back to Personal Fitness Requirements](#)

AOL – 6th Grade

Citizenship

Citizenship

REQUIRED



Snapshot of Adventure

Volunteering to make your community and country better is part of being both a Scout and a good citizen. This Adventure may only have two requirements, but the goal is for you to take an active part in identifying and planning a service project, not just participating in one. This will help you in the future as you learn how to plan and conduct service projects in Scouts BSA.

Safety Moment

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

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

Watch this video about [Service Projects in Cub Scouting](#) (6:44)

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

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

Before starting this Adventure complete the following:

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

During the Adventure

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

Complete the following requirements

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

Requirement 1

Identify a community service project that your patrol or pack could accomplish. Use the Scouting America SAFE Checklist and develop a plan to conduct the service project safely.

- Cub Scouts [learn how to safely plan a service project](#).

Requirement 2

Participate in a service project for a minimum of two hours or multiple service projects for a total of two hours.

- [Participate in your Council-sponsored Scouting for Food event](#).
- Cub Scouts [do a Good Turn by raking leaves or shoveling snow for a neighbor in need](#).
- Cub Scouts [build a little free library from recycled materials and fill it with books to support their community](#).
- Cub Scouts [participate in a service project with a Scouts Scouting America troop](#).

[Back to Required Adventures](#)

AOL – 6th Grade

Citizenship
Citizenship
Required

Requirement 1



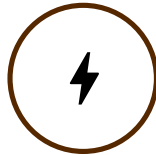
Service Project Planning

Snapshot of Activity

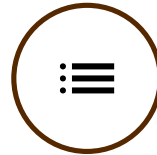
Cub Scouts learn how to safely plan a service project.



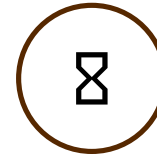
Indoor



2



2



2

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

Supply List

- [SAFE Service Project Planning Checklist](#), one for each Cub Scout
- Pen or pencil for each Cub Scout
- Printer

Directions

Before the meeting:

1. Review the [SAFE Service Project Planning Checklist](#).
2. Print one copy of the SAFE Service Project Planning Checklist for each Cub Scout.
3. Set up meeting space for Cub Scouts to have a space to write.

During the meeting:

1. Hand out the SAFE Service Project Planning Checklist and a pen or pencil to each Cub Scout.
2. Explain to Cub Scouts that they're going to make a plan for conducting a service project in a safe manner.
3. Ask Cub Scouts to think of a service project they could do for the community. Have them write a description of the project on their checklist.
4. Next, have Cub Scouts brainstorm the steps that would need to be taken to complete the project. Have them write the steps on their checklist.
5. Explain what SAFE means:
 - Supervision- supervised by qualified and trustworthy adults who set the example for safety
 - Assessment- Activities are assessed for risk during planning
 - Fitness and Skills- Annual Health and Medical Records are reviewed, and leaders have confirmed that prerequisite fitness and skill levels exist for participants to take part safely.
 - Equipment and Environment- Safe and appropriately sized equipment, courses, camps, campsites, trails, or playing fields are used properly.

6. For each point of SAFE ask Cub Scouts to think about their project. What needs to happen to ensure each point of the checklist is met?
7. If there is a point that Cub Scouts can't check off, ask them if there's a way to do the project more safely. Explain that if they can't think of a way to do it more safely, they will have to choose another service project.

*Note: This does **not** have to be a service project that you will actually be conducting.*

[Back to Citizenship Requirements](#)

AOL – 6th Grade

Citizenship
Citizenship
Required

Requirement 2



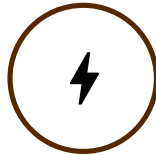
Arrow of Light Scouting for Food

Snapshot of Activity

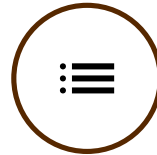
Participate in your Council-sponsored Scouting for Food event.



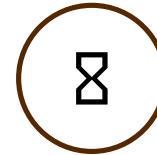
Travel



3



1



5

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

Supply List

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

Directions

Before the Meeting:

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

During collection bag distribution:

1. Collect Activity Consent Form for each Arrow of Light 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 Arrow of Light scouts that it is illegal to place collection bags in or on mailboxes.

During food donation collection:

1. Collect Activity Consent Form for each Arrow of Light Scout.
2. Create buddies.
3. Assign area for buddies to collect donations.
4. Review how to approach residences safely and politely if there is no donated food left out.
5. Take donated food to the assigned collection point.

[Back to Citizenship Requirements](#)

AOL – 6th Grade

Citizenship
Citizenship
Required

Requirement 2

Helping Neighbors

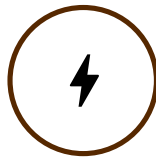


Snapshot of Activity

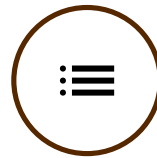
Cub Scouts do a Good Turn by raking leaves or shoveling snow for a neighbor in need.



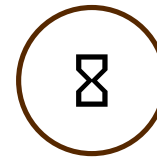
Travel



5



2



5

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

Supply List

- Rakes or snow shovels for each Cub Scout
- Gloves for each Cub Scout
- Filled water bottles for each Cub Scout
- Biodegradable or reusable leaf bags
- [Activity Consent Form](#)
- [SAFE Service Project Planning Checklist](#)

Directions

Before the meeting:

1. Complete the [SAFE Service Project Planning Checklist](#) if you have not done so already for this project in requirement 1.
2. Identify someone in the community who might not be able to rake leaves or shovel snow. Your Chartered Organization may have some ideas.
3. Contact the people you've identified to ask for permission for Cub Scouts to rake or shovel their yard. Set a date and time that the Arrow of Light patrol will visit.
4. Communicate the date, time, and location of the service project to the Cub Scouts' parents or legal guardians and remind them to bring the completed Activity Consent Form and a pen or pencil.

During the meeting:

1. Before starting the project review the SAFE Service Project Planning Checklist with the Scouts
2. Divide Cub Scouts into teams of two or three and assign them each an area to work on. Make sure that two adults can see each group. For example, if some of the teams are working in the backyard, have two adults there with them at all times.
3. Have Cub Scouts begin the yard work, focusing on thoroughness and safety.
4. Make sure Cub Scouts bag and dispose of the leaves properly.
5. When Cub Scouts are finished, make sure they collect all tools, and the area is tidy.

[Back to Citizenship Requirements](#)

AOL – 6th Grade

Citizenship
Citizenship
Required

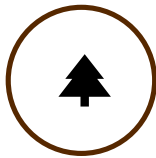
Requirement 2

Little Free Library

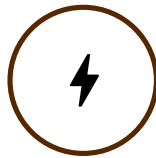


Snapshot of Activity

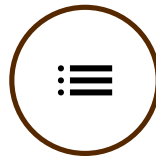
Cub Scouts build a little free library from recycled materials and fill it with books to support their community.



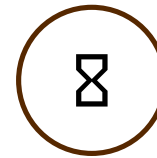
Outdoor



4



5



5

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

Supply List

- [SAFE Service Project Planning Checklist](#)

For the library book box:

- An unfinished pine frame with an inside measurement of 8" x 10"
- Pallets, or old discarded fencing or wood, wood should be the same thickness, no less than 3/4"
- 2" x 2" x 11" board for the roof cleat
- Pocketknife
- Exterior wood glue
- Pipe clamps
- Two self-closing overlay hinges
- Cabinet knob
- A sheet of clear acrylic, large enough to be cut to fit into the groove in the back of the frame
- Very fine-toothed saw (or utility knife if your acrylic is thin)
- If your wood is 3/4" thick, you will need 60 1 1/4" exterior wood screws
- Drill and drill bits for predrilling lag bolts and screws
- Crosscut saw and rip saw
- 1/4" drill bit for vent holes
- Sandpaper
- Exterior paint

For the post:

- 4" x 4" x 5' fence post
- Two 2" x 4" x 6" boards
- 2" x 8" x 14" board
- 8 1 1/2" exterior wood screws
- 8 3/8" x 3" galvanized lag bolts

Books for the library

Directions

Before the meeting:

1. Complete the [SAFE Service Project Planning Checklist](#) if you have not done so already for this project in requirement 1.
2. Become familiar with how to build a little free library Scout Life "[How to Build a Little Free Library.](#)"
3. Find a location for the little free library. Ask your Chartered Organization or other community groups if they have a place for it.
4. Ask Cub Scout parents or legal guardians to help collect the needed supplies.
5. Talk to Cubmaster about holding a pack book drive to stock the little free library.

During the meeting:

1. Review the SAFE Service Project Planning Checklist with the Scouts.
2. Collect more than enough boards to build the library, because some of the recycled wood will not be usable. Choose the cleanest wood from your pile. Remove any nails and cut off any unusable wood.
3. Cut the remaining boards to a rough length. The boards should not be too long when gluing and clamping them together. Sand all the edges and any rough spots.
4. Choose several boards close to the same length. Apply a thin layer of glue to all the edges and clamp them tightly together as shown. Allow each panel to dry overnight. Clamp and glue together enough panels to make all the parts of the library.
5. Use the drawings as a guide to cut to size the door frame, gable end supports and roof cleat.
6. Use the drawings as a guide to cut to size the roof, walls, floor, and gable end sections. Glue and screw the walls, floor, door frame and gable end support together.
7. Glue and screw the gable ends to the supports. Screw the roof cleat to the inside of the gable ends. Glue and screw the roof in place. Drill two 1/4" holes at the top of each gable end for ventilation.
8. Cut and fasten the acrylic window inside the door. Hinge the door to the door frame, and screw on the cabinet knob.
9. Paint the library any colors you wish. Mount your library on a post (4" x 4" x 5') buried 2' in the ground. Fill it with books, and your library is complete.

[Back to Citizenship Requirements](#)

AOL – 6th Grade

Citizenship
Citizenship
Required

Requirement 2

Scouts Scouting America troop Service Project

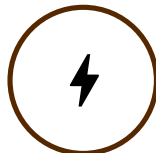


Snapshot of Activity

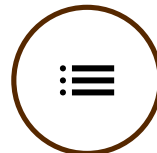
Cub Scouts participate in a service project with a Scouts Scouting America troop.



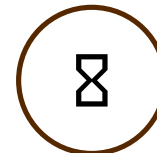
Travel



5



2



5

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

Supply List

- As requested by the troop
- [Activity Consent Form](#)
- [SAFE Service Project Planning Checklist](#)

Directions

Before the meeting:

1. Contact a local Scouts Scouting America troop to arrange to participate in one of their service projects. Ask if Cub Scouts need to bring any supplies or equipment.
2. Make sure that the [SAFE Service Project Planning Checklist](#) is being used to plan the project.
3. Communicate the date, time, and location of the service project to the Cub Scouts' parents or legal guardians and remind them to bring the completed Activity Consent Form.

During the meeting:

1. Gather Cub Scouts and remind them that they are there to help the troop with their service project. Ask them to carefully follow any Directions they're given.
2. Have Cub Scouts work with troop members on the service project.

[Back to Citizenship Requirements](#)

AOL – 6th Grade

Duty to God

Family & Reverence

REQUIRED



Snapshot of Adventure

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

Duty to God ... Your family and religious leaders teach you about God and the ways you can serve. You can do your duty to God by following the wisdom of those teachings and by defending the rights of others to practice their own beliefs. The Scouting America is absolutely nonsectarian (not affiliated with or restricted to a particular faith or religious group) Reverent means that a Scout is faithful in their religious duties and respects the beliefs of others. No matter what the religious faith of a Scout may be, this fundamental of good citizenship should be kept before them.

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 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 [Scouting America SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official Scouting America 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 Scouting America 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

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 Duty to God.

Requirement 1

Discuss with your parent or legal guardian your family's faith traditions or one of your choosing. Choose a view or value of that faith tradition that is related to the Scout Law. Discuss with your family how each family member demonstrates this value.

- Cub Scouts [discuss their family's faith traditions and values and how they relate to the Scout Law with their parents or legal guardians.](#)

Requirement 2

Meet with a representative of a faith-based organization in your local community who provides a service that assists people in crisis regardless of their faith. Identify who they help and how.

- [Invite a leader of a faith-based organization to learn how they provide service to those in crisis.](#)

Requirement 3

Discuss with your parent, legal guardian, or an adult leader what "Duty to God" means to you. Tell how you practice your Duty to God in your daily life.

- Cub Scouts [discuss with their parent or legal guardian what "Duty to God" means to their family and how they practice that in their daily life.](#)

[Back to Required Adventures](#)

AOL – 6th Grade

Duty to God
Family & Reverence
Required

Requirement 1

Family Traditions & Scout Values Discussion

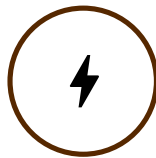


Snapshot of Activity

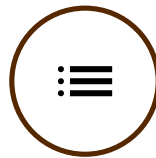
Cub Scouts discuss their family's faith traditions and values and how they relate to the Scout Law with their parents or legal guardians.



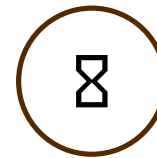
Indoor



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

Supply List

This activity is designed to be completed at home.

- No supplies needed

Directions

At home:

1. Cub Scouts and their parents or legal guardians discuss their family's faith traditions.
 - Are there any views or values of your faith tradition that are related to the Scout Law?
 - How does each member of your family demonstrate these values?

[Back to Duty to God Requirements](#)

AOL – 6th Grade

Duty to God
Family & Reverence
Required

Requirement 2



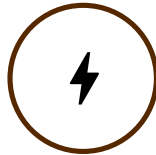
Faith-Based Guest Speaker

Snapshot of Activity

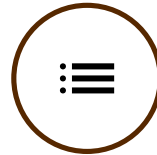
Invite a leader of a faith-based organization to learn how they provide service to those in crisis.



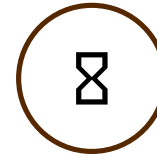
Indoor



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

Supply List

- No supplies needed

Directions

Before the meeting:

1. Contact a leader of a faith-based organization and ask if they can attend your den meeting and answer questions about how they help people in crisis.

During the meeting:

1. Introduce the guest speaker.
2. Encourage Cub Scouts to raise their hands to ask questions.
3. If Cub Scouts are having a hard time asking questions, have them consider the following questions:
 - What are some of the greatest needs for our community members in crisis?
 - What service programs do you provide for those in our community?
 - Are you looking for volunteers for your programs?
4. Thank your guest.

After the meeting:

1. Send your guest a thank you card.

[Back to Duty to God Requirements](#)

AOL – 6th Grade

Duty to God
Family & Reverence
Required

Requirement 3



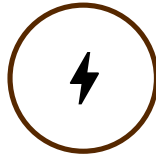
Reverence Discussion

Snapshot of Activity

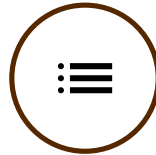
Cub Scouts discuss with their parent or legal guardian what “Duty to God” means to their family and how they practice that in their daily life.



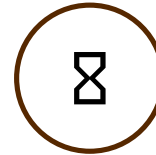
Indoor



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

Supply List

- No supplies needed

Directions

During the meeting:

1. Lead a discussion with Cub Scouts asking the following questions:
 - Based on your religion and family faith traditions, explain what you feel your duty to God is.
 - What responsibilities do you have to your religion and family faith traditions?
 - What are things you currently do to meet these responsibilities?
 - What are some things you could start doing to meet these responsibilities?
 - Are there responsibilities to your religion or family faith traditions you don't yet have but will have when you become an adult?

[Back to Duty to God Requirements](#)

AOL – 6th Grade

First Aid

Personal Safety

REQUIRED



Snapshot of Adventure

In this Adventure, you will learn how to protect yourself and how to help others when they have been hurt. The skills you learn in this Adventure could help someone in trouble or even save a life. Your patrol may have a trained professional like an emergency medical technician (EMT), medical doctor, or registered nurse provide instruction for this Adventure.

Safety Moment

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

All participants in official Scouting America 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 Scouting America 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 [Scouting America Youth Protection](#) content.
- Review the [Protect Yourself Rules-Arrow of Light](#) video.
- Requirement 1 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 “Arrow of Light First Aid 1 Parent Notification” found in the Additional Resources section for Requirement 1.
- Review the content for First Aid and become familiar with it to ensure proper information and techniques are being taught.
- If you need assistance, you can seek help from a Scouts Scouting America troop adult leader who has Wilderness First Aid or Standard First Aid Certification, or a medical professional, EMT, or other adult who has formal first aid training. Share with them the content for the Adventure to ensure that the content remains age-appropriate.
- Consider becoming certified in American Red Cross First Aid, learn more about the [American Red Cross and Scouting America Training Agreement](#).
- Consider becoming Emergency Care and Safety Institute First Aid, learn more about the [ECSI Training Agreement](#).

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 [Scouting America Youth Protection](#) site.

Complete the following requirements

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

Requirement 1

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

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

Requirement 2

Explain what you should do if you encounter someone in need of first aid.

- Cub Scouts [explain what to do if they encounter someone who needs first aid.](#)

Requirement 3

Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.

- Cub Scouts [demonstrate what to do for first aid "hurry" cases.](#)
- [Visit an emergency services station and do some hands-on learning from a professional](#)

Requirement 4

Demonstrate how to help a choking victim.

- Cub Scouts [demonstrate how to perform the Heimlich maneuver.](#)

Requirement 5

Demonstrate how to treat shock.

- Cub Scouts [demonstrate how to treat shock.](#)

Requirement 6

Demonstrate how to treat the following: cuts and scratches, burns and scalds, bites and stings of insects and animals, and nosebleed.

- Cub Scouts [learn how to treat common first aid needs.](#)

Requirement 7

Make a personal first-aid kit. Demonstrate the proper use of each item in your first-aid kit.

- Cub Scouts [make and demonstrate the use of a first aid kit.](#)

[Back to Required Adventures](#)

AOL – 6th Grade

First Aid
Personal Safety
Required

Requirement 1

Protect Yourself Rules Arrow of Light

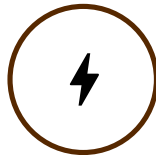


Snapshot of Activity

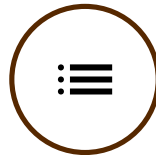
Watch the Protect Yourself Rules video with your parent or legal guardian.



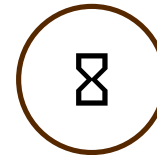
Indoor



1



2



2

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

Supply List

- AOL First Aid 1 Parent Notification found in Additional Resources
- Computer or smart device
- Internet connection to view the “[Protect Yourself Rules Arrow of Light](#)” video (duration 22 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 “AOL First Aid” 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

[AOL First Aid 1 Parent Notification](#)

[Back to First Aid Requirements](#)

AOL – 6th Grade

First Aid
Personal Safety
Required

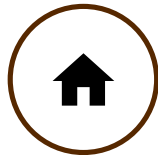
Requirement 2



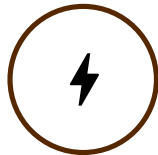
First Aid First Response

Snapshot of Activity

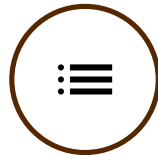
Cub Scouts explain what to do if they encounter someone who needs first aid.



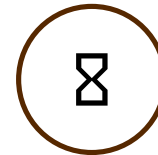
Indoor



2



2



2

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

Supply List

- Emergency Contact Information found in Additional Resources or Arrow of Light handbook
- Pen or pencil, one for each Cub Scout
- Parents and legal guardians or den chief

Directions

Before the meeting:

1. Print Emergency Contact Information worksheet for each Cub Scout.
2. Set up meeting space for Cub Scouts to fill out worksheet. Set up additional space that is free of obstacles, allowing Cub Scouts to have room to practice first aid response.

During the meeting:

1. Have Cub Scouts fill out the Emergency Contact Information worksheet. Discuss where this might be placed in their home for easy access. Explain to Cub Scouts what they should do when encountering an emergency that requires first aid:
 - Check. Make sure the scene is safe before approaching. You can't help anyone if you become a victim yourself.
 - Calm down and think. Take a couple of seconds to assess the situation and decide what needs to be done. Staying calm may be hard to do, but it's important. The victim will feel better knowing you are in control, and you will be able to make better decisions than if you were panicked.
 - Call. If the victim seems badly hurt, send someone to call for medical help. If no one is there to do that, call for help and offer to assist the victim.
 - Care. Explain that you know first aid and get permission to treat the victim before doing anything else.

When sending someone to get help, point at a specific person and say something like, “Juan, go call 911 and ask for an ambulance.” Don’t assume everybody knows what to do.

- Do not move a badly hurt person unless they are in further danger. It may be necessary to move a person if there is a nearby fire or if the person is lying in the road. But never move an injured person unless it is absolutely necessary. Check the victim for “hurry cases.”
 - Treat the victim for shock.
2. Have Cub Scouts buddy up. Assign an adult to each buddy group.
 3. Have one Cub Scout be the victim and the other Cub Scout be the responder. The adult will be the victim in need of first aid. Tell Cub Scouts that as buddies they come upon the “victim” and must act out what they should do.
 4. Practice until Cub Scouts are comfortable.

Additional Resources

[Emergency Contact Information worksheet](#)

[Back to First Aid Requirements](#)

AOL – 6th Grade

First Aid
Personal Safety
Required

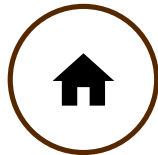
Requirement 3

“Hurry” Cases

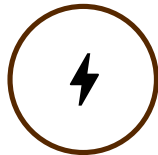


Snapshot of Activity

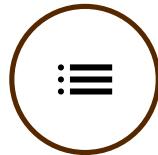
Cub Scouts demonstrate what to do for first aid “hurry” cases.



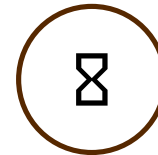
Indoor



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

Supply List

- Serious bleeding first aid items, one set for every 2 Cub Scouts
 - Disposable, latex-free gloves
 - Eye protection
 - Neckerchief
- Heart attack, sudden cardiac arrest, stopped breathing first aid items, one set for every Cub Scout
 - CPR breathing barrier
- Parents and legal guardians or den chief

Directions

Before the meeting:

1. Set up meeting space free of obstacles and allow for Cub Scouts to have room to move about.

During the meeting:

1. Explain to Cub Scouts they will be demonstrating different types of first aid during this den meeting.
2. Review the 3 C's:
 - Check- Make sure the scene is safe for you. And then check the victim.
 - Call- Call 911. Call out for help and send two people for help.
 - Care-Care for the victim to the best of your ability while you wait for help to arrive.
3. Practice serious bleeding. Ask Cub Scouts to buddy up. Provide each set of buddies a set of supplies: disposable, latex-free gloves, eye protection, and neckerchief. Ask each set of buddies to decide who will be playing the victim first. Explain that they will each have a turn to be the victim. Assign a parent or legal guardian or den chief to each set of buddies. The adult would be the person for the “Call” in the 3 C's.

- Assign each buddy group a wound area: leg, arm, and head.
 - The victim should pretend to have a bleeding wound on the assigned area.
 - The responder will initiate the 3 C's and attend to the wound.
 - When the serious bleeding wounds have been treated, review the results of each buddy group.
 - Ask the following questions:
 - What should you do if you think the bone is broken? (try not to move it, but maintain pressure)
 - What can we apply pressure within an emergency situation? (hand, fabric or gauze)
 - Switch responder and victim and repeat exercise.
4. Practice heart attack or sudden cardiac arrest and stopped breathing. Explain that the response to these two situations is the same. Ask Cub Scouts to buddy up. Provide each set of buddies a CPR breathing barrier. Ask each set of buddies to decide who will be playing the victim first. Explain that they will each have a turn to be the victim. Assign a parent or legal guardian or den chief to each set of buddies. The adult would be the person for the "Call" in the 3 C's.
5. Demonstrate how to do CPR on another adult.
- Place the person on their back on a firm, flat surface. Stand or kneel beside the person.
 - Give 30 chest compressions
 - Hand position: Two hands centered on the chest
 - Body position: Shoulders directly over hands; elbows locked
 - Depth: At least 2 inches
 - Rate: 100 to 120 per minute
 - Allow chest to return to normal position after each compression
 - Give 2 pretend breaths
 - Open the airway to a past-neutral position using the head-tilt/chin-lift technique
 - Pinch the nose shut, take a normal breath. Tell Cub Scouts in an emergency they will make a complete seal over the person's mouth with their mouth. But for this demonstration they can just blow onto the stuffed animal's mouth without touching it, like blowing out a candle.
 - Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath
 - Tell Cub Scouts they will need to call 911, explain the situation, then continue to do this pattern until help arrives.
 - Discuss the different signs for a heart attack, cardiac arrest, and stopped breathing, The 3 C's may be different for each situation.
 - Assign each buddy group either a heart attack, cardiac arrest or stopped breathing.
 - Tell Cub Scouts that they will practice CPR with their buddy. The responder will initiate the 3 C's.
6. Switch responder and victim and repeat exercise. Practice stroke. Ask Cub Scouts to buddy up. Ask each set of buddies to decide who will be playing the victim first. Explain that they will each have a turn to be the victim. Assign a parent or legal guardian or den chief to each set of buddies. The adult would be the person for the "Call" in the 3 C's.
- The victim should pretend to have a stroke,
 - The responder will initiate the 3 C's looking for face drooping, arm weakness, speech difficulty and time to call for help.
 - Switch responder and victim and repeat exercise.
 - Review the FAST acronym:
 - Face Drooping
 - Arm weakness
 - Speech difficulty
 - Time to call for help

7. Practice poisoning. Ask Cub Scouts to buddy up. Ask each set of buddies to decide who will be playing the victim first. Explain that they will each have a turn to be the victim. Assign a parent or legal guardian or den chief to each set of buddies. The adult would be the person for the “Call” in the 3 C’s.
- Assign each buddy group a different poison: eating a poisonous mushroom, swallowing a household cleaning product, taking too much medicine, breathing toxic fumes.
 - Each buddy group demonstrates the 3 C’s based on the type of poisoning.
 - Ask the following questions for each demonstration:
 - What do we need to do if someone has swallowed or breathed something toxic?
 - How do we keep ourselves and others safe from being poisoned?

[Back to First Aid Requirements](#)

AOL – 6th Grade

First Aid
Personal Safety
Required

Requirement 3



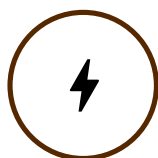
Visit a Paramedic

Snapshot of Activity

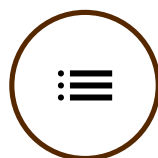
Visit an emergency services station and do some hands-on learning from a professional



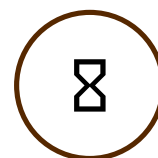
Travel



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

Supply List

- [Activity Consent Form](#)

Directions

This activity is designed to complete requirements 3, 4, 5, and 6.

Before the meeting:

1. Contact a local emergency services or American Red Cross and confirm a date and time for a visit.
2. Inform the contact that the den is made up of fifth graders and they are learning about first aid. Let your contact know what needs to be covered:
 - serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning
 - choking
 - shock
 - cuts and scratches, burns, and scalds, bites and stings of insects and animals, and nosebleed
3. Remind parents and legal guardians of the meeting location date and time and bring a completed [Activity Consent Form](#).

During the meeting:

1. Gather Cub Scouts outside the fire station. Let them know that they will be learning about first aid. Remind them that if the first responders are alerted to an emergency that they are to do quickly and quietly move out of the way.
2. Ensure that the requirements are completed. Encourage Cub Scouts to ask questions.

[Back to First Aid Requirements](#)



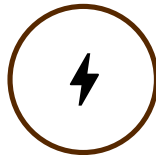
Obstructed Airway Maneuver

Snapshot of Activity

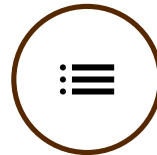
Cub Scouts demonstrate how to perform the obstructed airway maneuver.



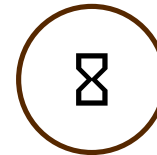
Indoor



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2



2

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

Supply List

- Parents and legal guardians

Directions

Before the meeting:

1. Set up meeting space free of obstacles and allow for Cub Scouts to have room to move about.

During the meeting:

1. Explain to Cub Scouts they will be demonstrating the obstructed airway maneuver.
2. Demonstrate the obstructed airway maneuver on another adult.
 - Give five back blows between the shoulder blades with the heel of your hand.
 - If the object is not removed, give abdominal thrusts:
 - Position yourself behind the person and reach your arms around their waist.
 - Make a fist with one hand just above the person's belly button. Cover the fist with your other hand.
 - Make a series of five quick thrusts inward and upward to force air from the lungs. (Pretend like you're trying to pick the person up.)
 - Alternate between abdominal thrusts and back blows until the object is dislodged, the person becomes unconscious, or medical help arrives.
3. Ask Cub Scouts to buddy up and practice on one another. Remind them to not give full abdominal thrusts or back blows.

AOL – 6th Grade

First Aid
Personal Safety
Required

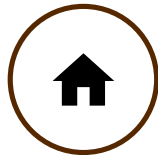
Requirement 5



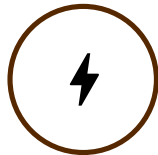
Shock First Aid

Snapshot of Activity

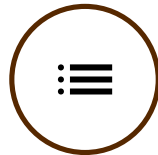
Cub Scouts demonstrate how to treat shock.



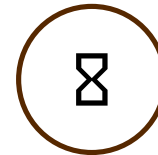
Indoor



3



1



1

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

Supply List

- Parents and legal guardians

Directions

Before the meeting:

1. Set up meeting space free of obstacles and allow for Cub Scouts to have room to move about.

During the meeting:

1. Explain to Cub Scouts they will be learning how to treat shock.
2. Demonstrate how to treat shock on another adult.
 - Pretend to call 911 for emergency help immediately.
 - Have a Cub Scout lie down on their back.
 - Say and demonstrate, “raise their feet slightly and state unless you think there are injuries to the head, neck, back, hips, or legs. If you do not know, have the person lie flat.”
 - Say and demonstrate, “If the person is not awake, turn them on their side. But first, be sure the person has no injuries to the head, neck, or back.”
 - Say “If the weather is cool, cover the person with a sheet. If it is hot, do not.”
 - Say “Do not give the person anything to eat or drink.”
 - Say “Stay with the person until help arrives.”
3. Ask Cub Scouts to buddy up and practice on one another.

[Back to First Aid Requirements](#)

AOL – 6th Grade

First Aid
Personal Safety
Required

Requirement 6



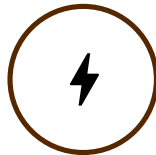
Common First Aid Practices

Snapshot of Activity

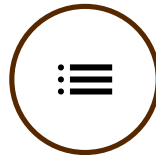
Cub Scouts learn how to treat common first aid needs.



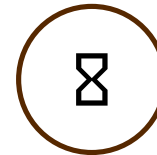
Indoor



3



3



5

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

Supply List

- Cuts and scratches station
 - Bowl with water
 - Soap
 - Hand towel
 - First aid ointment
 - Latex free gloves
 - Eye protection
 - Sterile gauze pad
 - First aid tape
- Burns and scalds station
 - Two bowls with water
 - Soap
 - Hand towel
 - Sterile gauze pad
 - Aloe vera or cooling lotion
- Bites and Stings station
 - Bowl with water
 - Soap
 - Hand towel
 - Tweezers
 - Playing card or credit card
 - First aid ointment

- Nosebleed
 - Bowl of water
 - Clean cloth
- Parents and legal guardians or den chief

Directions

Before the meeting:

1. Familiarize yourself with first aid treatment of:
 - Cuts and scratches
 - Burns and scalds
 - Bites and stings of insects and animals
 - Nosebleeds
2. Set up 4 stations with first aid items. One station for each the treatments to learn.

During the meeting:

1. Explain to Cub Scouts that during the den meeting, they will be learning about common first aid practices for cuts and scratches, burns and scalds, bites and stings of insects and animals, and nosebleeds.
2. There are 4 stations set up around the room. They will visit each one and practice the first aid treatment.
3. Assign an adult to each station. Make sure they are familiar with the first aid treatment plan for their station.
4. Station Cuts and Scratches:
 - Start by washing hands thoroughly with soap and water.
 - For small wounds, wash the wound with soap and water. Then apply first-aid ointment to help prevent infection if you have the victim's permission and know that they do not have an allergy to the medicine. Keep the wound clean with an adhesive bandage. Change the bandage as often as needed but at least once daily.
 - For larger cuts, first, stop the bleeding by applying direct pressure. Keep the wound as clean as possible to limit infection. Cover an open wound with a sterile gauze pad or a clean cloth folded into a pad. Hold the pad in place with tape or a bandage made out of a neckerchief. Any bandage should be loose enough that you can slide two fingers between it and the person's body. An adult leader should evaluate any large wound. Once the bleeding has stopped, clean the wound as described above.
5. Station Burns and Scalds:
 - Treat a minor burn by putting the burn in chilly water and then cover with clean, dry, loose dressing.
 - Treat sunburn with aloe vera.
6. Station Bites and Stings:
 - Practice removing a tick using tweezers. Grasp the tick by its head with tweezers close to the skin and gently pull until it comes loose, Wash the wound with soap and water and apply first-aid ointment.
 - Practice removing a stinger by scraping away the stinger with the edge of a card.
7. Station Nosebleed:
 - Have the victim sit up and lean forward to prevent blood from draining into the throat.
 - Pinch the nostrils together for 10 minutes to maintain pressure on the flow and stop the bleeding.
 - Apply a cool, wet cloth to the victim's nose and face above where you are pinching.
 - Watch for symptoms of shock and treat if needed. Call for help if the bleeding doesn't stop after 15 minutes.

AOL – 6th Grade

First Aid
Personal Safety
Required

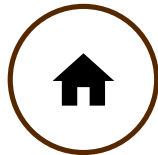
Requirement 7

DIY First Aid Kit

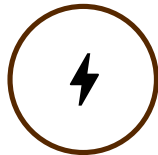


Snapshot of Activity

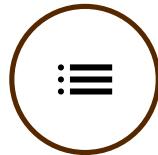
Cub Scouts make and demonstrate the use of a first aid kit.



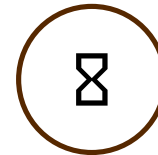
Indoor



3



4



4

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

Supply List

- Quart size bag, one per Cub Scout
- Markers, one for every 2 Cub Scouts
- Adhesive bandages
- Moleskin
- First-aid ointment, one per Cub Scout
- Latex-free gloves, one set per Cub Scout

In addition to the basic items above, consider including:

- Gauze pads
- Adhesive tape
- Soap
- Scissors
- Mouth barrier
- Pencil and paper
- Antiseptic wipes

Directions

Before the meeting:

1. Set up meeting space for Cub Scouts to build their first aid kit.
2. Place items around the meeting space for Cub Scouts to gather and place in their first aid bags.
3. Build a first aid kit using the items as a demonstration.

During the meeting:

1. Explain to Cub Scouts they will be walking around the meeting space and building their own first aid kit.
2. Pass out the baggies. Ask Cub Scouts to write their name on their baggie.
3. Have Cub Scouts walk around the space collecting the first aid items. Once they have completed adding items to their first aid kit, bring them back to sit down and discuss the items.
4. Open your first aid kit and pull out an item and ask the following questions:
 - When would you use this item?
 - What is the proper way to use this item?
 - What happens if this item isn't in your kit, what could you possibly use instead?
5. Remind Cub Scouts that a first aid kit is part of the Cub Scout Six Essentials. A first aid kit is to be always included in their pack.

[Back to First Aid Requirements](#)

AOL – 6th Grade

Outdoor Adventurer

Outdoors

REQUIRED



Snapshot of Adventure

There's nothing like the great outdoors. In this Adventure, you will plan and participate in a campout with your Arrow of Light patrol or a Scouts Scouting America troop. You'll learn how to pack, help plan using the Scouting America SAFE Checklist, set up camp, and discover how Scouts camp.

Safety Moment

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

All participants in official Scouting America 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 Scouting America 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](#).

Review [Age Appropriate Guidelines for Scouting Activities](#) before camping.

When camping:

- BALOO training is mandatory for a MINIMUM OF ONE adult on a pack or and Arrow of Light den campout BALOO training consists of an online pre-requisite component in addition to an overnight hand on practical. Scouting America'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.
- 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](#).

When camping with a Scouts Scouting America troop, Arrow of Light scouts abide by Arrow of Light Cub Scout camping rules.

Before starting this Adventure:

- Review the [Food Allergies](#) safety moment.
- Review each Cub Scouts [Scouting America Annual Health and Medical Record](#) for any food allergies or restrictions.
- Ask if any member of the den, youth, or adult, has any religious, or cultural dietary concerns.

- If there is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#).
- Review the [Keep Your Food Safe](#) guide to properly keep, store, and prepare food.

Complete the following requirements

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

Requirement 1

Learn about the Scout Basic Essentials.

- Cub Scouts [learn the Scout Basic Essentials](#).
- Cub Scouts [play a relay game to learn about the Scout Basic Essentials](#).
- Cub Scouts [learn the Scout Basic Essentials from a Scouts BSA member](#).

Requirement 2

Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear.

- Cub Scouts [have a camping gear shakedown with an IOLS \(Introduction to Outdoor Leader Skills\) trained leader](#).
- Cub Scouts [attend a Scout Scouting America troop meeting for a camping gear shakedown](#).

Requirement 3

Review the four points of the Scouting America SAFE Checklist and how you will apply them. on the campout.

- Cub Scouts [apply the points of the Scouting America SAFE checklist to their campout](#).

Requirement 4

Locate the campsite where you will be camping on a map.

- Cub Scouts [locate their campground using a digital device](#).
- Cub Scouts [locate their campsite on a paper map](#).

Requirement 5

With your patrol or a Scouts Scouting America troop, participate in a campout.

- Cub Scouts [camp with their den](#).
- Cub Scouts [camp with a Scouts Scouting America troop](#).

Requirement 6

Upon arrival at the campout determine where to set up your campsite: kitchen, eating area, tents, and fire pit. Help the patrol set up the patrol gear before setting up your own tent.

- Cub Scouts [set up their campsite](#).

Requirement 7

Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.

- Cub Scouts [learn about safe food handling and use the three-pot method for meal clean up. method for cleaning](#).

Requirement 8

After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave Not Trace Principles for Kids.

- Cub Scouts [assess their campout using Start, Stop, Continue](#).

[Back to Required Adventures](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

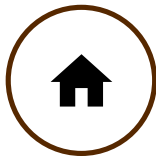
Requirement 1



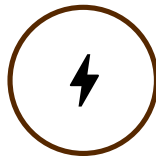
Scout Basic Essentials

Snapshot of Activity

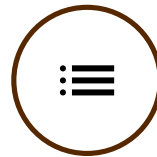
Cub Scouts learn the Scout Basic Essentials.



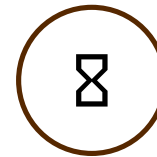
Indoor



2



2



1

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

Supply List

- Pocketknife
- Rain Gear
- Trail Food
- Flashlight
- Extra clothing
- First-aid kit
- Sun protection
- Map and compass
- Matches and fire starters
- Water bottle
- Backpack

Directions

Before the meeting;

1. Gather examples of each of the Scout Basic Essentials.
2. Become familiar with the Scout Basic Essentials.
 - **Pocketknife.** A pocketknife or multi-tool could be the most useful tool you can own. Keep yours clean, sharp, and secure, and don't pick one so heavy that it pulls your pants down. In order to carry a pocketknife as an Arrow of Light Scout, you must first earn the Knife Safety Adventure, even if you earned the Whittling Adventure as a Bear Cub Scout and/or the Chef's Knife Adventure as a Webelos.
 - **Rain Gear.** A poncho or a rain parka can protect you from light showers and heavy storms. It can also block the wind and help keep you warm.
 - **Trail Food.** A small bag of granola, some raisins and nuts, or a couple of energy bars can give you a boost when you get hungry on the trail. High energy foods are especially important if you are out longer than you had expected.
 - **Flashlight.** An LED flashlight will cast a strong beam with just one or two AA batteries. LED headlamps

are a good option, too, because they leave your hands free. Carry spare batteries in case you need them.

- Extra Clothing. Layers of clothing allow you to adjust what you wear to match the weather. During an afternoon hike, a jacket might provide all the extra warmth you need. On camping trips, bring along additional clothing to deal with changes in temperature.
 - First-Aid Kit. Your patrol leader or a Scouts Scouting America troop leader will bring a group first-aid kit on most Scout trips, but you should also carry a few personal supplies to treat blisters, small cuts, and other minor injuries.
 - Sun Protection. Guard your skin by applying a good sunscreen (SPF 30 or greater) and wear a broad-brimmed hat, sunglasses, and lip balm that contains sunscreen ingredients. Apply sunscreen 20 minutes before you hit the trail and every two hours after that — more often if you sweat a lot.
 - Map and Compass. A map and a compass can show you the way in unfamiliar areas. Learn the basics, and then practice using a compass and a map when you're in the field.
 - Matches and Fire Starters. With strike-anywhere matches, a butane lighter, or a ferro rod and striker, you can light a stove or kindle a fire in any weather. Protect matches and other fire starters from moisture by storing them in a self-sealing plastic bag or canister. Before you can use matches or fire starters you must first earn the Firem'n Chit. You may want to ask for help from your local Scouts Scouting America troop. If you earn this certification as an Arrow of Light Scout, you will be required to earn it again in Scouts BSA before you are permitted to use matches or fire starters in Scouts BSA.
 - Water Bottle. Always take along at least a 1-quart bottle filled with water. On long hikes, on hot days, in arid regions, and at high elevations, carry two bottles or more.
3. Place items in a backpack.

During the meeting:

1. Ask Cub Scouts to recite the Scouts BSA motto. When they say, "Be Prepared" respond that the Scouts BSA Essentials help them be prepared in the outdoors. Today they will learn about the Scout Basic Essentials.
2. Bring out the backpack. Pull each item from the backpack and pass it around to the Cub Scouts. Ask questions for Cub Scouts to answer about each item. For example:
 - Why is this item important?
 - is this item also one of the Cub Scout Six Essentials?
 - How is the item used?
3. Remind Cub Scouts that they must first earn the Knife Safety Adventure before using a pocketknife. Once they join a Scouts Scouting America troop, they will need to earn the Totin' Chip.
4. Share with Cub Scouts that to carry and use matches and fire starters, they must earn the Firem'n Chit after they join a Scouts Scouting America troop.

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

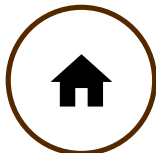
Requirement 1



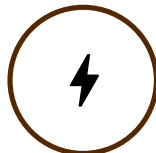
Scout Basic Essentials Backpack

Snapshot of Activity

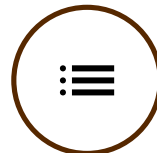
Cub Scouts play a relay game to learn about the Scout Basic Essentials.



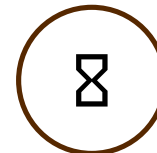
Indoor



5



3



3

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

Supply List

- Adults
- Scout Basic Essentials found in Additional Resources

The Scout Basic Essentials, two of each

- 3" x 5" index card with the word "pocketknife" written on it
- Rain gear
- Trail food
- Flashlight
- Extra clothing
- First aid Kit
- Sun protection
- Compass and/or map
- Fire starter and/or matches
- Water bottle

Other Outdoor Items that are not part of the Scout Basic Essentials, two of each

- Whistle
- Hiking boots
- Toothbrush
- Bug net
- Camp chair
- Tent

Directions

Before the meeting:

1. Gather supplies.
2. Become familiar with the Scout Basic Essentials.
 - Pocketknife. A pocketknife or multi-tool could be the most useful tool you can own. Keep yours clean,

sharp, and secure, and don't pick one so heavy that it pulls your pants down. In order to carry a pocketknife as an Arrow of Light Scout, you must first earn the Knife Safety Adventure, even if you earned the Whittling Adventure as a Bear Cub Scout and/or the Chef's Knife Adventure as a Webelos.

- Rain Gear. A poncho or a rain parka can protect you from light showers and heavy storms. It can also block the wind and help keep you warm.
 - Trail Food. A small bag of granola, some raisins and nuts, or a couple of energy bars can give you a boost when you get hungry on the trail. High energy foods are especially important if you are out longer than you had expected.
 - Flashlight. An LED flashlight will cast a strong beam with just one or two AA batteries. LED headlamps are a good option, too, because they leave your hands free. Carry spare batteries in case you need them.
 - Extra Clothing. Layers of clothing allow you to adjust what you wear to match the weather. During an afternoon hike, a jacket might provide all the extra warmth you need. On camping trips, bring along additional clothing to deal with changes in temperature.
 - First-Aid Kit. Your patrol leader or a Scouts Scouting America troop leader will bring a group first-aid kit on most Scout trips, but you should also carry a few personal supplies to treat blisters, small cuts, and other minor injuries.
 - Sun Protection. Guard your skin by applying a good sunscreen (SPF 30 or greater) and wear a broad-brimmed hat, sunglasses, and lip balm that contains sunscreen ingredients. Apply sunscreen 20 minutes before you hit the trail and every two hours after that — more often if you sweat a lot.
 - Map and Compass. A map and a compass can show you the way in unfamiliar areas. Learn the basics, and then practice using a compass and a map when you're in the field.
 - Matches and Fire Starters. With strike-anywhere matches, a butane lighter, or a ferro rod and striker, you can light a stove or kindle a fire in any weather. Protect matches and other fire starters from moisture by storing them in a self-sealing plastic bag or canister. Before you can use matches or fire starters you must first earn the Fire'm'n Chit. You may want to ask for help from your local Scouts Scouting America troop. If you earn this certification as an Arrow of Light Scout, you will be required to earn it again in Scouts BSA before you are permitted to use matches or fire starters in Scouts BSA.
 - Water Bottle. Always take along at least a 1-quart bottle filled with water. On long hikes, on hot days, in arid regions, and at high elevations, carry two bottles or more.
3. Identify a safe area free of obstacles to conduct the relay.
 4. Place the supplies listed above into two separate piles at one end of the room. Each pile contains a single item from the supply list, this is a mix of items that are part of the Scout Basic Essentials and items that are not. Do not put a pocketknife in either pile, replace the pocketknife with the 3" x 5" index card that says "pocketknife". Since this is a relay race, you do not want to have anyone running with a knife.
 5. Identify two adults to help, one for each team. Provide the Scout Basic Essentials list found in Additional Resources either by printing or online access.

During the meeting:

1. Ask Cub Scouts to line up into two separate lines.
2. Assign an adult to each team.
3. Explain they will be doing a relay to find the Scout Basic Essentials. They are to run to the pile, select an item that is one of the essentials and return to their team.
4. The adult will check to see if the item is one the list. If it is, next Cub Scout runs to the pile.
5. If the item is not on the list, the Cub Scout returns the item to the pile and makes another choice.
6. This continues until one team has all ten items.

Additional Resources

[Scout Basic Essentials](#)

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

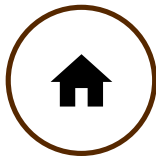
Requirement 1

Scouts BSA Visitor

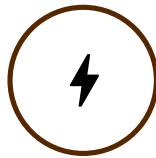


Snapshot of Activity

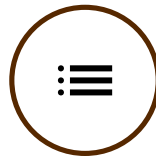
Cub Scouts learn the Scout Basic Essentials from a Scouts BSA member.



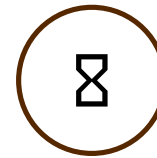
Indoor



2



1



3

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

Supply List

- Pocketknife
- Rain Gear
- Trail Food
- Flashlight
- Extra clothing
- First-aid kit
- Sun protection
- Map and compass
- Matches and fire starters
- Water bottle
- Backpack

Directions

Before the meeting:

1. Invite a local Scouts BSA member to the next meeting. Tell them they will be discussing the Scout Basic Essentials, and they should bring their own pack to the meeting with the Scout Basic Essentials. Let them know that they will be teaching fifth graders about the essentials.
2. The day before the meeting, contact the Scouts BSA member to confirm the meeting location, date, and time.

During the meeting:

1. Explain to Cub Scouts that they will be learning about the Scout Basic Essentials from a Scout BSA member.
2. Introduce the Scouts BSA member.
3. Ask the Scouts BSA member to pull each item from the backpack and pass it around to the Cub Scouts. Have Cub Scouts questions for each item. For example:
 - Why is this item important?
 - Is this item also one of the Cub Scout Six Essentials?
 - How is the item used?
4. Remind Cub Scouts that they must first earn the Knife Safety Adventure before using a pocketknife. Once they join a Scouts Scouting America troop, they will need to earn the Totin' Chip.
5. Share with Cub Scouts that to carry and use matches and fire starters, they must earn the Firem'n Chit after they join a Scouts Scouting America troop.

After the meeting:

1. Send a thank you card to the Scout BSA member.

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

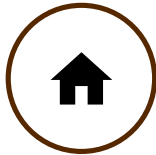
Requirement 2



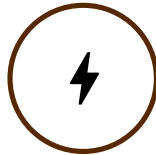
IOLS Shakedown

Snapshot of Activity

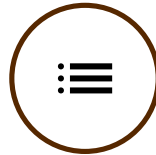
Cub Scouts have a camping gear shakedown with an IOLS (Introduction to Outdoor Leader Skills) trained leader.



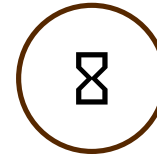
Indoor



4



4



3

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

Supply List

- Camping Gear Checklist found in Additional Resources or the Arrow of Light handbook
- Pencil, one for each Cub Scout
- Each Arrow of Light Scout will need to bring what they would bring on a weekend camping trip including:
 - Scout Basic Essentials
 - Backpack
 - Sleeping Gear
 - Eating Kit
 - Cleanup Kit
 - Optional Personal Items

Directions

Before the meeting:

1. Find a registered adult leader in a Scouts Scouting America troop who is trained in Individual Outdoor Leadership Skills (IOLS), this is a required training for any Assistant Scoutmaster or Scoutmaster.
2. Ask if they would be willing to go over camping gear for an upcoming camping trip with the Arrow of Light Scouts.
3. Notify parents and legal guardians of the location, date, and time of the shakedown.
4. The day before confirm with the IOLS-trained Scouts BSA leader.
5. Send a reminder to parents and legal guardians to have their Cub Scout bring their camping gear to the meeting.

During the meeting:

1. Introduce the registered adult leader from the Scouts Scouting America troop to the Cub Scouts. Allow Cub Scouts to introduce themselves.
2. Have each Cub Scout present their gear and explain why they packed it. Each Cub Scout should write down any items that they missed.
3. Cub Scouts should use the Camping Gear Checklist to keep track of anything that should be added and things that can be removed.

After the meeting:

1. Ask Cub Scouts their thoughts. Did they have everything for the campout? How was the shakedown helpful?
2. Send a thank you card to the IOLS trained leader.

Additional Resources

[Camping Gear Checklist](#)

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

Requirement 2

Troop Shakedown

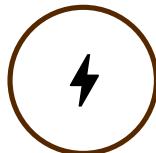


Snapshot of Activity

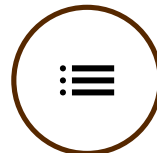
Cub Scouts attend a Scout Scouting America troop meeting for a camping gear shakedown



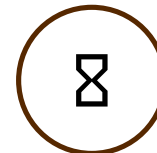
Travel



4



4



5

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

Supply List

- Camping Gear Checklist found in Additional Resources or the Arrow of Light handbook
- Pencil, one for each Cub Scout
- Each Arrow of Light Scout will need to bring what they would bring on a weekend camping trip including:
 - Scout Basic Essentials
 - Backpack
 - Sleeping Gear
 - Eating Kit
 - Cleanup Kit
 - Optional Personal Items
- [Activity Consent Form](#)

Directions

Before the meeting:

1. Find a local troop that would be willing to go over camping gear for an upcoming camping trip with the Arrow of Light patrol.
2. Notify parents and legal guardians of the location, date, and time of the meeting.
3. The day before confirm with the troop.
4. Send a reminder to parents and legal guardians to have their Arrow of Light Scout must have their camping gear ready to go and bring a completed Activity Consent form.
5. Remind Arrow of Light Scouts and parents of the Camping Gear Checklist on page 71 of the Arrow of Light Handbook.

During the meeting:

1. Meet the Cub Scouts at the troop meeting location. Introduce yourself to the Scoutmaster and the Senior Patrol leader. Allow Cub Scouts to introduce themselves.

2. Have Scouts Scouting America troop members review each Cub Scout's camping gear and provide an explanation why each item is important to have. Encourage Cub Scouts to ask questions.
3. Cub Scouts should use the Camping Gear Checklist to keep track of anything that should be added and things that can be removed.

After the meeting:

1. Ask Cub Scouts their thoughts. Did they have everything for the campout? How were the members of the troop helpful?

Additional Resources

[Camping Gear Checklist](#)

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

Requirement 3



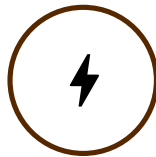
Scouting America SAFE Checklist

Snapshot of Activity

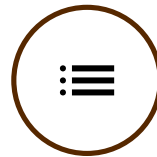
Cub Scouts apply the points of the Scouting America SAFE checklist to their campout.



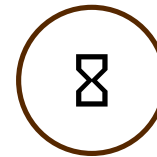
Indoor



2



1



2

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

Supply List

- [Scouting America SAFE Checklist](#)
- Pencils, one for each Cub Scout
- Scissors
- Printer

Directions

1. Download and print a copy of the [Scouting America SAFE Checklist](#) for each Cub Scout.
2. Set up meeting space for Cub Scouts to be able to write down their thoughts on the checklist.

During the meeting:

1. Lead a discussion with Cub Scouts and go over the points of the Scouting America Safe Checklist and each point pertains to the upcoming campout trip.
2. **Supervision** Youth are supervised by qualified and trustworthy adults who set the example for safety. Possible questions:
 - Who are the registered adult leaders supervising the camping trip?
 - Is at least one of the adults BALOO trained?
3. **Assessment** Activities are assessed for risks during planning. Leaders have reviewed applicable program guidance or standards and have verified the activity is not prohibited. Risk avoidance or mitigation is incorporated into the activity.
 - What activities will take place during the camping trip?
 - What type of safety gear is needed?
 - Have we reviewed the Guide to Safe Scouting to check on requirements for camping, tenting, and activities?
4. **Fitness and Skill** Participants' Annual Health and Medical Records are reviewed, and leaders have confirmed that prerequisite fitness and skill levels exist for participants to take part safely.

- Does everyone have completed a Scouting America Annual Health and Medical Record handed in?
5. **Equipment and Environment** Safe and appropriately sized equipment, courses, camps, campsites, trails, or playing fields are used properly. Leaders periodically check gear use and the environment for changing conditions that could affect safety.
- Has everyone done a camping gear shakedown?
 - What will the weather be like and what adjustments need to be made?

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

Requirement 4

Digital Map

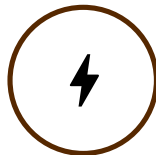


Snapshot of Activity

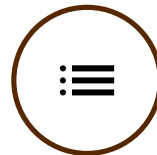
Cub Scouts locate their campground using a digital device.



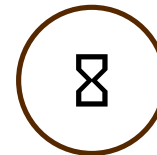
Indoor



2



xxx



3

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

Supply List

- Computer or smart device with map app, one for every two Cub Scouts

Directions

Before the meeting:

1. Determine the location for your outdoor camping activity, including campsite numbers.
2. Remind parents or legal guardians to bring an electronic device to den meeting.

During the meeting:

1. Ask Cub Scouts to bring up a map application on their computer or smart device.
2. Ask them to find the campground location on their map. How long will it take to get there?
3. Tell Cub Scouts to locate their campsite on the campground map.
4. Ask Cub Scouts to locate a bathroom and other park buildings on the map.

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

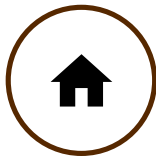
Requirement 4

Paper Map

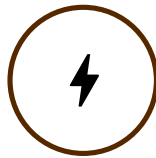


Snapshot of Activity

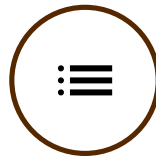
Cub Scouts locate their campsite on a paper map.



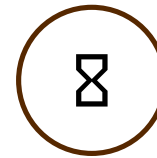
Indoor



2



2



3

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

Supply List

- Map of the campground you will be camping at
- Pencils

Directions

Before the meeting:

1. Determine the location for your outdoor camping activity, including campsite number or name.
2. Print the campground map, one for each Cub Scout.
3. Set up meeting space so Cub Scouts have a place to write.

During the meeting:

1. Hand out a map and a pencil to each Cub Scout.
2. Tell Cub Scouts that they will be locating their campsite on the map.
3. Ask them to circle the campsite. Ask Cub Scouts to locate a bathroom and other important buildings on the map. Have them put a square around these locations.

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

Requirement 5



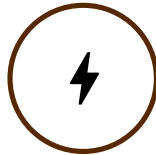
Den Campout

Snapshot of Activity

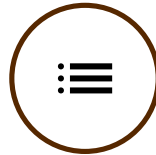
Cub Scouts camp with their den.



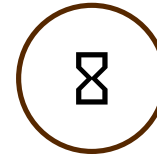
Travel



5



5



5

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

Supply List

- Campground reservations
- [Individual Campout Checklist for Pack Overnighter](#)
- Scout Basic Essentials
- [BALOO](#) trained adult leader
- [Scouting America Health and Medical Record for every Cub Scout](#)
- [Activity Consent Form](#)
- Each Arrow of Light Scout will need to bring what they would bring on a weekend camping trip including:
 - Scout Basic Essentials
 - Backpack
 - Sleeping gear
 - Eating kit
 - Cleanup kit
 - Optional personal items
- Group camping gear (Page 364 of the Arrow of Light Handbook)
 - Patrol first aid kit
 - Tents, ground cloths, and stake (if providing)
 - Dinning fly and stakes
 - 50 ft nylon cord
 - Cook kit
 - Cleanup kit
 - Repair kit
 - Group extras
 - Other gear specific for this campout

Directions

Before the campout:

1. If you have not done so already complete requirement 2.
2. With your den, locate a campground that is suitable for Cub Scouts and make a reservation. 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. Identify which parents or legal guardians are attending with their Cub Scout.
 - How should we get our campsite ready for our tent?
 - How do we Leave No Trace when we pack up?

During the meeting:

1. Go on an overnight campout with your den.

Tip: Complete Requirements 5, 6 and 7 at the same time. Consider working on an Adventure such as Knife Safety, Fishing, Estimations, High Tech Outdoors, Into the Wild, or Into the Woods.

Additional Resources

[Campout Planner](#)

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

Requirement 5



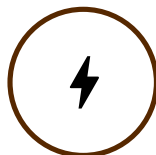
Troop Campout

Snapshot of Activity

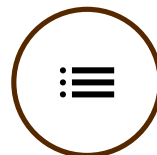
Cub Scouts camp with a Scouts Scouting America troop.



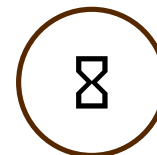
Travel



5



5



5

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

Supply List

- Campground reservations
- [Individual Campout Checklist for Pack Overnighter](#)
- Scout Basic Essentials
- [BALOO](#) trained adult leader
- [Scouting America Health and Medical Record for every Cub Scout](#)
- [Activity Consent Form](#)
- Each Arrow of Light Scout will need to bring what they would bring on a weekend camping trip including:
 - Scout Basic Essentials
 - Backpack
 - Sleeping gear
 - Eating kit
 - Cleanup kit
 - Optional personal items
- Group camping gear (Page 364 of the Arrow of Light Handbook)
 - Patrol first aid kit
 - Tents, ground cloths, and stake (if providing)
 - Dining fly and stakes
 - 50 ft. nylon cord
 - Cook kit
 - Cleanup kit
 - Repair kit
 - Group extras
 - Other gear specific for this campout

Directions

Before the campout:

1. If you have not done so already complete requirement 2.
2. Contact a local Scouts Scouting America troop and inquire about holding a campout with the Arrow of Light Patrol and the troop.
3. Under the direction of the BALOO-trained leader develop a schedule for the campout including activities, Adventure requirements, and meals.
4. Coordinate with the Scouts Scouting America troop activities that can be done together with the Arrow of Light patrol
5. Determine what items you will need to take.
6. Distribute information to your den about time, date, location, and packing list.
7. Identify which parents or legal guardians are attending with their Cub Scout.
 - How should we get our campsite ready for our tent?
 - How do we Leave No Trace when we pack up?

During the meeting:

1. Go on an overnight campout with the Scouts Scouting America troop.

Tip: Complete Requirements 5, 6 and 7 at the same time. Consider working on an Adventure such as Knife Safety, Fishing, Estimations, High Tech Outdoors, Into the Wild, or Into the Woods.

Additional Resources

[Campout Planner](#)

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

Requirement 6

Campsite Setup

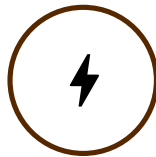


Snapshot of Activity

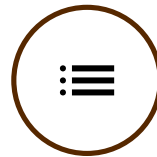
Cub Scouts set up their campsite.



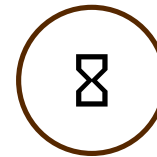
Travel



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5

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

Supply List

- Campground reservations
- [Individual Campout Checklist for Pack Overnighter](#)
- Scout Basic Essentials
- BALOO trained adult leader
- [Scouting America Health and Medical Record for every Cub Scout](#)
- [Activity Consent Form](#)
- Camping gear

Directions

Before the campout:

1. Become familiar with how to properly set up a campsite.
 - A good campsite is more than a convenient place to sleep and eat. Its setting offers you safety and comfort and takes advantage of features like great views and natural windbreaks. Keep the following information in mind as you decide where to spend the night.
 - ENVIRONMENTAL IMPACT-The principles of outdoor ethics will help guide you as you select a campsite. Use established campsites whenever you can, or camp on durable surfaces — that is, surfaces that won't be harmed by tents and footsteps. Good campsites are found, not made. If you must move a log, a few rocks, or anything else as you pitch your tents, return everything to its original location before you leave.
 - SAFETY-Pitch tents away from dead trees or trees with limbs that might fall in a storm. Stay out of ditches or depressions in the ground that could fill during a flash flood and other areas that could fill with water. (If you see debris caught in underbrush or if all the grass is bent over in the same direction, choose another site.) Avoid lone trees, the tops of hills and mountains, high ridges, and other targets of lightning. Camp away from hiking and game trails, especially in bear country. (Look for animal tracks and worn pathways that are too low or narrow for humans.)
 - SIZE-A campsite must be large enough for your Arrow of Light patrol to set up its tents and cook its

meals in separate areas. Also, make sure there is enough space to move around without tripping over tent stakes and tent guy lines.

- **COMFORT**-In the summer, look for a shady site where breezes can help cool your tent and chase away mosquitoes. In the winter, find a site where trees and hillsides provide a natural windbreak. Regardless of the time of year, place your tent on the flattest spot possible. (If the ground slants a bit, sleep with your head uphill and the opening downhill.) Consider the sun as well; the morning sun will help dry out your tent, while evening sun can be uncomfortably hot in the summer.
- **WATER**-Each Scout in your patrol will need several gallons of water every day for drinking, cooking, and cleanup. Treat water you take from streams, rivers, lakes, and springs. In dry regions, you might need to carry all your water to camp. That information will be important when you put together the trip plan.
- **STOVES AND CAMPFIRES**-Where fires are not allowed, where wood is scarce, or when you want to prepare your meals quickly, plan on using a camp stove to heat water and cook food. As part of Scouting's commitment to preserving the outdoors, stoves are the preferred method for cooking. Where fires are permitted, appropriate, and desired, look for a campsite with an existing fire ring. Only use wood that is dead, on the ground, and no larger around than your wrist. Never cut live trees. For more information on using stoves and campfires, see the Unit Fireguard Plan Chart, No. 33691.
- **PRIVACY**-A Scout is courteous. Show respect by selecting campsites away from other campers. Trees, bushes, and the shape of the land can screen your camp from trails and neighboring campsites. Keep noise down so you won't disturb nearby campers, and respect quiet hours at public campgrounds and Scout camps.
- **PERMISSION**-Well ahead of the date of a camping trip, contact rangers or other managers of public parks and forests to let them know you're coming. They can issue the permits you need and suggest how you can fully enjoy your campout. Get permission from owners or managers of private property, too, before camping on their land.

At the campsite:

1. Walk around with Cub Scouts to assess the campsite. As you walk around point out possible locations for:
 - Tent- a place that is flat, rock and sticks free, away from low hanging branches
 - Kitchen and Eating Area- a place that is covered, has access to a table, flat, close to a water source for clean up
 - Fire Pit- most campsites will have a predetermined fire pit. Locate this and make sure tents are a safe distance away
2. Ask Cub Scouts to turn to the appropriate page on setting up a campsite.
3. Have them go through the Requirement 6 information as a checklist to decide where they want to place their tent, kitchen and eating area.
4. After Cub Scouts determine the best location, they are to set up the kitchen and eating area, before setting up their own tent.

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

Requirement 7



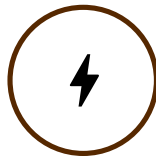
Safe Food Handling and Clean Up

Snapshot of Activity

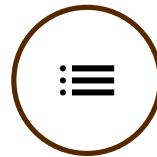
Cub Scouts learn about safe food handling and use the three-pot method for meal clean up.



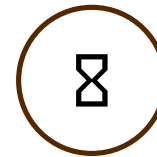
Travel



5



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

Supply List

- Ice chest, filled with ice
- Large plastic box with lid
- Antibacterial wipes
- Hand sanitizer
- Cutting board
- A dishwashing spot that's at least 200 feet from any sources of water
- Hot water at least 160 degrees (Pro
Tip: start heating your wash water before you sit down to eat)
- Three plastic tubs
- Biodegradable dish soap
- A dish brush/scrubber or two
- Hot tongs for dipping plates and spoons into the hot rinse
- Bleach or sanitizing tablets
- Ground cloth, towel, mesh bag or lightweight hammock for air-drying

Directions

Before the campout:

1. Read the Aaron on Scouting blog "[The three-pot method: This is how to wash dishes at a campsite.](#)"
2. Gather the required gear and materials.
3. Make sure that the campsite has water nearby.

Before the meal:

1. Gather the Arrow of Light Scouts and share with them that before anyone starts using the camp kitchen, we want to keep things clean and safe.
2. Have Cub Scouts wash their hands and then use hand sanitizer before touching food.
3. Ask Cub Scouts what items need to stay cold and put in the ice chest.
 - Meat
 - Cheese and Dairy
 - Eggs
 - Fruits and vegetables if the outside temperature is above 60 degrees
4. Review with Cub Scouts that the ice chest needs to remain closed and is only opened to get an item or put an item back. Leaving the ice chest open dramatically changes the temperature. Inform them that the ice will melt and that items in the ice chest should be in waterproof containers like a zip lock bag.
5. Show the Arrow of Light Scouts the cutting board. Inform them that when you cut raw meat on a cutting board you are not to use it again until it is cleaned and sterilized. This prevents what is called cross-contamination where bacteria from raw meat gets onto food that is going to be eaten. This also goes for knives. A knife that is used to cut raw meat is not to be used again until it has been cleaned and sterilized. When in doubt, clean it.
6. Cover other conditions for food safety based on the weather.

After the meal:

1. Prepare the three-pot cleaning method by:
 - The first bin contains hot, soapy water.
 - The second is filled with clean, hot rinse water.
 - The third bin contains cold water with a sanitizer such as bleach to kill bacteria.
2. Each bucket needs to have tongs.
3. Follow these steps to wash a pot:
 - Scrape excess food into a garbage bag so the pot is as clean as possible.
 - Dampen a scrub pad with water from the wash pot and scrub the pot to loosen the remaining food.
 - Dunk the pot in the wash pot to remove the loosened food. If food is still stuck to the pot, scrub some more.
 - Use hot-pot tongs to dip the pot in the hot-rinse pot. Be sure no soap bubbles remain on the pan.
 - Dunk the pot in the cold-rinse pot. If the pot is too big, dip some water from the cold-rinse pot into the pot and slosh it around.
4. Ask other members to clean their mess kits using the three-pot method.
5. Cub Scouts will dispose of the dirty wash water either in a designated area such as a drain or by dispersing 200 feet away from camp and water sources.
6. Have Cub Scouts put away clean dishes, utensils and cooking gear.

[Back to Outdoor Adventurer Requirements](#)

AOL – 6th Grade

Outdoor Adventurer
Outdoors
Required

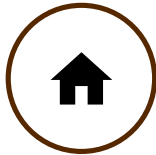
Requirement 8



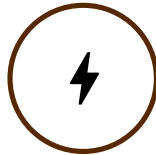
Start, Stop, Continue

Snapshot of Activity

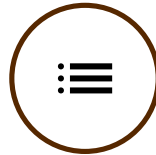
Cub Scouts assess their campout using Start, Stop, and Continue.



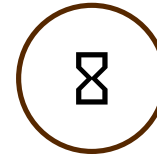
Indoor



2



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

Supply List

- Paper and pencil

Directions

During the meeting:

1. Have Cub Scouts gather around a table or in a circle. Ask one Cub Scout to be the scribe.
2. Explain the purpose of Start, Stop, Continue is to identify the things you should start doing, things you should stop doing, and things you should continue to do.
3. Have each Cub Scout name one item to start, one to stop, and one to continue. Possible topics include:
 - Activities or Adventures
 - Food
 - Preparations
 - Location
 - Behavior
 - Outdoor Code
 - Leave No Trace Principles for Kids
4. Ask the scribe to read aloud the things to start, things to stop, and things to continue. Make sure that everyone feels the list is complete. Use the list for the next outing or campout.

[Back to Outdoor Adventurer Requirements](#)

Elective Adventures

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



Champions for Nature

Cycling

Engineer

Estimations

Fishing

High Tech Outdoors



Into the Wild

Into the Woods

Knife Safety

Paddle Craft

Race Time

Summertime Fun



Swimming

Special Elective Adventures

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



Archery

BB

Slingshot

AOL – 6th Grade

Champions for Nature

Elective



Snapshot of Adventure

About half of the land on Earth is being used for some type of agriculture. Agriculture is often in the form of a farm. How we farm, either growing crops or raising animals for food, has an impact on our planet. The country of India has the most land mass used for agriculture. The United States is second. Combined, these two countries account for 22% of the land on the planet being used for agriculture. How the United States grows, distributes, and uses food has an impact on the world. In this Adventure, you will explore food and ways to conserve it, and the resources used to produce food.

Safety Moment

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

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

Watch this video about [Service Projects in Cub Scouting](#) (6:44)

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

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

Before starting this Adventure complete the following:

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

During the Adventure

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

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

Before starting this Adventure:

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

Complete the following requirements

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

Requirement 1

Identify foods grown or processed in your state.

- Cub Scouts [learn about food grown and processed in their state.](#)
- [Visit a grocery store and talk to store manager about where food comes from.](#)
- Cub Scouts [talk to a local grower about food grown in their state.](#)

Requirement 2

Determine the benefits of purchasing food that is locally grown or processed.

- Cub Scouts [calculate miles food traveled from source to table.](#)
- Cub Scouts [calculate the miles that fruit has traveled for their fruit salad.](#)

Requirement 3

Explore the concept of a food desert.

- Cub Scouts [determine if they live in a food desert.](#)
- Cub Scouts [find nearby food deserts.](#)

Requirement 4

Explore the concept of a food oasis.

- Cub Scouts [determine if they live in a food oasis.](#)
- Cub Scouts [find a nearby food oasis.](#)

Requirement 5

Learn how individuals can reduce food waste.

- Cub Scouts [preserve food to reduce waste.](#)
- Cub Scouts [plan a meal that minimizes food waste.](#)
- Cub Scouts [will learn how they can reduce food waste.](#)

Requirement 6

Participate in a conservation service project.

- Cub Scouts [assist with a local community garden.](#)
- Cub Scouts [collect leftover pumpkins and deliver them to a local farm or animal rescue.](#)
- Cub Scouts [assist with trash cleanup in their community.](#)
- [Explore the World Organization for the Scouting Movement's conservation efforts.](#)

[Back to Elective Adventures](#)

AOL – 6th Grade

Champions for Nature

Elective

Requirement 1



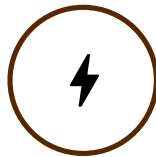
Farmer's Market Trip

Snapshot of Activity

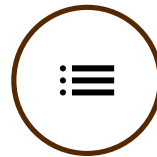
Cub Scouts learn about food grown and processed in their state.



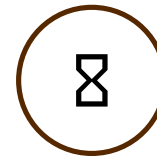
Travel



4



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5

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

Supply List

- Scout Basic Essentials
- Activity Consent Form
- Food Source Farmer's Market worksheet found in Additional Resources
- Paper, enough for several sheets for each Cub Scout
- Pen or pencil for each Cub Scout
- Clipboard or other writing surface, one for each Cub Scout
- Printer

Note: Arrow of Light Scouts must earn the Knife Safety Adventure before they can use or carry a pocketknife, they must earn the Firem'n chit to carry or use matches. If they have not earned either of these then have them bring the other eight essentials.

Directions

Before the meeting:

1. Find a local farmers' market to visit that offers locally grown fruits, vegetables, meat, and/or dairy products.
2. Remind parents or legal guardians of the time, date, and location of the visit and ask them to bring a completed [Activity Consent Form](#)
3. Print enough Food Source Farmer's Market worksheets for each Cub Scout to have several copies.

During the meeting:

1. Gather Cub Scouts at a predetermined location. Explain that they are visiting a farmer's market to see food products that are locally grown. At each vendor stall, they are to ask the vendor to share where the food was grown or processed. Questions may include:
 - Where is your farm located?
 - How far did you travel to the market?
 - What is your growing season?
 - What other methods do you use to sell your product?
2. Pass out clipboards, pencils, and Food Source Farmer's Market worksheets. Ask Cub Scouts to fill out their worksheet for each vendor. Cub Scouts may want to take pictures of the vendor stall.
3. After visiting the farmer's market, gather Cub Scouts and ask them to review their worksheets. What conclusions can they draw about locally sourced food?
 - Are fruits and vegetables available all year?
 - Which vendor is located the closest? The furthest?
 - Where can you go if there is not a farmer's market nearby?
 - Where do you think food that is not local comes from?

Additional Resources

[Food Source Farmer's Market worksheet](#)

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Champions for Nature

Elective

Requirement 1



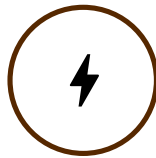
Grocery Store Trip

Snapshot of Activity

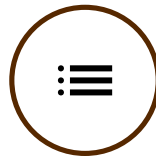
Visit a grocery store and talk to store manager about where food comes from.



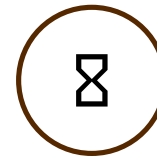
Travel



3



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

Supply List

- [Activity Consent Form](#)
- Food Source Grocery Store worksheet found in Additional Resources
- Paper, enough for several sheets for each Cub Scout
- Pen or pencil for each Cub Scout
- Clipboard or other writing surface, one for each Cub Scout
- Printer

Directions

Before the meeting:

1. Contact store management at a local grocery store to schedule a tour. Let them know that you are bringing a group of 5th graders to learn about food sources. Request a tour with someone knowledgeable about the source of items in the grocery store. Confirm the date and time of your visit.
2. Remind parents or legal guardians of the time, date, and location of the visit and ask them to bring a completed [Activity Consent Form](#).
3. A few days before the tour, call the grocery store and confirm.
4. Print one Food Source Grocery Store worksheet for each Cub Scout.

During the meeting:

1. Gather Cub Scouts at a predetermined location. Explain that they are visiting a grocery to see where food products are sourced, and where they came from. As they tour the grocery store, they are to ask where the food was grown or processed and determine the number of miles traveled from the food source to the grocery store. For example, an orange may have been grown in Argentina, sent to a packing facility, shipped to the United States to a warehouse, and then shipped to the local store.
2. Pass out clipboards, pencils, and Food Source Grocery Store worksheets. Ask Cub Scouts to fill out their worksheet as they tour the grocery store. Cub Scouts may want to take pictures of their chosen foods.

3. After visiting the grocery store, gather Cub Scouts and ask them to review their worksheets. What conclusions can they draw about the source of the selected food items?
 - Are fruits and vegetables available all year?
 - Which vendor is located the closest? The furthest?
 - How many different countries does the store receive produce from?
 - What happens to produce that is not purchased and starts to go bad?

After the meeting:

1. Send a thank you note to the store management.

Additional Resources

[Food Source Grocery Store worksheet](#)

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Champions for Nature

Elective

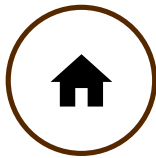
Requirement 1



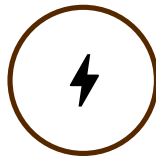
Local Grower Speaker

Snapshot of Activity

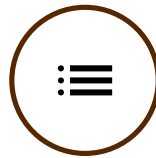
Cub Scouts talk to a local grower about food grown in their state.



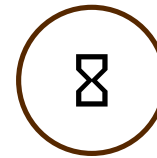
Indoor



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

Supply List

- No additional supplies

Directions

Before the meeting:

1. Contact your county agricultural extension agent or someone in your community that grows or processes food and ask for a speaker. Let them know that you have a group of 5th graders to learn about food sources. Ask the speaker to bring any visuals such as seeds or finished products to share with the Cub Scouts. Set a meeting date and time.
2. A few days before the meeting call the guest speaker to confirm.
3. Set up meeting space for the speaker and Cub Scouts.

During the meeting:

1. Gather Cub Scouts and introduce the speaker.
2. Have the speaker give a presentation that covers the local foods that are grown in your area this could be your county or state.
3. Encourage Cub Scouts to ask questions based on the speaker's background. Questions may include:
 - What foods are grown in our state?
 - What is the growing season?
 - What foods are processed in our state?
 - What foods are exported to other parts of the country?
 - What help do you provide for farmers?
 - What types of produce do we import?

After the meeting:

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

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Champions for Nature

Elective

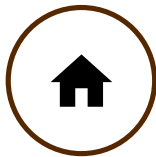
Requirement 2



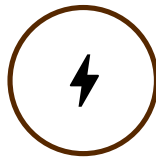
Food For Miles and Miles

Snapshot of Activity

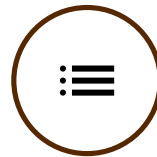
Cub Scouts calculate miles food traveled from source to table.



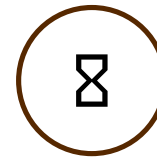
Indoor



2



4



2

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

Supply List

- Food Miles and Miles worksheet found in Additional Resources
- Pencil or pen for each Cub Scout
- Computer or smart device with internet connectivity, one for every two Cub Scouts
- Printer

Directions

Before the meeting:

1. Set up meeting space for Cub Scouts to complete the worksheet.

During the meeting:

1. Gather Cub Scouts and explain the term “food miles,” the distance food is transported from the time of its making until it reaches the consumer.
2. Pass out the Food Miles and Miles worksheet and pencils. Explain that they are going to find out the distance their favorite food travels from the place it is grown to their dinner table.
3. Ask each Cub Scout to think of one food item that they enjoy eating for dinner. Everyone writes the food item on the worksheet.
4. Once everyone has shared their favorite dinner item, ask Cub Scouts to buddy up.
5. Using their smart device, they are to find the closest location of where each food item is found. Next, have them determine the number of miles between the growing location and their dinner table. Tell them to write it down on their worksheet.
 - Once everyone has completed their worksheet, lead a discussion on the distances traveled.
 - What is the benefit of shorter distances?
 - Why do we buy products that require longer distances?

Additional Resources

[Food Miles and Miles worksheet](#)

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Champions for Nature

Elective

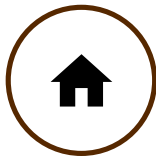
Requirement 2



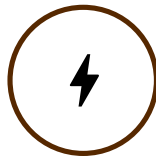
Food Miles Fruit Salad

Snapshot of Activity

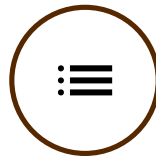
Cub Scouts calculate the miles that fruit has traveled for their fruit salad.



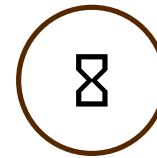
Indoor



2



4



2

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

Supply List

- Food items for a fruit salad, use at least 3 items from various locales, enough for everyone to have a serving:
 - Apple
 - Banana
 - Grapes
 - Blueberries
 - Strawberries
 - Watermelon
 - Orange
- Cutting board
- Knife
- Large mixing bowl
- Serving spoon
- Small serving cups, one for each Cub Scout
- Fork or spoon, one for each Cub Scout
- Fruit Salad Miles worksheet found in Additional Resources
- Pencil or pen for each Cub Scout
- Computer or smart device with internet connectivity, one for every two Cub Scouts
- Printer

Directions

Before the meeting:

1. Purchase items to make a fruit salad.
2. When purchasing fruit make a note of where each of the fruit was grown.
3. Choose at least 3 fruits that are sourced from various parts of the country.
4. Print a Fruit Salad Miles worksheet for each Cub Scout.
5. Set up the meeting space to make fruit salad and complete the worksheet.

During the meeting:

1. Gather Cub Scouts around the items to make fruit salad. Discuss the term “food miles,” the distance food is transported from the time of its making until it reaches the consumer.
2. Explain that you will be making fruit salad. Their job is to determine where each piece of fruit is grown and how many miles the fruit traveled to the meeting location.
 - Hold up a piece of fruit. Ask Cub Scouts to identify the fruit and then search for where it may have been grown using their smart device. Tell them to write it down on their worksheet.
 - Tell them where the fruit was grown.
 - Next, have them use their smart device to determine the number of miles between the growing location and the meeting location. Tell them to write it down on their worksheet.
 - Do this for each piece of fruit. While they are searching for each location and calculating miles, you cut up the fruit and place it in the mixing bowl.
3. Once all the fruit has been placed in the mixing bowl, ask Cub Scouts to add up the miles.
4. Lead a discussion on local growing while eating fruit salad.
 - What is the benefit of shorter distances?
 - Why do we buy products that require longer distances?

Additional Resources

[Fruit Salad Miles worksheet](#)

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Champions for Nature

Elective

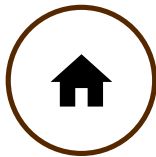
Requirement 3



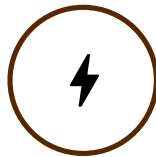
Am I In A Food Desert?

Snapshot of Activity

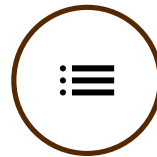
Cub Scouts determine if they live in a food desert.



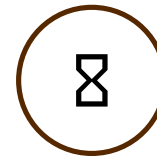
Indoor



2



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2

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

Supply List

- Food Desert or Oasis worksheet found in Additional Resources
- Printer
- Pencil or pencil for each Cub Scout
- Computer or smart device with internet connectivity, one for every two Cub Scouts

Directions

Before the meeting:

1. Become familiar with the concept of food deserts by visiting the [USDA Food Access Research Atlas](#) and become familiar with the information on the website.
2. Familiarize yourself with the names and locations of nearby grocery stores, convenience stores, and fast-food restaurants.
3. Print Food Desert or Oasis worksheet, one for each Cub Scout.
4. Set up meeting space for Cub Scouts to be able to work using their computer or smart device.

After the meeting:

1. Share with Cub Scouts that areas with limited access to affordable and nutritious food are called food deserts. Many families in rural and urban areas may have limited access to nutritional food.
2. Tell Cub Scouts today they will be finding out where food is available in their community and determine if their community is a food desert.
3. Pass out the Food Desert or Oasis worksheets and pencils. Ask Cub Scouts to buddy up.
4. Using their computers and smart devices, Cub Scouts are to fill in the chart on the worksheet. Use devices to measure distances from store to home.

5. When Cub Scouts have finished, lead a discussion. Example questions:
- Would you characterize your community as a food desert? Why or why not?
 - Where are the closest grocery stores? Are they easy to get to by car or bus?
 - Where do you purchase most of your food?
 - Where is it cheapest to purchase food? Is there a wide variety of nutritious food available?

Tip: Combine this with requirement 4 activity Am I a Food Oasis?

Additional Resources

[Food Desert or Oasis worksheet](#)

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Champions for Nature

Elective

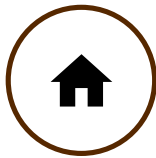
Requirement 3



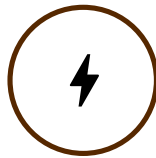
Digital Food Desert

Snapshot of Activity

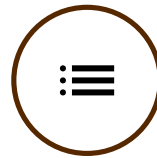
Cub Scouts find nearby food deserts.



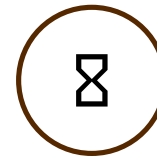
Indoor



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4



2

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

Supply List

- Computer or smart device with internet connectivity, one for every two Cub Scouts

Directions

Before the meeting:

1. Become familiar with the concept of food deserts by visiting the [USDA Food Access Research Atlas](#) and become familiar with the information on the website..
2. Set up meeting space for Cub Scouts to be able to work using their computer or smart device.

During the meeting:

1. Share with Cub Scouts that areas with limited access to affordable and nutritious food are called food deserts. Many families in rural and urban areas may have limited access to healthy and fresh foods.
2. Explain that they are going to use this website to look for nearby food deserts.
3. Ask Cub Scouts to buddy up. Provide them the web address.
4. Lead Cub Scouts through finding food deserts.
 - In the box in the upper left corner under “Go to the Atlas,” have Cub Scouts type their community name and state.
 - Set the Low Income and Low Access Layers to show green.
 - Explain that this shows: Low-income census tracts where a significant number or share of residents is more than 1 mile (urban) or 10 miles (rural) from the nearest supermarket.
 - Next, have Cub Scouts check the yellow button for vehicle access. This shows where more than 100 housing units do not have a vehicle and are more than ½ mile from the nearest supermarket, or a significant number or share of residents are more than 20 miles from the nearest supermarket.
 - Allow Cub Scouts to change the color icons and learn more about types food deserts in their community.
 - Have them try another community and compare the results,

5. Lead a discussion about different areas near you and how the census reads.
 - Do we have a lot of green on the map? What does this mean?
 - How can we as a community improve?

Tip: Combine this with requirement 4 and the Digital Food Oasis activity.

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Champions for Nature

Elective

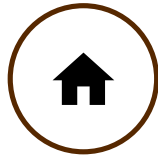
Requirement 4



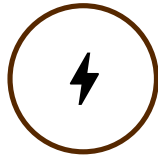
Am I In A Food Oasis?

Snapshot of Activity

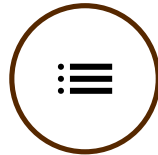
Cub Scouts determine if they live in a food oasis.



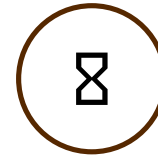
Indoor



2



4



2

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

Supply List

- Food Desert or Oasis worksheet found in Additional Resources
- Printer
- Pencil or pencil for each Cub Scout
- Computer or smart device with internet connectivity, one for every two Cub Scouts

Directions

Before the meeting:

1. Become familiar with the concept of food deserts by visiting the [USDA Food Access Research Atlas](#) and become familiar with the information on the website.
2. Familiarize yourself with the names and locations of nearby grocery stores, convenience stores, and fast-food restaurants.
3. Print Food Desert or Oasis worksheet, one for each Cub Scout.
4. Set up meeting space for Cub Scouts to be able to work using their computer or smart device.

After the meeting:

1. Share with Cub Scouts that areas with greater access to grocery stores, and affordable and nutritious food are called a food oasis.
2. Tell Cub Scouts today they will be finding out where food is available in their community and determine if their community is a food oasis.
3. Pass out the Food Desert or Oasis worksheets and pencils. Ask Cub Scouts to buddy up.
4. Using their computers and smart devices, Cub Scouts are to fill in the chart on the worksheet. Use devices to measure distances from store to home.
5. When Cub Scouts have finished, lead a discussion. Example questions:
 - Would you characterize your community as a food oasis? Why or why not?
 - Where are the closest grocery stores? Are they easy to get to by car or bus?
 - Where do you purchase most of your food?
 - Where is it cheapest to purchase food? Is there a wide variety of nutritious food available?

Tip: Combine this with requirement 3 activity Am I a Food Desert?

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Champions for Nature

Elective

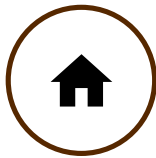
Requirement 4



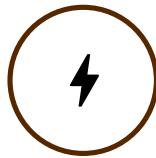
Digital Food Oasis

Snapshot of Activity

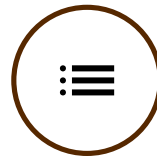
Cub Scouts find a nearby food oasis.



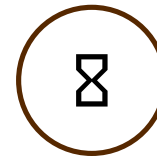
Indoor



2



4



2

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

Supply List

- Computer or smart device with internet connectivity, one for every two Cub Scouts

Directions

Before the meeting:

1. Become familiar with the concept of food deserts by visiting the [USDA Food Access Research Atlas](#) and become familiar with the information on the website.
2. Set up meeting space for Cub Scouts to be able to work using their computer or smart device.

During the meeting:

1. Share with Cub Scouts that areas with greater access to grocery stores, and affordable and nutritious food are called a food oasis.
2. Explain that they are going to use this website to look for a nearby food oasis.
3. Ask Cub Scouts to buddy up. Provide them the web address.
4. Lead Cub Scouts through finding a food oasis.
5. In the box in the upper left corner under “Go to the Atlas,” have Cub Scouts type their community name and state.
6. Set the Low Income and Low Access Layers to show green.
7. Explain that this shows: Low-income census tracts where a significant number or share of residents is more than 1 mile (urban) or 10 miles (rural) from the nearest supermarket.
8. Next, have Cub Scouts check the yellow button for vehicle access. This shows where more than 100 housing units do not have a vehicle and are more than ½ mile from the nearest supermarket, or a significant number or share of residents are more than 20 miles from the nearest supermarket.
9. Allow Cub Scouts to change the color icons and learn more about the food oasis in their community.
10. Have them try another community and compare the results.
11. Lead a discussion about different areas near you and how the census reads.
 - a. Do we have a lot of green on the map? What does this mean?

Tip: Combine this with requirement 3 and the Digital Food Desert activity

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Champions for Nature

Elective

Requirement 5



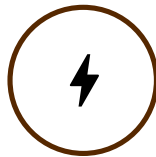
Food Preservation

Snapshot of Activity

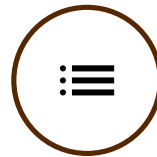
Cub Scouts preserve food to reduce waste.



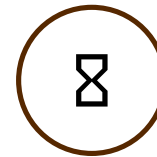
Indoor



3



4



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

Supply List

- Microwave
- Microwave safe plate
- Parchment paper
- Tongs or a fork
- 3 medium apples that are slightly damaged or bruised
- Ground cinnamon (optional)
- 4" kitchen paring knife, one for every two Cub Scouts
- Cutting board, one for every two Cub Scouts

Directions

Note: Cub Scouts must complete the Knife Safety Adventure before using a knife in this activity. If Cub Scouts have not completed the Knife Safety Adventure before this activity, then prepare the apple slices ahead of time.

Before the meeting:

1. Test the recipe below. Look for ways to ensure safety and any adjustments that may need to be made to the recipe based on available equipment.
2. Set up areas for Cub Scouts to safely slice apples with a knife. Each area should have a cutting board, 4" paring knife, an apple, microwave safe plate, and parchment paper.

During the meeting:

1. Explain to Cub Scouts that food items that are damaged or bruised can still be eaten. Even though they may not look perfect, they may still be used in a recipe. We like apples to be a perfect shape but an apple that is slightly bruised or not a perfect shape can be used to make a healthy snack.
2. Demonstrate the process:
 - Cut the ends off, core out the middle, and thinly slice into 1/8-inch-thick rounds.
 - Line a microwave safe plate with parchment paper.
 - Place apple slices on the parchment paper in a single layer.
 - Optional: Lightly sprinkle the apple slices with cinnamon.
 - Microwave for 4 ½ to 5 minutes, or until the edges of the apple slices start to curl up.
 - Flip each slice with the tongs or a fork and microwave for an additional 30 seconds to 1 minute, or until the edges look crisp.
 - Remove from the microwave and let cool for 10 minutes, or until crispy and dry.
3. As Cub Scouts enjoy their snack, have them share how other foods may be dehydrated or repurposed for another meal or snack. Recipes like cakes and pies can easily use fruit that is damaged or imperfect that helps to reduce food waste.

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AOL – 6th Grade

Champions for Nature

Elective

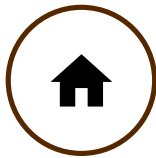
Requirement 5



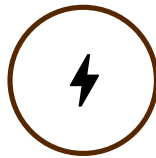
Meal Planning

Snapshot of Activity

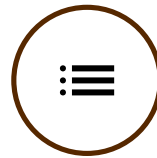
Cub Scouts plan a meal that minimizes food waste.



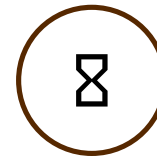
Indoor



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

Supply List

- Meal Planning worksheet found in Additional Resources
- Printer
- Pencils or pens, enough for one for each Cub Scout
- Cookbooks or recipes for breakfast, lunch, and dinner

Directions

Before the meeting:

1. Locate a variety of recipes for breakfast, lunch, and dinner or make available a number of cookbooks.
2. Print Meal Planning worksheet, one for each Cub Scout.
3. Set up meeting space for Cub Scouts to be able to work on building their meal plan. Lay out recipes and/or cookbooks.

During the meeting:

1. Ask Cub Scouts if they or their families have done meal planning. Meal planning is important when trying to minimize the amount of food that is thrown away after a meal. Sometimes leftovers can be used as an ingredient in another meal or as a snack. Ask them to give an example of a leftover in their home that was used in another meal.
2. Pass out the Meal Planner worksheets. Explain to Cub Scouts that they will have 15 minutes to plan three days' worth of meals – breakfast, lunch, and dinner. Encourage the Cub Scouts to think of ways to use ingredients in common between meals. Things to consider:
 - How many people will be eating?
 - How much does each person eat?
 - How will leftover food be used?
 - How can I limit leftover food?
3. Have the Cub Scouts share their meal plans and explain their choices.

4. Share with the Cub Scouts that by planning ahead we can minimize food waste. When we don't have a plan, we are more likely to over purchase as the grocery store and waste food.

Additional Resources

[Meal Planning worksheet](#)

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Champions for Nature

Elective

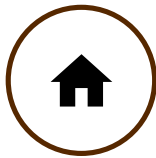
Requirement 5



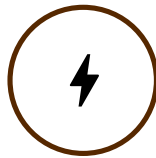
Top Leftover Chef

Snapshot of Activity

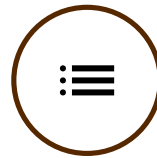
Cub Scouts will learn how they can reduce food waste.



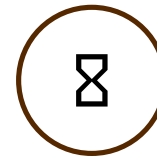
Indoor



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2



2

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

Supply List

- World Wildlife Fund “[Welcome to Top Leftover Chef](#)” activity
- Pens or Pencils

Directions

Before the meeting:

1. Download and print one copy of the “[Welcome to Top Leftover Chef](#)” activity for each Cub Scout.
2. Set up meeting space so Cub Scouts can have room to complete activity.

During the meeting:

1. Explain to Cub Scouts that they are going to plan a meal using only leftovers. Ask Cub Scouts if they have ever seen a cooking show where a chef was challenged to make a meal using surprise ingredients.
2. Ask Cub Scouts if they or their parents have ever made a meal using leftovers.
3. Ask Cub Scouts how eating leftovers could reduce food waste.
4. Explain to Cub Scouts that they will have 10 minutes to choose three ingredients from the handout as well as two ingredients they may have at home to create a recipe for a meal created with leftovers.
5. Have the Cub Scouts share their leftover recipes.

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AOL – 6th Grade

Champions for Nature

Elective

Requirement 6



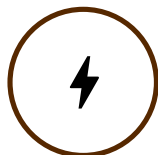
Community Garden Service Project

Snapshot of Activity

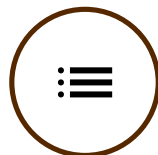
Cub Scouts assist with a local community garden.



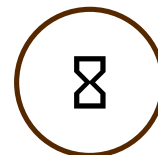
Travel



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4



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

Supply List

- Gardening gloves
- Gardening tools based on project
- Safety glasses
- Scout Basic Essentials
- [Activity Consent Form](#)

Note: Arrow of Light Scouts must earn the Knife Safety Adventure before they can use or carry a pocketknife, they must earn the Firem'n chit to carry or use matches. If they have not earned either of these then have them bring the other eight essentials.

Directions

Before the meeting:

1. Contact your local community garden or [cooperative extension](#) or other organization and arrange to have Cub Scouts assist at a local garden. Let them know that you have a group of 5th graders who are working on a service project. Determine a date, time, location, and any specific project.
2. Determine what supplies, if any, would be provided or would need to be supplied by the den/pack.
3. Contact parents and legal guardians with the meeting date, time, location, and specific project. Remind parents and guardians to bring a completed [Activity Consent Form](#).
4. A few days before the service project, contact the agency to verify your visit.

During the meeting:

1. Gather Cub Scouts and share the project with them. Discuss the work that is going to be performed in the garden and how it benefits the community.
2. Assist in planting, weeding, watering, and other tasks as directed.

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AOL – 6th Grade

Champions for Nature

Elective

Requirement 6



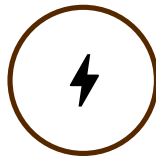
Pumpkin Drive

Snapshot of Activity

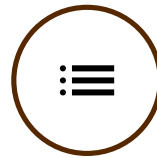
Cub Scouts collect leftover pumpkins and deliver them to a local farm or animal rescue.



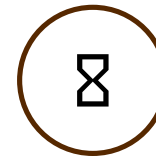
Travel



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

Supply List

- 8 ½" x 11" white or colored paper, enough to make fliers to pass out at a pack meeting
- Markers, colored pencils, or crayons

Directions

Before the meeting:

1. Locate a local beneficiary that could utilize used carved or uncarved pumpkins. [Pumpkins for Pigs](#) is a website listing farms and sanctuaries that take pumpkins. You may also find local cattle ranchers who feed their cows pumpkins. Local nature centers may also collect pumpkins to use as fertilizer.
2. Contact the Cubmaster and ask for time at the upcoming pack meeting to speak about the pumpkin drive.

During the meeting:

1. Have the Cub Scouts create posters or flyers advertising the pumpkin drive to pass out at the pack meeting. Include information on the drop off location to collect the pumpkins.
2. Discuss how collecting pumpkins reduces food waste in our communities by diverting viable foodstuffs including pumpkins to farms, animal sanctuaries, and rescues for feed or compost.

At the pack meeting:

1. Have Cub Scouts announce the pumpkin drive. Include the date, time, and location of the drop off site. Announce where the pumpkins will be going and why it is important.

During drop off event:

1. Have Cub Scouts load collected pumpkins into an appropriate vehicle.
2. An adult drops off the pumpkins at the designated beneficiary.

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Champions for Nature

Elective

Requirement 6



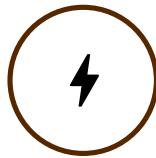
Trash Pickup Service Project

Snapshot of Activity

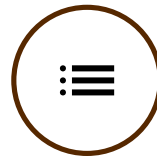
Cub Scouts assist with trash cleanup in their community.



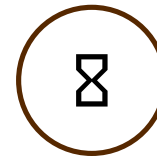
Travel



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

Supply List

- Trash Bags
- Gloves for each Cub Scout
- Safety vest for each Cub Scout
- Scout Basic Essentials
- [Activity Consent Form](#)

Note: Arrow of Light Scouts must earn the Knife Safety Adventure before they can use or carry a pocketknife, They must earn the Firem'n chit to carry or use matches. If they have not earned either of these then have them bring the other eight essentials.

Directions

Before the meeting:

1. Contact your local Department of Transportation Adopt a Highway coordinator, local Parks Department, or other appropriate organization and arrange to have Cub Scouts assist in a trash pickup. Let them know that you have a group of 5th graders who would like to participate in a trash collection project. Set a date, time, and location.
2. Determine what supplies, if any, would be provided and what the den should bring themselves.
3. Contact parents and legal guardians with the meeting date, time, and location. Remind parents and guardians to bring a completed [Activity Consent Form](#).
4. A few days before the service project, contact the agency to verify your visit.

During the meeting:

1. Gather Cub Scouts and share the project with them. Discuss the work that is going to be performed and how it benefits the community.
2. Collect trash as directed.

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AOL – 6th Grade

Champions for Nature

Elective

Requirement 6



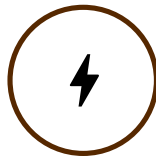
WOSM Earth Tribe

Snapshot of Activity

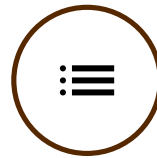
Explore the World Organization for the Scouting Movement's conservation efforts.



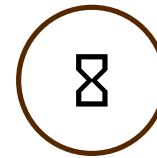
Travel



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

Supply List

- Computer or smart device with internet access

Directions

During the meeting:

1. Explore the World Organization for the Scouting Movement's conservation efforts by visiting the [Earth Tribe website](#) for a list of challenges and how to get involved on a global level with additional recognition.
2. Choose one of the challenges and complete.

[Back to Champions for Nature Requirements](#)

AOL – 6th Grade

Cycling

Elective



Snapshot of Adventure

Are you ready for a 10-mile bike ride? Gather your Scout Basic Essentials, check your bike and safety gear, and get ready to hit the open road or trail. Cycling is a wonderful way to travel and a great hobby to stay physically strong.

Safety Moment

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

All participants in official Scouting America 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 Scouting America 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 and become familiar with Bicycle Safety guidelines found on the [Scouting America Sports and Activities](#) page.

Electric or hybrid bikes are not allowed in scouting activities.

During the Adventure:

- Conduct an “ABC Quick Check” on the bicycles before riding. The Pedestrian and Bicycle Information Center has a [checklist](#) for air, brakes, and cranks, chain, and cogs.
- If conducting a bike ride away from your regular meeting location make sure to have everyone complete an [Activity Consent](#) form.

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

Complete the following requirements

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

Requirement 1

Decide on gear and supplies you should bring might bring for a long bike ride. Determine how to safely carry the gear.

- Cub Scouts [learn about and determine gear needed for a long bike ride and how to carry that gear](#).

Requirement 2

Discover how multi-gear bicycles work and their benefit.

- Cub Scouts [learn about multi-gear bikes](#).

Requirement 3

Show how to lubricate a chain.

- Cub Scouts [learn how to maintain their bike chain.](#)

Requirement 4

Review different bicycle locks. Demonstrate the operation of locks and, how to secure your bicycle with a lock.

- Cub Scouts [learn about different types of bike locks and how to open them.](#)

Requirement 5

Repair a flat tire.

- Cub Scouts [learn how to repair a flat tire on a bike.](#)

Requirement 6

With your patrol, pack, or family, use a map and plan a bicycle ride that is at least 10 miles.

- Cub Scouts [use a paper map or online tool or app to plan a route of 10 miles or more.](#)

Requirement 7

With your patrol, pack, or family and using the buddy system, go on a bicycle ride that is a minimum of 10 miles.

- [Cub Scouts and adults go on a 10-mile bike ride.](#)

[Back to Elective Adventures](#)

AOL – 6th Grade

Cycling

Elective

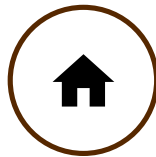
Requirement 1



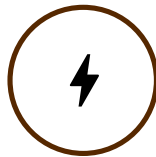
AOL Bike Gear Check

Snapshot of Activity

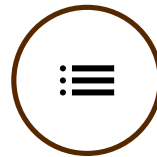
Cub Scouts learn about and determine gear needed for a long bike ride and how to carry that gear.



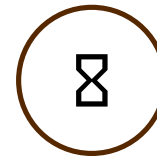
Indoor



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3

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

Supply List

- Bicycle helmet
- Bike gloves
- Close toe shoes
- Bicycle pump
- Tire patches or new tube
- Scout Essentials
- Group first aid kit
- Backpack
- Bike lock

Note: Arrow of Light Scouts must earn the Knife Safety Adventure before they can use or carry a pocketknife, They must earn the Firem'n chit to carry or use matches. If they have not earned either of these then have them bring the other eight essentials.

Directions

Before the meeting:

1. Gather a set of bike gear and supplies for yourself.
2. Remind parents and legal guardians that Cub Scouts should bring their bike gear and supplies to the meeting.
3. Set up meeting space so Cub Scouts have room to spread out their bike gear and supplies.

During the meeting:

1. Share with Cub Scouts that the gear brought along on a long bike ride ensures safety and fun. Some of the gear is personal, and some will benefit the group. As a group, they will need to decide how to divide up the group gear and who will carry which pieces of the group gear.
2. Using your bike gear and supplies, hold up one piece. Ask Cub Scouts to find their piece of the same gear. Ask them how the item will be used and why it is important. Do this for each piece of gear and supply item.

3. Ask Cub Scouts if they can think of any missing items.
4. Let Cub Scouts decide how to divide up the group gear.

[Back to Cycling Requirements](#)

AOL – 6th Grade

Cycling

Elective

Requirement 2



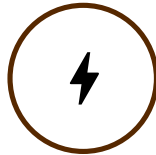
AOL Gear Guidance

Snapshot of Activity

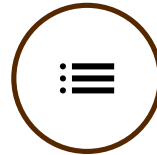
Cub Scouts learn about multi-gear bikes.



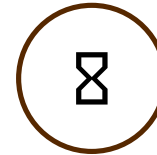
Outdoor



2



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1

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

Supply List

- One multi-geared bike

Directions

Before the meeting:

1. Set up meeting space with multi-geared bike and room for Cub Scouts to stand around the bike.

During the meeting:

1. Explain to Cub Scouts that gears on a bike allow the rider to keep pedaling at a steady rate whether going uphill or downhill. On a bike that has no gears, every rotation you make with your pedal makes one rotation on the back wheel. Bikes with gears can change the number of rotations you make with your pedals to equal one full rotation of your back tire.
2. Point out the rear cassette. The rear cassette is a group of sprockets at the rear hub of a bicycle that attaches to the freehub and is held in place by a cassette lock ring.
3. Point out the gear shift and explain that lower numbers or lower gears help when the incline is steep. Higher numbers or high gears help when going downhill
4. Flip the bike over. With the wheels up and show them how the gears can change when the pedals move.

[Back to Cycling Requirements](#)

AOL – 6th Grade

Cycling

Elective

Requirement 3

AOL Chain Maintenance

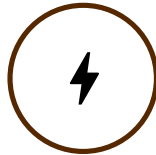


Snapshot of Activity

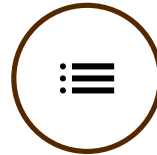
Cub Scouts learn how to maintain their bike chain.



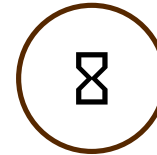
Outdoor



2



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

Supply List

- Bike, one for each Cub Scout
- Chain degreaser
- Chain lubricant
- Rubber gloves, one per Cub Scout
- Bucket with warm soapy water
- Old toothbrush, per buddy group
- Clean dry rag, per buddy group

Directions

Before the meeting:

1. Gather needed supplies.
2. Remind parents and legal guardians that Cub Scouts should bring their bike to the next meeting.
3. Set up your own bike to demonstrate lubricating the chain.

During the meeting:

1. Divide Cub Scouts into buddies, hand out rubber gloves, toothbrush, and rag to each group.
2. Tell Cub Scouts that they will be lubricating the chain on their bikes. Explain that it takes two people to do the maintenance safely and that both buddies will have a chance to lubricate the chain on their bikes.
3. One buddy is to hold the bike steady, while the owner of the bike works to clean and lubricate their bike chain.
 - Degrease the chain. Add a small amount of degreaser to the toothbrush, hold it to the top of the chain, and backpedal. Repeat this step with the bottom of your chain, always brushing the section of chain below your drivetrain.
 - Rub down your chain with soapy water and rinse to clean off excess degreaser.
 - Choose your lube. Use wet lube if you ride in wet, muddy conditions, and dry lube if you ride in dry conditions.
 - Lube your chain. Carefully place a small drop of lube on top of each roller in your chain. Make sure to aim the lube right into your rollers. Getting lube on the outside of the chain will just pick up more dirt.
 - Wipe off any excess lube, and you're ready to ride.

Tip: Only use lubricant that is designed for bikes.

[Back to Cycling Requirements](#)

AOL – 6th Grade

Cycling

Elective

Requirement 4

AOL Lock It Up

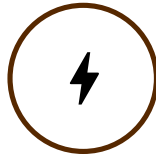


Snapshot of Activity

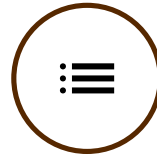
Cub Scouts learn about different types of bike locks and how to open them.



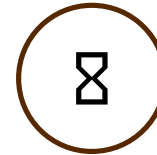
Outdoor



3



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

Supply List

- Two chain locks
- Two cable locks
- Two D-locks
- Two bike
- Two timers
- Paper and pencil to keep track of times

Directions

Before the meeting:

1. Gather bike locks and bikes.
2. Familiarize yourself with each of the different types of bike locks. Be able to lock the bike and unlock.
3. Set up two stations each with one bike, a chain lock, a cable lock, and a D-lock.

During the meeting:

1. Explain to Cub Scouts that a bicycle lock is an important part of bike gear. It keeps the bike safe and secure when parked.
2. Show the patrol the 3 different types of locks and demonstrate how they are used.
3. Divide patrol into two groups. Have them line up behind the two stations. Ask an adult to keep time and write it down.
4. Each Cub Scout will have a chance to lock and unlock each bike lock. They will be timed for all three locks together.
5. When you say “go,” the first Cub Scouts locks the first lock onto the bike. They then put their hands in the air and then unlock the lock. They place the first lock on the ground and start again with the second lock. Do the same for the third lock. When the third lock is unlocked from the bike, the adult stops the timer and writes down the time.
6. Do this again for each of the Cub Scouts.

7. Once everyone has been through each station, compare the times and see which group was able to open the locks fastest.
8. Ask following questions:
 - Why is it important we lock our bikes?
 - Where have you seen a bike rack to attach your bike to?
 - Which lock do you have for your bike and why did you choose it?

[Back to Cycling Requirements](#)

AOL – 6th Grade

Cycling

Elective

Requirement 5



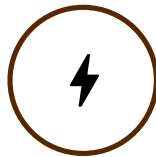
AOL Fix Your Flat

Snapshot of Activity

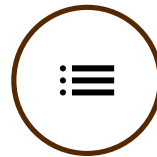
Cub Scouts learn how to repair a flat tire on a bike.



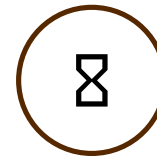
Outdoor



3



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

Supply List

- Bike tire and wheel
- Spare bike tire tube with small holes, one for every two Cub Scouts
- Tire levers, enough to share
- Bike pump, enough to share
- Tire patch kit
- Set of non-latex rubber gloves per Cub Scout

Directions

Before the meeting:

1. Locate a bike that can be used to change a flat tire.
2. Familiarize yourself with changing the tire on a bike.
3. Gather supplies and set up meeting space so Cub Scouts can see a demonstration of patching a bike tire and patching a tire on their own.

During the meeting:

1. Gather Cub Scouts and demonstrate changing a bike tire.
 - Remove the wheel. If the wheel has a quick release, open the lever and unscrew the skewer. If your bike has bolt-on or theft proof skewers, make sure you have the appropriate tools to remove them. Set the skewer aside and pull your wheel free.
 - Remove one side of the tire. Let out the rest of the air from your tube to make tire removal easier. For a Presta valve, simply unscrew the tip and then press down. For Schraeder valves, use your thumbnail or a tool with a strong, fine tip to depress the inner needle.
 - Using the tire lever, hook it under the bead of the tire, just inside the rim. Pry the tire over the rim by bending the lever downward. Once you've opened the bead over the rim, slide the tire lever along the rim. The rest of the bead will come free as you go.

- Find the puncture. The hole will be difficult to see, so you should listen or feel for air. Pump air into the tube to help find the leak. The more air you pump into the tube, the easier it will be to hear or feel the leak.
 - Patch the tube. Apply the patch according to the instructions. Spread glue on the area (if it requires glue) and place the patch.
 - Pump the tire up to the correct PSI.
2. Now it is the Cub Scouts turn.
- Allow each Cub Scout to demonstrate removing the wheel from the bike. If using a single bike, have each Cub Scout remove and replace the wheel.
 - Have Cub Scouts buddy up. Provide them each a tire that has a small hole in it.
 - Have them work together to find the hole, patch it up, and inflate the tire.

[Back to Cycling Requirements](#)

AOL – 6th Grade

Cycling

Elective

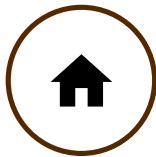
Requirement 6



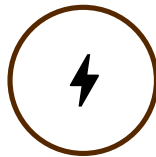
AOL Map the Ride

Snapshot of Activity

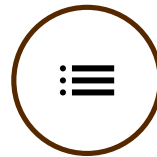
Cub Scouts plan and choose route for the 10-mile bike ride.



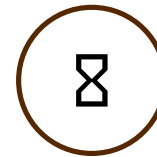
Indoor



2



2



3

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

Supply List

- Local bike path paper map, one for every two Cub Scouts
- Smart device, one for every two Cub Scouts

Directions

Before the meeting:

- Set up meeting space for Cub Scouts to be able to spread out paper maps.
- Ensure internet access.

During the meeting:

1. Share with Cub Scouts that they are planning their 10-mile bike ride. They are to buddy up and find a 10-mile route. When choosing the route they should consider:
 - Is the trail paved or rugged?
 - Can everyone who will be on the bike ride handle the conditions?
 - Is the trail flat, or will there be inclines and declines?
 - Are there sites or things you want to stop, and see?
 - Are there areas where you can rest?
2. Ask Cub Scouts to share their routes and why they choose it.
3. Have the Cub Scouts vote to choose the route for the 10-mile bike trip.

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AOL – 6th Grade

Cycling

Elective

Requirement 7

AOL Bike Ride

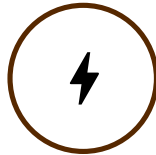


Snapshot of Activity

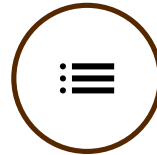
Cub Scouts and adults go on a 10-mile bike ride.



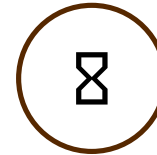
Outdoor



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

Supply List

- Bike, one for each Cub Scout and adult
- Helmet for each Cub Scout and adult
- Scout Essentials
- Close toed shoes
- Portable air pump
- Group first aid kit
- Tire repair kit
- Map of route
- Scouting America [Annual Health and Medical Record](#) for each Cub Scout and adults who will be riding
- [Activity Consent Form](#)

Note: Arrow of Light Scouts must earn the Knife Safety Adventure before they can use or carry a pocketknife, They must earn the Firem'n chit to carry or use matches. If they have not earned either of these then have them bring the other eight essentials.

Directions

Before the meeting:

1. Review Scouting America Annual Health and Medical Record for each Cub Scout and adult who will be riding.
2. Notify Cub Scouts' parents or legal guardians and provide them the date, time and location of the 5-mile bike ride. Remind them to bring their child's completed Activity Consent Form and their Scout Essentials in addition to biking gear.

During the meeting:

1. Gear up, share the map with all adults going and go for a 5-mile bike ride.

After the meeting:

1. Do a “Start, Stop, Continue” about the bike ride. Ask Cub Scouts the following:
 - If we were to do this again, what should we start doing next time?
 - If we were to do this again, what should we stop doing for next time?
2. If we were to do this again, what should we continue doing for next time?

[Back to Cycling Requirements](#)

AOL – 6th Grade

Engineer

Elective



Snapshot of Adventure

Lots of people have great ideas: flying to the moon, tunneling under rivers, building robots that walk and talk, or making triple-loop rollercoasters. Engineers turn those ideas into reality. They use science, math, and creative thinking to improve people's lives. In this Adventure, you will learn what engineers do. Even better, you can do some engineering projects of your own. So put on your thinking cap and get ready to think like an engineer!

Safety Moment

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

All participants in official Scouting America 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 Scouting America practices, policies, and guidelines.

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

Before starting this Adventure complete the following:

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

During the Adventure

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

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

Complete the following requirements

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

Requirement 1

Learn the focus, related sciences, and products of civil, electrical, and mechanical engineers.

- Cub Scouts [learn a basic understanding of the engineering world: what an engineer does and the impact of engineering on our daily lives](#).

Requirement 2

Pick one of the engineering fields from requirement 1 to complete the following requirements.

- Cub Scouts [decide as a den which engineering field to focus on.](#)

Requirement 3

Examine a set of blueprints or specifications used by your choice of engineer.

- [Examine a set of blueprints for a community building.](#)
- [Examine a set of blueprints from an engineer.](#)
- [Examine a set of blueprints at a historical archive.](#)

Requirement 4

Identify a project that you would like to build.

- Cub Scouts [pick a project to build.](#)

Requirement 5

Using the engineering process, build your project.

- Cub Scouts [build a paper roller coaster.](#)
- Cub Scouts [build a display table.](#)
- Cub Scouts [build speakers from a yogurt cup.](#)

[Back to Elective Adventures](#)

AOL – 6th Grade

Engineer

Elective

Requirement 1



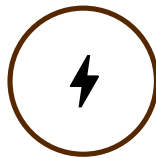
Meet the Engineer

Snapshot of Activity

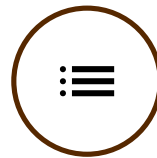
Cub Scouts learn a basic understanding of the engineering world: what an engineer does and the impact of engineering on our daily lives.



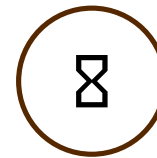
Indoor



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

Supply List

- No additional supplies

Directions

Before the meeting:

1. Contact an electrical, civil or mechanical engineer to schedule a visit.
2. Inform the guest speaker that the den is made up of fourth graders and they are learning about engineering, specifically electrical, civil, and mechanical.
3. A few days before the meeting, confirm the date and time for the visit.

During the meeting:

1. Introduce the speaker.
2. Review den rules about respectful listening.
3. Encourage Cub Scouts participation by asking questions. For example:
 - What are some things you do at your job?
 - What level of schooling did you need to complete?
 - What do you enjoy most about your job?
 - What was your first engineering design?

After the meeting:

1. Send a thank you note to the engineer for visiting.

[Back to Engineer Requirements](#)

AOL – 6th Grade

Engineer

Elective

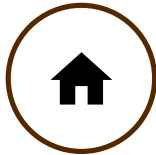
Requirement 2

Time to Choose

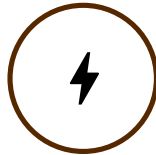


Snapshot of Activity

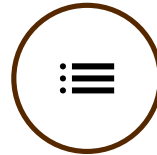
Cub Scouts decide as a den which engineering field to focus on.



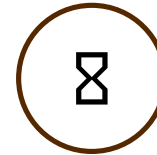
Indoor



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

Supply List

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

Directions

Before the meeting:

1. On half sheets of paper list the three engineering disciplines: civil, mechanical, and electrical engineering.
2. Set up meeting space so Cub Scouts can fill out their choices on paper.

During the meeting:

1. Review the three disciplines with Cub Scouts:
 - Civil engineers plan, design, construct, maintain, or operate infrastructure — like roads, bridges, and water plants — while protecting the public and environmental health.
 - Electrical engineers design, develop, test, and supervise the manufacture of electrical equipment, such as electric motors, radar and navigation systems, communications systems, or power generation equipment.
 - Mechanical engineers plan, design, construct, maintain and/ or operate machines that use power, generate power, or involve force or movement.
2. Pass out the paper and pencils. Ask Cub Scouts to write their choices in order of interest listing their top choice first.
3. Tally the votes and announce the winner.

[Back to Engineer Requirements](#)

AOL – 6th Grade

Engineer

Elective

Requirement 3



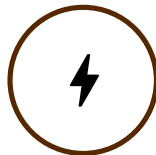
Community Blueprint

Snapshot of Activity

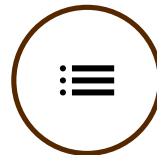
Examine a set of blueprints for a community building.



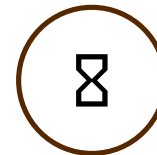
Indoor



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

Supply List

- Blueprint sourced from your town or city
- Computer or smart device, one for every two Cub Scouts

Directions

Before the meeting:

1. Source a blueprint or set of specifications from your local city or county building permit sit. These can typically be viewed online or ordered for a fee.
2. Review the blueprints and pinpoint key details to review with Cub Scouts.
3. Set up meeting space so that Cub Scouts can examine the blueprints.

During the meeting:

1. Gather Cub Scouts and lay out the blueprint. Explain that a blueprint is a written and/or picture design of a project. Their home and school began as a blueprint.
2. Ask Cub Scouts to examine the blueprint. Items to look for:
 - Title block – The title block is often found at in the bottom right corner. Typically contains the company logo and contact information, project name, site address, date drawn and approvals.
 - Grid system – Blueprints include a grid system along the horizontal and vertical edges to aid in referencing a particular spot on the drawing.
 - Legend – A legend helps with reading the blueprint. Symbols, abbreviations, notes and other practical information relevant to each drawing appear on the blueprint. A legend is the key to understanding their meanings.
 - Drawing or plan – The drawing or plan is the largest part of a blueprint. This is an illustration of a particular view, feature, or system of the project.
 - Revision block – The revision block lists any changes made to the blueprint. Will include a date, description of the change and the name of the person making the change.

[Back to Engineer Requirements](#)

AOL – 6th Grade

Engineer

Elective

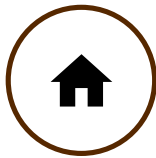
Requirement 3



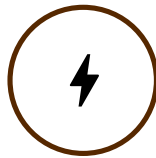
Engineer Blueprint

Snapshot of Activity

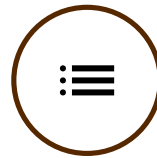
Examine a set of blueprints from an engineer.



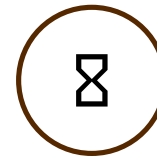
Indoor



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

Supply List

- Blueprint from an engineer

Directions

Before the meeting:

1. Source a blueprint or set of specifications from an engineer for the selected field. Ask the engineer to highlight or label items that they feel are important.
2. Review the blueprints and pinpoint key details to review with Cub Scouts.
3. Set up meeting space with room to spread out blueprints and Cub Scouts to be able to gather around.

During the meeting:

1. Gather Cub Scouts and lay out the blueprint. Explain that a blueprint is a written and/or picture design of a project. Their home and school began as a blueprint.
2. Ask Cub Scouts to examine the blueprint. Items to look for:
 - Title block – The title block is often found at in the bottom right corner. Typically contains the company logo and contact information, project name, site address, date drawn and approvals.
 - Grid system – Blueprints include a grid system along the horizontal and vertical edges to aid in referencing a particular spot on the drawing.
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AOL – 6th Grade

Engineer

Elective

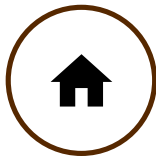
Requirement 3



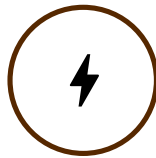
Historical Blueprint

Snapshot of Activity

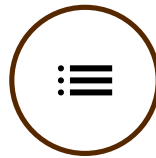
Examine a set of blueprints at a historical archive.



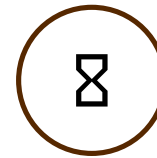
Indoor



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

Supply List

- [Activity Consent Form](#)

Directions

Before the meeting:

1. Contact a local historical society and ask about the availability of blueprints. Let them know that you have a group of fifth graders that would like to examine the blueprints. Make sure that blueprints are for the selected engineering discipline. Schedule a date and time to visit.
2. Contact parents and legal guardians to let them know Cub Scouts will be visiting a historical society to view blueprints. Remind them of the meeting location date and time and to bring a completed [Activity Consent Form](#).
3. A few days prior to the visit, contact the historical society and confirm the visit.

During the meeting:

1. Gather Cub Scouts. Explain that a blueprint is a written and/or picture design of a project. Their home and school began as a blueprint. Historical societies have blueprints of buildings that were built long, long ago.
2. Ask Cub Scouts to examine the blueprint. Items to look for:
 - Title block – The title block is often found at in the bottom right corner. Typically contains the company logo and contact information, project name, site address, date drawn and approvals.
 - Grid system – Blueprints include a grid system along the horizontal and vertical edges to aid in referencing a particular spot on the drawing.
 - Legend – A legend helps with reading the blueprint. Symbols, abbreviations, notes and other practical information relevant to each drawing appear on the blueprint. A legend is the key to understanding their meanings.
 - Drawing or plan – The drawing or plan is the largest part of a blueprint. This is an illustration of a particular view, feature, or system of the project.
 - Revision block – The revision block lists any changes made to the blueprint. Will include a date, description of the change and the name of the person making the change.

After the meeting:

1. Send a thank you note to the historical society.

[Back to Engineer Requirements](#)

AOL – 6th Grade

Engineer

Elective

Requirement 4



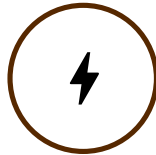
Select an Engineering Project

Snapshot of Activity

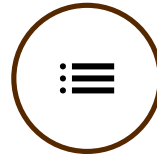
Cub Scouts pick a project to build.



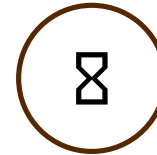
Indoor



1



1



1

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

Supply List

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

Directions

Before the meeting:

1. On half sheets of paper list the three engineering projects: paper roller coaster, table, yogurt cup speaker
2. Set up meeting space so Cub Scouts can fill out their choices on paper.

During the meeting:

1. Explain to Cub Scouts that they will be choosing a project to build using their engineering skills. They have three options:
 - Paper roller coaster
 - Table
 - Yogurt cup speaker
2. Pass out the paper and pencils. Ask Cub Scouts to write their choices in order of interest listing their top choice first.
3. Tally the votes and announce the winner.

[Back to Engineer Requirements](#)

AOL – 6th Grade

Engineer

Elective

Requirement 5



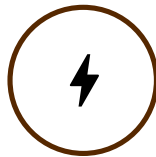
Paper Roller Coaster Project

Snapshot of Activity

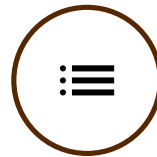
Cub Scouts build a paper roller coaster.



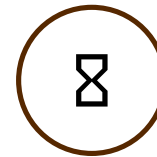
Indoor



3



4



2

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

Supply List

For each Cub Scout:

- Sturdy square of cardboard for a base
- Five sheets of construction paper or cardstock (it needs to be flexible)
- Pencil
- Ruler
- Three marbles
- Roller Coaster Blueprint found in Additional Resources or Arrow of Light handbook
- Tape , enough to share
- Scissors, enough to share

Directions

Before the meeting:

1. Gather supplies and set up meeting space for each Cub Scout to have room to make their project.
2. Print a copy of the Roller Coaster Blueprint for each Cub Scout.
3. Lay out supplies together on a single table so that Cub Scouts may choose the items they need. Include a set of Directions.
4. Using the instructions below, build a sample roller coaster.

During the meeting:

1. Explain to Cub Scouts that they will be building a roller coaster from paper using their engineering skills. The instructions are their blueprint.
2. Ask them to gather their supplies. They should ask themselves:
 - What building materials do I need?
 - How much of each item do I need?
 - What materials can be shared?
3. To build a straight segment:
 - Cut a 3-inch-wide strip of paper.
 - Draw two parallel lines that divide it into three 1-inch-wide strips.
 - Fold up the two sides up 90 degrees along those lines to form walls.
4. To build a loop or a hill:
 - Cut a 3-inch-wide strip of paper.
 - Draw two parallel lines that divide it into three 1-inch-wide strips.
 - Make marks every 1 inch along the long edges of the paper.
 - Cut 1 inch inward from these marks to form tabs.
 - Fold the tabs up 90 degrees.
 - Bend the track into the shape you want and tape the tabs together to hold it in place. This step is easier with two people, one to hold the track in place and one to do the taping.
5. To build a curve:
 - Cut a 3-inch-wide strip of paper.
 - Draw two parallel lines that divide it into three 1-inch-wide strips.
 - Make marks every 1 inch along one long edge of the paper.
 - Cut inward 2 inches from these marks.
 - Fold up the uncut side of the paper 90 degrees to form a wall.
 - Fold up the tabs on the other side to form the other wall.
 - Since the bottom portion of the tracks is cut into segments, you can bend it horizontally to form a curve. Tape the tabs together to hold the curve in place.
6. To build a support strut:
 - Cut a 2.5-inch-wide strip of paper.
 - Draw four parallel lines that divide it into five 0.5-inch strips.
 - Cut 1 inch inward along these lines from one edge.
 - Fold along the lines to form a square shape (so two of the segments overlap) and use tape to hold it in place.
 - Fold the tabs you cut at the end outward. This will allow you to tape the tabs flat to a piece of cardboard so your strut can stand upright.
7. Have Cub Scouts test out their structure using their marbles and evaluate their structure.
 - Did the project turn out as I expected?
 - What would I do differently next time?
 - What three things did I learn when I designed and built my project?
 - What am I most proud of about my project?

Additional Resources

[Roller Coaster Blueprint](#)

[Back to Engineer Requirements](#)

AOL – 6th Grade

Engineer

Elective

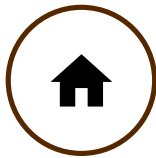
Requirement 5

Table Project

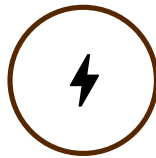


Snapshot of Activity

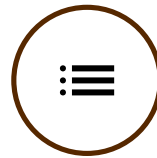
Cub Scouts build a display table.



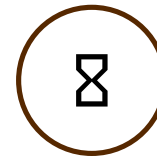
Indoor



3



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5

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

Supply List

Table, for each Cub Scout:

- 1 – 4 foot 1" x 10" pine board
- 1 – 4 foot 1" x 12" pine board
- 2 – 8 foot 2" x 4" pine board
- 4 – 3 ½" screws
- 22 – 2½" screws
- 20 – 6d nails
- Table Blueprint found in Additional Resources

Tools, ideally one per Scout but they can share:

- Handsaw
- Hammer
- Sanding block or sandpaper
- Screwdriver, whichever style is needed for provided screw
- Measuring tape
- Pencil
- Carpenter's square
- Wood glue
- Sanding block or sandpaper
- Drill with 7/64th or 3/32 bit to predrill holes for nails *for adult use only*

Safety gear, for each Cub Scout:

- Youth sized working gloves (hand protection)
- Safety glasses (eye protection)
- Close toe shoes (foot protection)
- KN95 5-layer respirator masks (nose and lung protection)
- First aid kit for the group

Optional:

- Paint or stain
- Brushes

Tip: Many home improvement or hardware stores will cut the wood to the length needed for this project. An adult with a power saw can also cut these to length. A Cub Scout or an adult can cut with a handsaw, but this can be time consuming and frustrating.

Directions

Before the meeting:

1. Identify adults in the den who are handy with tools and could assist, either by bringing additional tools or help with the den meeting.
2. Gather the supply and safety items needed, enough for each Cub Scout.
3. Notify parent or legal guardian to ensure that Cub Scouts wear close toe shoes.
4. Secure additional adult supervision as needed.
5. Purchase materials.
6. Secure a safe meeting location to give plenty of space for Cub Scouts to work on their project.
7. Print a copy of the Table Blueprint for each Cub Scout.
8. Build a table to use as an example.

During the meeting:

1. Explain to Cub Scouts that they will be building a table using their engineering skills. The instructions are their blueprint.
2. Ask them to gather their supplies. They should ask themselves:
 1. What building materials do I need?
 2. How much of each item do I need?
 3. What materials can be shared?
3. Have each Cub Scout, work with an adult and complete the following.
 - **Cut the Wood**

Measure and pencil mark the 2x4 board at 22 inches per piece, and mark off 4 pieces. Use speed square to create a straight line for cut. These are the **legs**. Mark one end of each piece as the bottom.

Measure and pencil mark the 2x4 board at 20 ½ inches per piece, and mark off 4 pieces. Use speed square to create a straight line for cut. These are horizontal support **rails** for legs.

Measure and pencil mark the 1x10 board at 22 inches per piece, and mark off 2 pieces. Use speed square to create a straight line for cut. These are the **bottom shelf**.

Measure and pencil mark the 1x12 board at 23 inches per piece, and mark off 2 pieces. Use speed square to create a straight line for cut. These are the **tabletop**.
 - **Build the legs**

Recommended that holes be pre-drilled with 7/64th or 3/32 bit.

Mark 2 spots on bottom of each leg, 2 ¼ inch from bottom.

Mark 2 spots on top of each leg, ¾ inch from top.

Attach top rail flush with the end of the top leg using 2 nails.

Attach bottom rail 1 ½ inches from bottom of the leg using 2 nails.

This is one leg with two rails.

Turn the piece upside down and attach the other leg.

This creates one leg assembly. Repeat these steps to create the second leg assembly.

- **Add Shelves**

Stand both legs assemblies up about 22 inches apart. Extra hands are helpful.

Set one piece of the 2×10 between the legs, flush to one side. Attach with nails or glue. Use 3 nails for each end of each board, 2 inches from the end of the shelf.

Tip: put one nail on each end of first board. Then use measuring tape to make sure make sure bottom of both leg assemblies are the same distance apart. Then add second nail. It is OK to keep measuring.

Repeat with the other 2×10. There might be a small gap between the boards. If using glue, put a simple bead of glue where wood will attach on bottom rail, and spread out with your finger. Try not to use too much glue.

Set both pieces of 2×12 on top. Adjust to have about a ½ inch overhang on each end and flush with the sides. Most importantly make sure the boards are flush together in the middle. Attach with nails or glue 2 inches from the end of the top. Use 3 nails for each end of each board. If using glue, put a simple bead of glue where wood will attach on top rail, and spread out with your finger. Try not to use too much glue.

Tip: put one nail on each end of first board. Then use measuring tape to make sure make sure tops of both leg assemblies are the same distance apart. Then add second nail.

4. Sand and finish the table with paint or stain as desired.
5. Have Cub Scouts evaluate their table:
 - Did the project turn out as I expected?
 - What would I do differently next time?
 - What three things did I learn when I designed and built my project?
 - What am I most proud of about my project?

Additional Resources

[Table Blueprint](#)

[Back to Engineer Requirements](#)

AOL – 6th Grade

Engineer

Elective

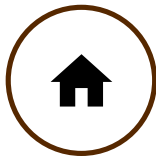
Requirement 5



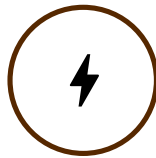
Yogurt Cup Speaker Project

Snapshot of Activity

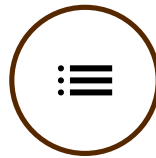
Cub Scouts build speakers from a yogurt cup.



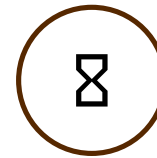
Indoor



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5



2

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

Supply List

- Two round magnet ($\frac{1}{2}$ to $\frac{3}{4}$ inch diameter) for each Cub Scout
- 15 ft of 20–24-gauge coil wire (enamel-coated transformer coil wire) for each Cub Scout
- One plastic container, (such as from yogurt, whip topping, butter) for each Cub Scout
- One D-cell battery for each Cub Scout
- One sheet of sandpaper for each Cub Scout
- One roll of electrical tape
- Ruler to share
- Radio with detachable speakers and output of at least twenty watts
- Yogurt Speaker Blueprint found in Additional Resources

Directions

Before the meeting:

1. Familiarize yourself with the project by watching this YouTube video, [Yogurt Cup Speakers](#). (1 minute 24 seconds) Build a sample speaker.
2. Review how to make a series circuit and how to identify north and south poles of a magnet.
3. Print a copy of the Yogurt Speaker Blueprint for each Cub Scout.
4. Lay out supplies together on a single table so that Cub Scouts may choose the items they need. Include a set of [Directions](#).
5. Gather supplies and set up meeting space for each Cub Scout to have room to make their project.

During the meeting:

1. Explain to Cub Scouts that they will be building a speaker in a yogurt cup their engineering skills. The instructions are their blueprint.
2. Ask them to gather their supplies. They should ask themselves:
 - What materials do I need?
 - How much of each item do I need?
 - What materials can be shared?
3. Have the Cub Scouts create electromagnets by winding roughly 6 to 15 feet of wire around the D-cell battery. Leave two inches of wire hanging off at each end.
4. While keeping the wire in the shape of a coil, carefully remove the wire from the battery and tape the coil so it does not unravel.
5. Rub a piece of sandpaper on each free wire end to remove the enamel insulation. Remove about 1 inch of insulation from each end.
6. Hold the ends of the wire to opposite ends of the battery to make a series circuit with the battery and the coil. Move the coil close to the magnet and observe its motion. Hook the battery up differently and see what happens to the magnets. (When the coil is connected to the battery in one way, one side of the coil is the North Pole, and the other side is the south pole of the electromagnet. The north pole of the electromagnet will be attracted to the south pole of the permanent magnet. When the battery is turned around, the poles of the electromagnet are reversed.)
7. Attach the coil and a permanent magnet to the bottom of the container with tape. Attach the coil and magnet in such a way that the coil and magnet are next to each other. There are many different creative ways to do this that will work.
8. Connect the ends of the speaker wire to the speaker output of the radio. On the back of the radio, look for plugs to connect the speaker wires to. These are usually holes that the wires are pushed into. Choose the plugs for one speaker (the left, for example) and insert one end of the wire from the yogurt speaker into one hole, and the other end of the wire into the other.
9. Turn the radio on and adjust the volume. When more current flows through the wire coil, the electromagnetic force increases. As the radio changes the current very fast, the changing electromagnetic force causes the plastic cap to vibrate. The vibration creates sound waves in the air, which are heard.
10. The wires of the speaker may get hot. When electric current flows through the wire, some of the electrical energy is converted to heat energy due to the resistance inside the wire. If you touch the wire, the heat will transfer to your skin. When the volume of the radio is turned up, more electricity flows through the wire and more heat is generated. If the speaker gets too hot, turn down the volume.
11. Have Cub Scouts evaluate their speakers:
 - Did the project turn out as I expected?
 - What would I do differently next time?
 - What three things did I learn when I designed and built my project?
 - What am I most proud of about my project?

Additional Resources

[Yogurt Speaker Blueprint](#)

[Back to Engineer Requirements](#)

Estimations

Elective



Snapshot of Adventure

There are times when we need to be exact, like when building a model or baking from a recipe. When we do not need to be exact, or we only need a general idea of something or its cost, we can estimate. There are some simple ways to estimate things like the time of day or even the height of an object.

Safety Moment

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

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

Review [safety guidelines](#) when viewing the sun.

Complete the following requirements

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

Requirement 1

Estimate food measurements.

- [Calculate ingredients needed for a campout meal.](#)
- Cub Scouts [estimate serving sizes of different foods.](#)

Requirement 2

Estimate the time of day.

- [Estimate time using your hands and the position of the sun in the sky.](#)
- [Create a sundial to estimate the time of day.](#)

Requirement 3

Estimate the height of a distant object.

- [Use a stick to estimate the height of a tall object.](#)
- [Create a theodolite to estimate the height of an object.](#)

Requirement 4

Estimate the distance between two points.

- [Find the distance between two points on a known map.](#)

[Back to Elective Adventures](#)



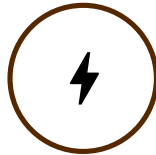
Hungry, Hungry Campers

Snapshot of Activity

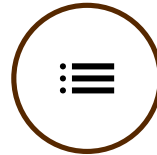
Calculate ingredients needed for a campout meal.



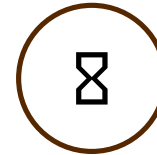
Indoor



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2



2

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

Supply List

- Campout Meal Planner found in Additional Resources
- Scratch paper for calculations, one for each Cub Scout
- Pencils, one for each Cub Scout
- Printer

Directions

Before the meeting:

1. Make copies of Campout Meal Planner, one for each Cub Scout. There are three meals are provided in the handout, Cub Scouts choose one meal for this Adventure.
2. Set up meeting space for Cub Scouts to be able to sit down and write.

During the meeting:

1. Explain that sometimes people use estimation to help in cooking. Collect ideas on when someone might use an estimation or a guess when it comes to food. Address the idea that estimation comes in handy when we buy food for big events like campouts, Blue and Gold dinners, or other events. The recipes only feed a certain number of people, but we have to guess how much food we should buy to feed everyone. A Scout is thrifty, so we try not to over-buy and be wasteful of money or food.
2. Demonstrate how to figure out the ingredients needed for 10 people for your favorite campout meal. A campout meal is provided as an example if needed.
3. Guide Cub Scouts through converting a meal plan. Allow each Cub Scout to select a meal from the Campout Meal Planner. Then monitor as they work through the calculations. Remember, Cub Scouts have different levels of mathematical skills. Some might add the item 10 times, some might choose to use multiplication. The goal is to encourage mathematical thinking to achieve the correct answer. Encourage them with whichever problem-solving method the Cub Scout selects.

4. Enable the Cub Scouts to try a new problem. Create a story of how more people joined the campout so now 20 people are joining our meal (ex: *In our pack, each Cub Scout brought a friend, so now we need food for 20 people! Or a pack camping next to us discovered that their cooler broke and all their food was spoiled, so we asked them to join our meal. Or Whoops! In all of our planning, we forgot to include the parents! They need to eat too!*) Enable the scouts to work on scaling the recipes up for 20 people.
5. Enrichment: The requirement only discusses the ingredients of the recipe. However, as more people are added to a campout's meal, supplies and cooking methods need to adapt to the larger number. In closing, ask the Cub Scouts if anyone thought about how the cooking supplies (pots, Dutch ovens, etc.). A pack might not have enough Dutch ovens to cook pizza for everyone. If that is the case, discuss what we could do to solve that problem.

Additional Resources

[Campout Meal Planner](#)

[Back to Estimations Requirements](#)

AOL – 6th Grade

Estimations

Elective

Requirement 1

Size It Up!

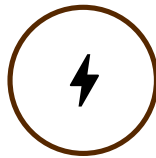


Snapshot of Activity

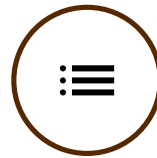
Cub Scouts estimate serving sizes of different foods.



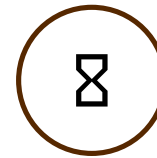
Indoor



2



3



2

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

Supply List

- 2 or 3 food items (dried beans, uncooked rice, lettuce, carrots, milk, etc.)
- Containers for each food item
- 2 paper plates and 2 paper cups for each Cub Scout
- Serving spoons or utensils to self-serve for each item
- Measuring cups, sizes correspond to serving sizes for each food item
- Notecard for each food with serving size labeled on it
- Napkins
- Paper towels
- Table

Directions

Before the meeting:

1. Take note of any food allergies in the den so you bring food that everyone can eat or touch.
2. Review serving sizes using [USDA MyPlate](#) and understanding of a balanced diet consisting of the food groups.
3. Set up the food in large containers.
4. Label the food with a notecard and the serving size.
5. Set out food on a table where Cub Scouts can reach.
6. Gather clean-up materials, such as napkins or paper towels

During the meeting:

1. Explain the concept of serving size. Sometimes the problem is that we eat the correct foods, but sometimes we overestimate or underestimate the serving size.
2. Hand a paper plate to each Cub Scout.
3. Show the food on the table. Point out the note card by each food with the serving size.
4. Without using the measuring cups, have the Cub Scouts put what they think is one serving of the items on their plates.
5. After all the Cub Scouts have made their estimations, pull out the measuring cups and hand them a new plate. Have the Cub Scouts measure what they have put on their plates. Allow the visual comparisons between the “guess” and the “actual” measure.
6. Discuss the difference between the “guess” plate and the “actual” measurement.
7. Connect to life by discussing how they might overestimate in their eating practices.
 - When might it be easy to overestimate?
 - When might it be easy to underestimate?
 - List the foods in life where we might overestimate.
 - List foods in life that we might underestimate.
 - What effect would that have on our health?

[Back to Estimations Requirements](#)

AOL – 6th Grade

Estimations

Elective

Requirement 2

Hands of Time

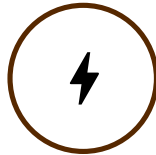


Snapshot of Activity

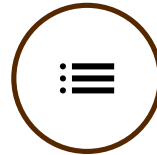
Estimate time using your hands and the position of the sun in the sky.



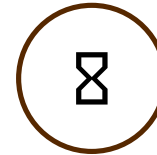
Outdoor



1



1



1

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

Supply List

- Access to AOL Sun in the Sky graphic in Additional Resources

Directions

Before the meeting:

1. Check the weather. Be sure you will have a clear sky.
2. Practice a few times on your own. See Additional Resources for information.
3. Know the time of sunrise and/or sunset.

During the meeting:

1. Discuss with Cub Scouts what an estimation means. Estimation is a rough calculation of the value, number, quantity, or extent of something. It is an educated guess based on a person's background knowledge. Discuss ways they currently guess the time of something. (Example: Math class is right before lunchtime.)
2. Estimating the time of day can be as easy as using your knowledge of the sun's movement across the sky and parts of your body. Allow Cub Scouts to discuss what they already know about the position of the sun in the sky during parts of the day. (Example: When you wake up the sun is low in the eastern sky. This can tell you it is morning and where East is located.) Be sure they discuss the following ideas: At midday, the sun is directly overhead. The sun sets in the west, and we know that it must be afternoon. Share the graphic Sun in the Sky.
3. Safety Minute: Do not look directly into the sun. The eye can be damaged by direct sun gazing. Please remind Cub Scouts not to look directly at the sun.

4. Explain that a person can get a more accurate time estimation by using their hands.
 - Start by planting your feet towards the sun, extending one arm fully in front of you, and rotating your wrist so your palm faces you horizontally.
 - Close your fingers together and align your pinky with the horizon.
 - Now, count how many finger widths it takes to reach the sun.
 - Depending on the season and time of day, you may need to continue stacking one hand over the other to keep count.
 - Four finger widths represent one hour of sunlight, a count of eight finger widths would equal two hours of sunlight. If trying this in the morning while counting on an eastern sky, it is helpful to know when the sun rises that day and calculate your time from sunrise. When calculating a western sky, a person is looking for how much daylight is remaining. If you want to know the time, it would be helpful to know the time the sun will set to calculate the time.
 - Note: This system is for an adult's finger size. To figure out the finger size of a child, use a watch to figure out if you have, 10, 15, or 20-minute figures. Adjust your calculations as needed.
5. Practice with a watch to get accurate timing that correlates with your hand size.

Additional Resources

[Sun in the Sky graphic](#)

[How to tell time without a Clock](#) – Wiki How Website

[How to tell time with your hands](#) (1:44) – YouTube

[Back to Estimations Requirements](#)



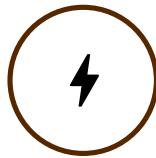
Sunny Sundials

Snapshot of Activity

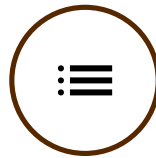
Create a sundial to estimate the time of day.



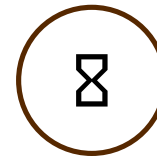
Outdoor



2



4



2

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

Supply List

- Construction paper (pale color works best) or a 9- to 12-inch paper plate, one for each Cub Scout
- Piece of stiff cardboard (should be a little larger than your piece of paper or plate), one for each Cub Scout
- Large bowl for tracing
- Pencil or crayon, one for each Cub Scout
- Scissors, enough to share
- Unsharpened pencil or straw (the gnomon), one for each Cub Scout
- Mounting putty or soft clay, enough for each Cub Scout to secure the gnomon
- Four small stones or clear tape (for securing your sundial when it's outside)
- Marker (dark color works best), one for each Cub Scout
- Access to Sundial image in Additional Resources

Directions

Before the meeting:

1. Familiarize yourself with sundials.
 - [Sundial History and Basics](#) (1:57) – YouTube Video
 - [Britannica Kids: Sundial](#)
2. Build a sundial to use as an example. See [Directions](#) below.
3. Sundials work on sunny days typically before 6 pm. If you wish to tell time with the sundial, it might be best to make sure the sundial is outside before 6 pm. Noon is the best time to watch the sun's shadow move across the sundial. If your den meets in the evening, determine if you build the sundial and allow the Cub Scouts to try measuring the sun at home on a sunny day.
4. Determine a place for the sundials where the dial will get the most amount of sun, have a flat surface, and will not be disturbed.

During the meeting:

1. Discuss with Cub Scouts what an estimation means. Estimation is a rough calculation of the value, number, quantity, or extent of something. It is an educated guess based on a person's background knowledge. Discuss ways they currently guess the time of something. (Example: Math class is right before lunchtime.)
2. Show an image of a sundial (see **Additional Resources**.) Discuss what a sundial is and how it works. Explain that sundials measure the position of the sun in the sky. Since one rotation of the earth is a day, the sun's position can help us tell time. Explain that the part of the sundial that casts the shadow is called the *gnomon*. When the sun's light hits the gnomon, it casts a shadow on the base of the dial near a number. This is how we tell the time.
3. Create a sundial.
 - Create a circle on your piece of paper. Either use 5 inches on a drawing compass or Turn your bowl upside down on your piece of paper and trace a circle. Cut out the circle. OR Gather paper plate.
 - Poke a small hole in the center of the circle. The hole should be no wider than the pencil or stick you will use for the gnomon.
 - Get the piece of cardboard. Place a small ball of mounting putty or soft clay in the center of the piece of cardboard and push the eraser side of the pencil (gnomon) into the putty. Test to make sure the pencil stays upright.
 - Once your pencil is secure, slide the paper down to the cardboard and press firmly to flatten the putty/clay.
 - Find a flat spot outside that will stay sunny for all or most of the day and place your sundial on the ground or outdoor table. Choose a spot where the dial will not be disturbed.
 - Secure the base of your sundial so it will not move using either small stones or clear tape. Your sundial must stay in the same place while you are making it.
 - It is best to put the sundial out at noon. Mark where the shadow of the pencil is located on the paper plate. Write down 12 on the paper plate.
 - Estimate the remaining times. For example, 6:00 is the opposite of 12:00 on the dial. Then 3:00 and 9:00 are opposite each other. Continue until you fill in the clock.
4. Estimate the time by leaving the sundial outside for a while, then come back and check it. Read the sundial and then state the time. Check your guess against the actual time.

Additional Resources

[Sundial image](#)

[Back to Estimations Requirements](#)

AOL – 6th Grade

Estimations

Elective

Requirement 3

Stick Method

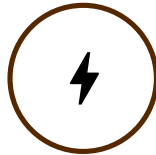


Snapshot of Activity

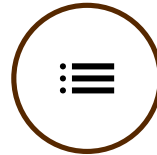
Use a stick to estimate the height of a tall object.



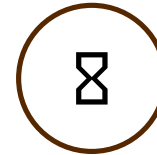
Outdoor



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

Supply List

- Measuring tape to share
- Straight sticks, can be found in nature not store-bought, one for each Cub Scout

Directions

Before the meeting:

1. Become familiar with measuring a height from a distance by watching the YouTube video [How to Measure a Tree's Height Using a Stick](#). (3 minutes 26 seconds)
2. Review the two different stick methods below and determine which you plan to use with your den.
3. Find an area with tall items to measure such as trees, flagpoles, or tall buildings.
4. Be sure the area has access to sticks. The “Use a Partner” stick measurement requires a pencil-sized stick, whereas the “Use your Steps” requires a Cub Scout arm-length stick. If you do not have an area with sticks, plan to bring them on your own.
5. Set up measure area. Both methods need a measurement using a measuring tape.
 - The “Use a Partner” requires a spot where cub can measure their height.
 - The “Use your Steps” requires a 100-foot pacing course. In this case, mark 100 feet on the ground. Mark a starting point and an ending point.

During the meeting:

1. Explain how to use the stick method for measuring larger items that you cannot measure with a tape measure such as flag poles, trees, or towers. When using the stick method, you turn the stick into a unit of measure and use it to estimate the height of objects. Below are two different ways to use the stick method.

Using a partner:

- This method requires relatively flat ground to get a good estimation.
- Using the measuring tape, measure the height of one Cub Scout or other object you want to use as the measurement tool. Have the Cub Scout (or object), stand next to the item you are estimating (Tree, building, etc.) Step back and hold a straight stick upright at arm's length in front of you.
- With one eye closed, sight (look) over the stick so that the top of the stick appears to be touching the top of the Cub Scout's head (or the top of the object).
- Place your thumbnail on the stick where the stick appears to be touching the base of the item you are measuring (base of the tree). The base of the item or your thumbnail to the top of the stick is now your unit of measure. Keep your thumbnail in place.
- Move the stick up the estimated item and count how many times this measurement goes up the item. Record that number by writing it down.
- Multiply the number of "sticks high" by the height of the Cub Scouts that stood next to the item (or the object) from step 1. This will tell you the approximate height of the item measured (tree)

Using your steps: (More challenging mathematically)

- This method requires relatively flat ground to get a good estimation.
 - Set up a 100-foot course on flat ground.
 - Cub Scouts need to determine the length of the Cub Scout's steps. Cub Scouts walk at a normal speed from one end of the course to the other, counting steps as they go. Have Cub Scouts write down that number. Divide the number of steps into 100, and you will figure out the length of one step. Example: If it took you 50 steps to go 100 feet, $100 \div 50 = 2$, so your step length is 2 feet. Have Cub Scouts write down that number and circle it. They will use it later.
 - Find a stick the length of your arm. Hold your arm out straight with the stick pointing straight up (90-degree angle to your outstretched arm). Your arm is parallel to the ground and the stick is perpendicular to the ground.
 - Walk backward from the object you are measuring, until you see the tip of the stick line up with the top of the object (aka tree). Your feet are now at approximately the same distance from the tree as it is high.
 - Set down your stick. Count your steps as you walk towards the building. If you lost count, no worries, go back to your stick and try again. Write down the number of steps it took from the stick to the object.
 - Multiply the number of steps you took by the length of your steps (which was calculated and circled during the 100-foot count).
 - This number will tell you the approximate height of the item measured (tree)
2. Demonstrate one of the methods Cub Scouts watch.
 3. Guide Cub Scouts as they try the method on their own.

[Back to Estimations Requirements](#)



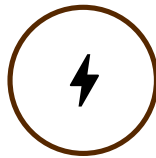
What Is A Theodolite?

Snapshot of Activity

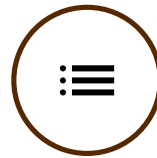
Create a theodolite to estimate the height of an object.



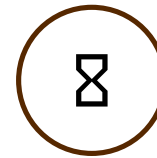
Outdoor



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3

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

Supply List

- Protractor Template found in Additional Resources
- 8 ½ x 11" white cardstock, 1 piece will print 3 protractors
- Printer
- One sheet of paper for each Cub Scout
- 20" long string, one for each Cub Scout
- Metal washer, one for each Cub Scout
- Measuring tape, enough to share
- Scissors
- Hole punch, enough to share
- Tape
- Pencil, one for each Cub Scout
- Paper for calculation, one for each Cub Scout

Directions

Before the meeting:

1. Print the Protractor Template on card stock and cut them out. There are 3 protractors on the template.
2. Become familiar with a theodolite by watching this YouTube video [How it Works: Theodolite](#). (2 minutes, 1 second)
3. Build a sample theodolite using the [Directions](#) below.
4. Find an area with tall items to measure such as trees, flagpoles, or tall buildings with a distance to walk away from the tall items in a safe manner.
5. The meeting space should include a spot to sit to build the theodolite and tall items to measure (trees, buildings, flagpoles).

During the meeting:

1. Ask Cub Scouts if they know the use of theodolite. Show them a picture or video of a theodolite. Ask them what they think it measures.
2. Explain that the theodolites in the pictures and videos are digital and use laser technology to measure distances. The theodolite they build today will be paper.
3. Build a theodolite.
 - Take the protractor and punch a hole through the center.
 - Loop the 20-inch string through the hole and put the washer onto the string before tying the loop.
 - Roll the piece of paper so that it is about 2" in diameter. Tape it in place.
 - Line up the ends of the index card with the paper tube and tape the index card in place.
 - Look at the top of something tall through the paper tube
 - Move either forward or backward until the string falls at 45 degrees.
 - Now measure the distance to the object along the ground from the spot you stopped.
 - Add the distance to the height of your eye level, and the result is the object's height!
4. Model using theodolite to calculate the height.
5. Allow Cub Scouts to attempt calculations on their own. Guide the Cub Scouts as they try to measure the height of objects.

Additional Resources

[Protractor Template](#)

[Back to Estimations Requirements](#)

AOL – 6th Grade

Estimations

Elective

Requirement 4



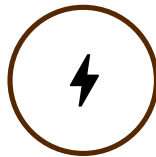
Going the Distance

Snapshot of Activity

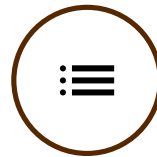
Find the distance between two points on a known map.



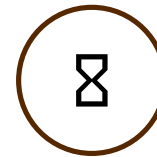
Indoor



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

Supply List

- Printed maps with scales, one for each Cub Scout
- Index card, one for each Cub Scout
- Ruler, one for every 2 Cub Scouts
- Pencil, one for each Cub Scout
- Paper for calculations, one for each Cub Scout

Directions

Before the meeting:

1. Print maps with scale of your area or an area known to the Cub Scouts. [Google Maps](#) allows you to [print the screen](#) and provides a scale at the bottom. If you are going on a walk or campout or hike soon, use a map of the upcoming adventure.
2. Learn about map scales by watching this YouTube video, [Map Scale](#). (3 minutes 25 seconds)
3. Set up meeting space so Cub Scouts have a flat surface to write and maneuver maps. Set out maps, pencils, index cards, and rulers.

During the meeting:

1. Discuss what “scale” means when it relates to a map. The map scale is printed in the map legend. It is given as a ratio of inches on the map corresponding to inches, feet, or miles on the ground. In Cub Scout terms, a line measures the distance between two places.
2. Typically, adults today use a GPS app (Google Maps, Apple Maps, WAZE, etc.) to tell them the distance, the time it will take, and the directions on how to get to their location. Explain to the Cub Scouts that sometimes Scouts go to places where there isn’t cell service, and the apps will not work.
3. Explain that you can calculate distance on a map by using a ruled edge, a ruled compass edge, or any straight edge such as an index card.
4. Demonstrate using a map you printed. Pick two points to measure between. Known landmarks to the Cub

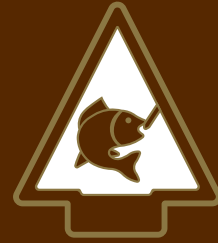
Scouts would be best.

- To measure the straight-line distance between two points (A) and (B), place the straight edge to make a line between “A” and “B”. Place “A” at one end, and “B” at the other. Note the measurement on the ruler by writing it down. Then use the scale on the map legend to estimate the distance on the map.
 - To figure a crooked-line distance (because there is a bend in a trail or a turn in the land), use a piece of paper and tick marks. Start at point “A” and then tick marks turns or stops along your route until you reach point “B” (turning your paper as you move around the trail.) Then use the rule or scale on the ledger to measure your distance.
 - Use an example map to show one of the methods above.
5. Guide Cub Scouts as they work on finding different locations and distances on their maps. They can check their guesses using the GPS apps to see how close their estimates are to their calculations.

[Back to Estimations Requirements](#)

Fishing

Elective



Snapshot of Adventure

You may have gone fishing before and know some basics. In this Adventure, you will learn how to plan a fishing experience using the Scouting America SAFE Checklist. This will help you be prepared for future adventures in Scouts BSA.

Safety Moment

Adventure Safety Moment

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

All participants in official Scouting America 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 Scouting America practices, policies, and guidelines.

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

Before starting the Adventure:

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

During the Adventure:

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

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

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

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

Complete the following requirements

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

Requirement 1

Make a plan to go fishing. Determine where you will go and what type of fish you plan to catch. All of the following requirements are to be completed based on your choice.

- Cub Scouts [plan their fishing adventure](#).

Requirement 2

Use the Scouting America SAFE Checklist to plan what you need for your fishing experience.

- Cub Scouts [use the Scouting America SAFE checklist for their fishing adventure](#).

Requirement 3

Describe the environment where the fish might be found.

- Cub Scouts [create a flyer to advertise local aquatic ecosystems and fish habitats](#).
- Cub Scouts [learn about local fish from a guest speaker](#).
- Cub Scouts [make a model of a local fish habitat](#).

Requirement 4

Make a list of the equipment and materials you will need to fish.

- Cub Scouts [learn what equipment and materials should be included in a personal tackle box](#).

Requirement 5

Determine the best type of knot to tie your hook to your line and tie it.

- Cub Scouts [practice fishing knots by doing stations around the meeting space](#).

Requirement 6

On your own, choose the appropriate type of fishing rod and tackle you will be using. Have an adult review your gear.

- Cub Scouts [have their fishing gear checked by an adult leader](#).

Requirement 7

Using what you have learned about fish and fishing equipment, spend at least one hour fishing following local guidelines and regulations.

- Cub Scouts [go fishing for at least one hour](#).

[Back to Elective Adventures](#)

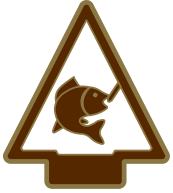
AOL – 6th Grade

Fishing

Elective

Requirement 1

My Fishing Trip

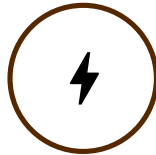


Snapshot of Activity

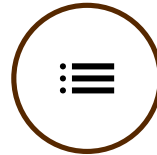
Cub Scouts plan their fishing adventure.



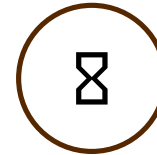
Indoor



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

Supply List

- Fishing Plan found in Additional Resources
- Pencil, one for each Cub Scout
- Printer
- Computer or smart device, one for every two Cub Scouts or print information from local fishing regulations website

Directions

Before the meeting:

1. Become familiar with local fishing opportunities that would be available for the den.
2. Review content at [TakeMeFishing](#) to help you plan.
3. Identify two or three optional dates and times to go fishing.
4. Print a Fishing Plan found in Additional Resources for each Cub Scout.
5. Set up the meeting space for Cub Scouts to fill out their plan.
6. Ensure internet access or use printed information to help complete the plan from your local fishing regulation website.

During the meeting:

1. Explain to Cub Scouts they will be planning a fishing trip.
2. Share with the Cub Scouts that when planning a fishing trip, creating a written plan will help ensure everyone has all the necessary information and can be prepared for the event. First, the den needs to decide on a fishing location. Have each buddy group choose a location or an upcoming fishing event to research. Give them 10 minutes to gather information and then report their findings back to the entire den. Their summary should include the following information:
 - How far away is it from your current den meeting location?
 - Is there an entrance fee? A parking fee?
 - Is a fishing license required?
 - What facilities are available? Bathroom, cleaning station, benches, drinking water, shelter, picnic tables, grills, etc.
 - Where will you be fishing? Pond, lake, stream, river, ocean, etc.
 - How much space is there to fish?
 - Are there other activities available at the location?
 - What types of fish are they likely to catch?
3. Once each buddy group has completed their research, have the den reassemble and have them present their findings to the entire den.
4. Have the Cub Scouts discuss their options and help them decide on the location for their fishing trip.
5. If a fishing derby or scheduled event is selected, share the date and time, as well as any additional information with the Cub Scouts and parents. If the Cub Scouts decide to plan their own fishing activity, share available dates and times and lead a discussion on what works best for the majority of the Cub Scouts.
6. Pass out the Fishing Plan worksheet and pencils. Have Cub Scouts fill out their fishing plan.

Additional Resources

[Fishing Plan worksheet](#)

[Back to Fishing Requirements](#)

AOL – 6th Grade

Fishing

Elective

Requirement 2



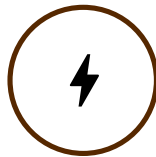
Hooked On Safety

Snapshot of Activity

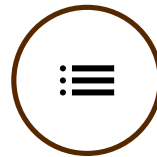
Cub Scouts use the Scouting America SAFE checklist for their fishing adventure.



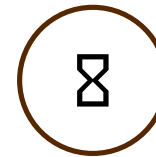
Indoor



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2



2

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

Supply List

- [Scouting America SAFE Checklist](#)
- Flip chart or white board or chalk board
- Markers or chalk
- Pencils, one for each Cub Scout

Directions

Before the meeting:

1. Download and print a copy of the [Scouting America SAFE Checklist](#) for each Cub Scout. Review the example of using the SAFE Checklist for a fishing trip.

Supervision

- Adults should bait the hooks and remove fish from hooks. Watch the YouTube video [Baiting A Hook With A Worm](#) (duration 1 minute 50 seconds) and [How to Remove the Hook From the Fish: Catch and Release](#) (duration 1 minute 37 seconds.)
- When not fishing, the pole should always be held upright to prevent poking another scout or adult.

Assessment

- Inspect the site that you will fish prior to the outing. Check for any areas that could pose a danger to the Cubs such as steep banks, rocks, etc.

Fitness and Skill

- Demonstrate how to cast a fixed-line cane pole or telescoping pole by raising the tip of the pole and allowing the line and bait to swing forward into the water, or practice using a casting game such as Backyard Bass or Big Lunker. Avoid back- or side-casting with a fixed-line pole.
- Have the scout yell “Fish On!” and clear the immediate area as the scout is bringing in the fish.
- When caught, fish should be brought in by just lifting the tip of the pole upright slowly and then securing the fish.

Equipment and Environment

Fish only on still waters (ponds or lakes). If fishing from a dock or wall, non-swimmers should wear a life jacket.

2. Set up meeting space for Cub Scouts to be able to write down their thoughts on the checklist.

During the meeting:

1. Lead a discussion with Cub Scouts and go over the points of the Scouting America Safe Checklist and how each point pertains to the upcoming fishing trip. Write answers on a flip chart, whiteboard, or chalkboard.
2. **Supervision** Youth are supervised by qualified and trustworthy adults who set the example for safety. Possible questions:
 - Who is the adult supervising the fishing trip?
 - Is the adult knowledgeable about fishing?
3. **Assessment** Activities are assessed for risks during planning. Leaders have reviewed applicable program guidance or standards and have verified the activity is not prohibited. Risk avoidance or mitigation is incorporated into the activity.
 - Is the fishing location safe?
 - What type of safety gear is needed?
4. **Fitness and Skill** Participants' Annual Health and Medical Records are reviewed, and leaders have confirmed that prerequisite fitness and skill levels exist for participants to take part safely.
 - Does everyone have a completed a Scouting America Annual Health and Medical Record handed in?
5. **Equipment and Environment** Safe and appropriately sized equipment, courses, camps, campsites, trails, or playing fields are used properly. Leaders periodically check gear use and the environment for changing conditions that could affect safety.
 - Does the fishing plan include reviewing fishing gear?

[Back to Fishing Requirements](#)

AOL – 6th Grade

Fishing

Elective

Requirement 3

“Reel” Estate

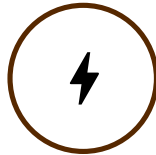


Snapshot of Activity

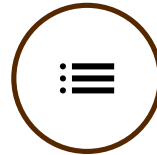
Cub Scouts create a flyer to advertise local aquatic ecosystems and fish habitats.



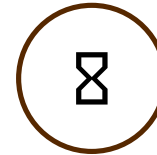
Indoor



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2

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

Supply List

- 8 ½” x 11” white paper, at least one piece for each Cub Scout
- Crayons or markers, enough to share
- Fishing books with information about types of fish in your area and their habitats
- Printed material from the local Department of Natural Resources

Directions

Before the meeting:

1. Gather books or print out information about fish in your local area and their habitats.
2. Set up the meeting space with a place for Cub Scouts to create their flyer.

During the meeting:

1. Explain that during the meeting, Cub Scouts learn about aquatic ecosystems and fish habitats.
2. Say the following: “Congratulations! You have just been hired by *Off the Hook Reel Estate Agency*, which matches fish clients with their dream habitats. You want to make a big splash, so choose one of our local fish species and create a flyer showcasing the aquatic ecosystem you think would be their perfect match. Make sure you include highlights like water type, water temperature, and water depth, any special features like kelp, rocks, piers, and places to hide from predators. Also, include local food sources. After everyone is finished, we will share with each other.”
3. Cub Scouts can use the resources available to create an informative and eye-catching flyer, “selling” an aquatic habitat to a local fish client.
4. When everyone is finished creating their flyer, have the Cub Scouts share them with the den.

[Back to Fishing Requirements](#)

AOL – 6th Grade

Fishing

Elective

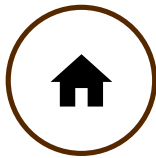
Requirement 3



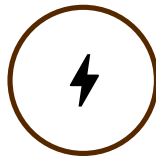
Fin-Tastic Habitat Chat

Snapshot of Activity

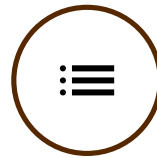
Cub Scouts learn about local fish from a guest speaker.



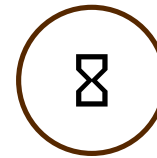
Indoor



2



2



5

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

Supply List

- Wildlife Officer, Game Warden, Conservation Officer, Fish and Game Warden, Wildlife Enforcement Agent, or Ranger

Directions

Before the meeting:

1. Contact the Department of Natural Resources for your state and ask if a Wildlife Officer, Game Warden, Conservation Officer, Fish and Game Warden, Wildlife Enforcement Agent, or Ranger would be willing to visit your den meeting to talk about local fish and their habitats. Give them the date and location of your den meeting.
2. Explain that the den is made up of fifth graders and they are learning about fishing and local aquatic ecosystems. Ask them to bring any supplies they will need.
3. A few days before the meeting, confirm the date and time for the visit.

During the meeting:

1. Welcome the visiting guest presenter.
2. Explain to Cub Scouts what they will be doing during the meeting.
3. Encourage Cub Scouts to ask questions. Remind them to be respectful during the presentation.
4. Ask the guest presenter to discuss the following:
 - The types of local aquatic ecosystems/habitats.
 - Types of fish that can be caught locally.
 - Any local fishing guidelines and regulations.
 - The importance of conservation.
 - Any fishing tips?

5. When they're finished, have Cub Scouts ask questions such as:
 - How did you learn to fish?
 - How big was the biggest fish you have caught?
 - What is your favorite fish?
 - What bait do you like to use?
 - What tackle do you use?
 - What tackle would you recommend for someone learning how to fish?

After the meeting:

1. Write a thank you note to the guest presenter and send it.

[Back to Fishing Requirements](#)

AOL – 6th Grade

Fishing

Elective

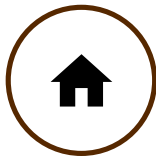
Requirement 3

Model Habitat

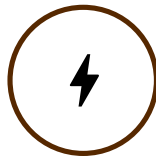


Snapshot of Activity

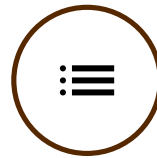
Cub Scouts make a model of a local fish habitat.



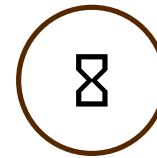
Indoor



3



4



3

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

Supply List

- Empty cereal box with one of the large sides removed, one per Cub Scout
- Colorful construction paper, enough to share
- Glue sticks, enough to share
- Empty cardboard toilet paper tubes, at least one per Cub Scout
- Scissors, enough to share
- Markers, enough to share
- Tape, enough to share

Directions

Before the meeting:

1. Become familiar with local aquatic ecosystems and fish species.
2. Gather books or print out information about fish in your local area and their habitats.
3. Set up the meeting space with a place for Cub Scouts to complete the activity.
4. Place the shared craft materials (construction paper, glue sticks, scissors, and markers) in a central location accessible to all Cub Scouts.

During the meeting:

1. Explain that during the meeting, Cub Scouts create their own model of an aquatic habitat.
2. Review with the Cub Scouts the local fish species.
3. Have each Cub Scout select a fish they would like to make and for which they will craft their habitat model.
4. Give each Cub Scout an empty cardboard toilet paper tube and have them make their chosen fish.
 - Flatten the cardboard tube.
 - Cut one end of the tube in a semi-circle to make the rounded head of the fish.
 - On the other end, cut triangles from the top and bottom of the tube to make the tail.
 - Use markers to decorate the fish.
5. Give each Cub Scout an empty cereal box. Have Cub Scouts use the available materials and decorate their cereal box to be the ideal habitat for the fish they crafted. Encourage them to add details like aquatic plants and places to hide from predators.
6. When everyone is finished creating their model, have Cub Scouts share with their patrol.

[Back to Fishing Requirements](#)

AOL – 6th Grade

Fishing

Elective

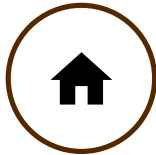
Requirement 4

Tackle Box Tune-Up

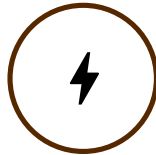


Snapshot of Activity

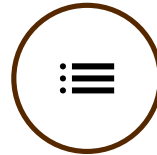
Cub Scouts learn what equipment and materials should be included in a personal tackle box.



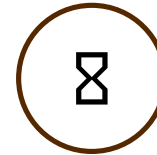
Indoor



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

Supply List

- Tackle box
- Fishing license
- Rod
- Reel
- Fishing line
- Barbless hooks
- Bobbers
- Sinkers
- Swivels
- Bait
- Needle nose pliers
- Scissors
- First aid kit
- De-hooker
- Trash bag
- Tackle Box Tune-Up worksheet found in Additional Resources
- Sharpened pencils, one per Cub Scout
- Printer

Directions

Before the meeting:

1. Put together a sample tackle box to show Cub Scouts the items they will need to gather for their personal tackle boxes.
2. Print a copy of the Tackle Box Tune-up worksheet for each Cub Scout.
3. Set up the meeting space with the sample tackle box in a place visible to all Cub Scouts.

During the meeting:

1. Share with Cub Scouts that a tackle box is a great place to store the items needed for a fishing trip.
2. Let Cub Scouts look through the items in the tackle box and ask questions.
 - Fishing line- the main thing everything else is attached to.
 - Fishing license- if we are stopped by a game warden, we need to have proof we are allowed to fish.
 - Barbless hooks- these hooks don't hurt the fish as much and are easier to remove.
 - Bobbers- this allows us to see when a fish has taken a bite, because it will dip under the water as the fish tries to swim away.
 - Sinkers- to put the hook lower into the water.
 - Swivels- to help change out bait and hooks easier.
 - Bait-food for the fish.
 - Needle nose pliers- to help remove hooks, bend hooks and clamp sinkers.
 - Scissors- to cut fishing line.
 - First aid kit- in case you get hurt.
 - De-hooker- to help remove a hook if a fish has swallowed it.
 - Trash bag- to collect any trash or fishing line you find or need to throw away.
3. Pass out the Tackle Box Tune-Up worksheet and pencils. Have Cub Scouts write how each item on the worksheet will be used on their fishing trip.
4. Explain that Cub Scouts need to check equipment off the list as they prepare for their fishing trip. Remind Cub Scouts that if they do not have their own equipment, they can borrow equipment from a family member or friend.

Tip: Bring the sample tackle box on your fishing trip.

Additional Resources

[Tackle Box Tune-Up worksheet](#)

[Back to Fishing Requirements](#)

AOL – 6th Grade

Fishing

Elective

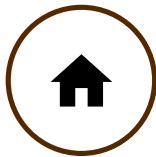
Requirement 5



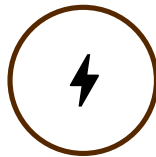
Four Fishing Knots

Snapshot of Activity

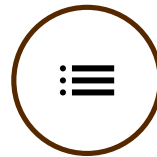
Cub Scouts practice fishing knots by doing stations around the meeting space.



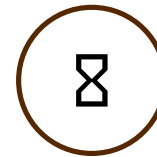
Indoor



3



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3

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

Supply List

- Fishing line, a least one spool
- Small washers, two per Cub Scout
- Scissors, enough to share

Directions

Before the meeting:

1. Collect needed supplies. Cut fishing line into 1-foot pieces, enough for each Cub Scout to have line to tie two knots.
2. Become familiar with fishing knots by reading the *Scout Life* article "[8 Fishing Knots to Know](#)."
3. Practice tying an improved clinch knot, a Palomar knot, a surgeon's knot, and a turtle knot so you can show Cub Scouts.
4. Set up meeting space for Cub Scouts to have room to tie their knots.

During the meeting:

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

5. Demonstrate how to tie a Palomar knot:
 - Double the line to make a 4- to 6-inch loop, then pass the end of the loop through the eye of the washer.
 - Tie a loose overhand knot in the doubled line.
 - Pass the washer through the loop and pull on the doubled line to tighten the knot, guiding the loop over the top of the eye of the washer.
 - Cut off the short (tag) end of the line.
6. Have Cub Scout practice tying a Palomar knot.
7. Demonstrate how to tie a surgeon's knot:
 - Lay the line and leader on top of one another, overlapping each other by several inches, and form a simple loop.
 - Pass both the tag end and the entire leader through the loop.
 - Pass both the tag end and the entire leader through the loop a second time.
 - Moisten knot and pull all four ends tight. Cut off the short (tag) end of the line.
8. Have Cub Scout practice tying a surgeon's knot.
9. Demonstrate how to tie a turtle knot:
 - Pass the line through the eye of the washer and make a loop.
 - Make a smaller loop and wrap the end around it twice.
 - Hold the bigger loop and pull the end to tighten.
 - Take the bigger loop around the washer.
 - Pull the standing part (the long part of the line) to tighten the knot.
 - Cut off the short (tag) end of the line.
10. Have Cub Scout practice tying a turtle knot.
11. Ask Cub Scouts which knot they would like to use on their fishing trip.

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

[Back to Fishing Requirements](#)

AOL – 6th Grade

Fishing

Elective

Requirement 6



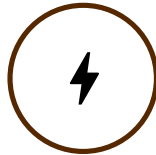
Hook, Line and Sinker

Snapshot of Activity

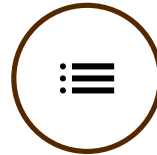
Cub Scouts have their fishing gear checked by an adult leader.



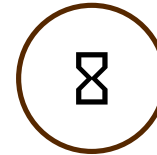
Indoor



2



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

Supply List

- Tackle Box Tune-Up worksheet found in Additional Resources, one for the adult leader
- Printer

Each Cub Scout should bring their own:

- Completed Tackle Box Tune-Up worksheet from Requirement 4
- Tackle box
- Fishing license
- Rod
- Reel
- Fishing line
- Barbless hooks
- Bobbers
- Sinkers
- Swivels
- Bait
- Needle nose pliers
- Scissors
- First aid kit
- De-hooker
- Trash bag
- Scout Basic Essentials

Note: Arrow of Light Scouts must earn the Knife Safety Adventure before they can use or carry a pocketknife, They must earn the Firem'n chit to carry or use matches. If they have not earned either of these then have them bring the other eight essentials.

Directions

Before the meeting:

1. Remind parents and legal guardians that Cub Scouts are to bring their fishing gear to the next den meeting.
2. Set up the meeting space for Cub Scouts to have room to show their fishing gear.

During the meeting:

1. Ask Cub Scouts to spread out around the meeting space with their fishing gear.
2. Tell Cub Scouts that you will be reading the gear list from the Tackle Box Tune-Up worksheet. They need those items to be prepared for the upcoming fishing trip. As you call out the item, the Cub Scouts are to hold it up.
3. Discuss any additional items the den or Cub Scouts need to bring to be prepared for their fishing trip.
4. Review the following:
 - Is their fishing gear the proper size for the fish that they will be targeting?
 - Is their fishing gear clean and in good working order?
 - Is their fishing gear properly threaded and attached to their reel and hook or lure?
 - Are your hooks clean?

Additional Resources

[Tackle Box Tune-Up](#)

[Back to Fishing Requirements](#)

AOL – 6th Grade

Fishing

Elective

Requirement 7



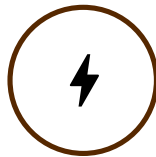
My Fishing Trip AOL

Snapshot of Activity

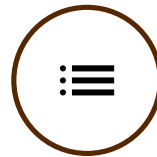
Cub Scouts go fishing for at least one hour.



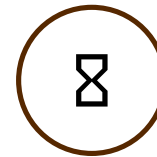
Travel



4



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

Supply List

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

Directions

Before the meeting:

1. Research local fishing spots that are family-friendly and have easy access. Get permission, if needed, to fish there.
2. Ensure you are aware of any fishing regulations and licensing requirements in your area. Purchase a fishing license if necessary. Youth may not need a fishing license but adults who are fishing are likely to need one.
3. Inform parents and guardians of the date, time, and location of the fishing activity.
4. Secure additional adult supervision.

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

During the meeting:

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

Additional Resources

[Fishing Plan](#)

[Fishing Log](#)

[Back to Fishing Requirements](#)

AOL – 6th Grade

High Tech Outdoors

Elective



Snapshot of Adventure

Long ago, tents were made from cotton canvas. They were heavy and were not waterproof. If you put them away wet, they could mold and rot. Today, tents are made using synthetic (human-made) materials that are waterproof, lightweight, breathable, and resistant to mold and rot. Not only has technology improved tents, but it's also given us digital devices that help us navigate, learn, and stay safe.

Safety Moment

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

All participants in official Scouting America 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 Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).
Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

Complete the following requirements

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

Requirement 1

With an adult, use a weather app or website to see the forecast for an outdoor activity and discuss any preparation needed to accommodate the weather.

- Cub Scouts [use a weather app to prep for an outing](#).

Requirement 2

With an adult, find a knot-tying app. Select one knot to learn, and tie it using the app.

- Cub Scouts [learn to tie knots](#).

Requirement 3

Discuss how technology has improved camping gear.

- [Invite an outdoor expert to a den meeting to talk improvements in camping gear](#).
- [Visit a retailer that specializes in the outdoors and talk camping gear](#).

Requirement 4

Think of a way technology can improve camping gear used on one of your outdoor activities.

- Cub Scouts [model their own improvement of camping gear](#).
- Cub Scouts [create drawings of their own improvement of camping gear](#).
- Cub Scouts [create a video describing their own improvement of camping gear](#).

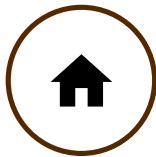
[Back to Elective Adventures](#)



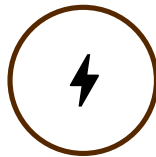
Whether the Weather Will Be Good

Snapshot of Activity

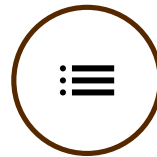
Cub Scouts use a weather app to prep for an outing.



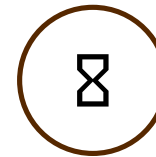
Indoor



1



3



1

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

Supply List

- Computer or smart device, on for every two Cub Scouts
- Paper for every two Cub Scouts
- Pencil for every two Cub Scouts

Directions

Before the meeting:

1. Familiarize yourself with several weather apps. Possible choices include:
 - [AccuWeather](#)
 - [The Weather Channel](#)
 - [National Weather Service](#)
 - [WeatherBug](#)
2. For each set of Cub Scout buddies, identify two locations with varying weather conditions for a hypothetical campout for the upcoming weekend.
3. Set up meeting space for Cub Scouts to share computer or smart device and a place to write.

During the meeting:

1. Gather Cub Scouts and inform them that today they are going to discuss weather for a hypothetical campout this weekend in several different locations.
2. Demonstrate how to use weather app to Cub Scouts.
3. Have Cub Scouts buddy up and assign each buddy group two locations. Provide paper and pencil to each buddy group.
4. Ask them to use the selected weather app and determine the weather for the assigned locations. They are to write down the weather for each of the locations and what they may need to prepare for the weather. They should consider:
 - Clothing
 - Modifications to the Scout Essentials

- Camping supplies
5. Share their findings with their patrol.

Tip: Modify the activity by assigning the same two locations to each buddy group but they use a different weather app. Discuss how weather apps may differ in their forecast.

[Back to High Tech Outdoors Requirements](#)

AOL – 6th Grade

High Tech Outdoors

Elective

Requirement 2



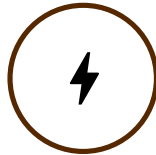
Knot Another App

Snapshot of Activity

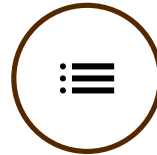
Cub Scouts learn to tie knots.



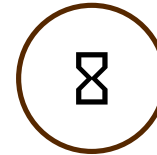
Indoor



2



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2

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

Supply List

- Computer or smart device, one for every two Cub Scouts
- 2 2-foot long paracord in two different colors, for each Cub Scout

Directions

Before the meeting:

1. Familiarize yourself with several knot apps. Possible choices include:
 - Scout Life magazine "[How to Tie the 7 Basic Scout Knots](#)"
 - [Animated Knot 3D](#) Apple App Store®
 - [Animated Knots by Grog](#) web based
 - [Knots 3D](#) Apple App Store® and Google Play™
2. Set up meeting space for Cub Scouts to share computer or smart device with their adult.

During the meeting:

1. Gather Cub Scouts and inform them that today you are going to use knot apps to learn to tie a new knot.
2. Ask Cub Scouts to sit with their parent or legal guardian. Using your smart device, share the selected knot app. Ask everyone to find it on their smart device.
3. Ask Scouts to find a new knot they've never tried before on the app.
4. Ask Scouts to use the app to learn how to tie the knot.
5. When everyone has learned their knot, have them demonstrate how to tie the knot to their patrol.
 - How easy was it to learn the knot using the app?
 - Did they use the video instructions or the written instructions?

Tip: Ask Cub Scouts to all tie the same knot but each use a different knot app.

[Back to High Tech Outdoors Requirements](#)

AOL – 6th Grade

High Tech Outdoors

Elective

Requirement 3



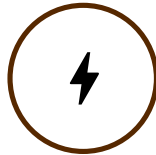
Ask the Expert

Snapshot of Activity

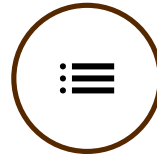
Invite an outdoor expert to a den meeting to talk improvements in camping gear.



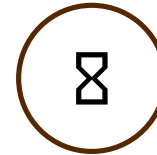
Indoor



2



1



5

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

Supply List

- No additional supplies

Directions

Before the meeting:

1. Identify a camping expert and invite them to a den meeting. This could be someone from a local hiking club or even members of a Scouts Scouting America troop. Let them know that you have a group of fifth graders who are learning about camping gear and how technology has improved gear. This includes weather proofing, weight, and durability. Ask them to bring examples of camping gear.
2. Set up meeting space for speaker to spread out gear and Cub Scouts to have the ability for a hands-on experience.

During the meeting:

1. Introduce speaker to Cub Scouts. Explain that they will be learning how technology has improved camping gear. If you have a personal story about camping that would be different with current gear, share that story.
2. Encourage Cub Scouts to ask questions:
 - Is there a piece of technology you use in other areas of your life that could be used for camping gear?
 - Is there camping gear that you find uncomfortable or hard to use?
 - If you could improve a piece of camping gear with technology that may not exist, what would that be?
3. Make sure the Cub Scouts get hands-on time with the equipment, climb in tents, try on backpacks, etc.

After the meeting:

1. Send a thank you note to the speaker.

[Back to High Tech Outdoors Requirements](#)

AOL – 6th Grade

High Tech Outdoors

Elective

Requirement 3



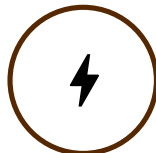
Newer, Lighter, Better Gear

Snapshot of Activity

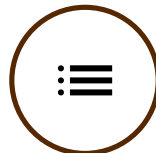
Visit a retailer that specializes in the outdoors and talk camping gear.



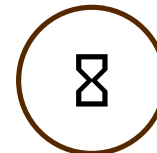
Travel



2



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

Supply List

- [Activity Consent Form](#)

Directions

Before the meeting:

1. Contact a local outdoor retailer and schedule a visit. Let them know that you have a group of fifth graders who are learning about camping gear and how technology has improved gear. This includes weather proofing, weight, and durability.
2. Familiarize yourself with some of the changes that have occurred for outdoor gear. The Trek website article "[Backpacking Gear Changes Through Decades](#)" provides a great history.
3. Remind parents and legal guardians of the meeting location date and time and to bring a completed [Activity Consent Form](#).
4. Contact the retailer the day before the visit to verify the visit and who will be assisting.

During the meeting:

1. Explain to Scouts how technology has improved camping equipment over time. If you have a personal story about camping that would be different with current gear, share that story.
2. As the Cub Scouts move through the store, have them ask questions:
 - Is there a piece of technology you use in other areas of your life that could be used for camping gear?
 - Is there camping gear that you find uncomfortable or hard to use?
 - If you could improve a piece of camping gear with technology that may not exist, what would that be?
3. Make sure the Cub Scouts get hands-on time with the equipment, climb in tents, try on backpacks, etc.

After the meeting:

1. Send a thank you note to the store manager and staff.

[Back to High Tech Outdoors Requirements](#)

AOL – 6th Grade

High Tech Outdoors

Elective

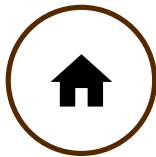
Requirement 4



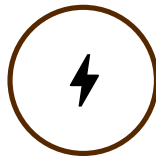
Camping Gear 2.0

Snapshot of Activity

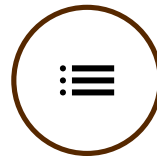
Cub Scouts model their own improvement of camping gear.



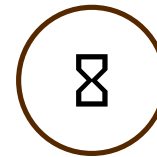
Indoor



2



4



3

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

Supply List

- Construction paper in assorted colors, enough to share
- Tissue paper in assorted colors, enough to share
- Glue, enough to share
- Tape, enough to share
- Pipe cleaners, enough to share
- Toothpicks, enough to share
- Any other building materials to help build a model
- Samples of camping gear, examples include tent, backpack, water bottle

Directions

Before the meeting:

1. Gather materials for the activity.
2. Set up meeting space for Cub Scouts to be able to work on their model. Spread out craft materials on table.
3. Set out examples of camping gear. Being able to see and touch the gear will help Cub Scouts visualize the product for which they are making improvements.

During the meeting:

1. Explain to Cub Scouts that they are going to design their own improvement to a piece of camping gear. They should pick a specific piece of gear. Ideas include:
 - Tent
 - Backpack
 - Water bottle
2. Give Cub Scouts time to build their model.
3. Have Cub Scouts share with their patrol, explaining their improvement.

[Back to High Tech Outdoors Requirements](#)

AOL – 6th Grade

High Tech Outdoors

Elective

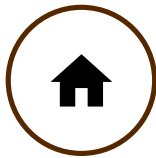
Requirement 4



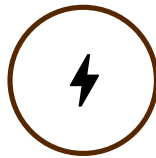
Design and Draw

Snapshot of Activity

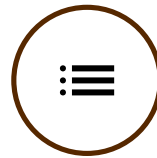
Cub Scouts create drawings of their own improvement of camping gear.



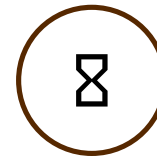
Indoor



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

Supply List

- 8 ½" x 11" white paper, enough for Cub Scouts to have several sheets
- Colored pencils in assorted colors, enough to share
- Pencils, enough to share
- Colored markers in assorted colors, enough to share
- Samples of camping gear, examples include tent, backpack, water bottle

Directions

Before the meeting:

1. Gather materials for the activity.
2. Set up meeting space for Cub Scouts to be able to work on their drawings. Spread out drawing materials on table.
3. Set out examples of camping gear. Being able to see and touch the gear will help Cub Scouts visualize the product for which they are making improvements.

During the meeting:

1. Explain to Cub Scouts that they are going to design their own improvement to a piece of camping gear. They should pick a specific piece of gear. Ideas include:
 - Tent
 - Backpack
 - Water bottle
2. Give Cub Scouts time to draw models of their item with improvements.
3. Have Cub Scouts share with their patrol, explaining their improvements.

[Back to High Tech Outdoors Requirements](#)

AOL – 6th Grade

High Tech Outdoors

Elective

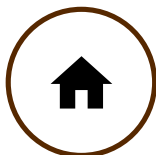
Requirement 4



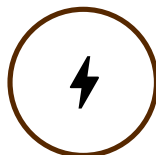
Filming the Fix

Snapshot of Activity

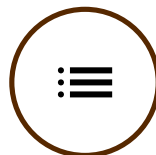
Cub Scouts create a video describing their own improvement of camping gear.



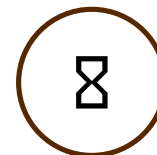
Indoor



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

Supply List

- Smart device with video recording capability, one for every two Cub Scouts
- Samples of camping gear, examples include tent, backpack, water bottle

Directions

Before the meeting:

1. Gather materials for the activity.
2. Set up meeting space for Cub Scouts to be able to work in pairs on their video.
3. Set out examples of camping gear. Being able to see and touch the gear will help Cub Scouts visualize the product for which they are making improvements. They can use these in their video.

During the meeting:

1. Explain to Cub Scouts that they are going to design their own improvement to a piece of camping gear and then video record each other explaining their changes. They should pick a specific piece of gear. Ideas include:
 - Tent
 - Backpack
 - Water bottle
2. Give Cub Scouts time to think about their proposed improvements to a camping item.

Have Cub Scouts record their presentation and then share with their patrol.

[Back to High Tech Outdoors Requirements](#)

AOL – 6th Grade

Into the Wild

Elective



Snapshot of Adventure

When you go “into the wild,” you will begin to learn about some of the mammals, birds, reptiles, amphibians, and insects that live with us day and night and how they contribute to the world in which we live.

Safety Moment

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

All participants in official Scouting America 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 Scouting America 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, review [Digital Safety and Online Scouting Activities](#).

Complete the following requirements

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

Requirement 1

Visit a place with a variety of wild animals. Select one of the animals and observe its behavior. Use your selected animal to complete the remaining requirements.

- [Walk along a trail and search for the perfect animal.](#)
- [Visit a wildlife park and search for the perfect animal.](#)
- [Visit a zoo and search for the perfect animal.](#)

Requirement 2

Create a model of your animal’s ecosystem.

- Cub Scouts [create their animal’s ecosystem using clay.](#)
- Cub Scouts [create a diorama showing their animal’s ecosystem.](#)

Requirement 3

Investigate how your animal coexists with other animals in the wild.

- Cub Scouts [play a game to learn the web of life.](#)

Requirement 4

Describe how humans interact with your chosen animal's ecosystem.

- Cub Scouts [add human interaction to their animal ecosystem](#).

Requirement 5

Discover how wildlife management benefits your animal.

- [Visit a wildlife recovery center](#).
- [Invite a wildlife expert to speak at a den meeting](#).

[Back to Elective Adventures](#)

AOL – 6th Grade

Into the Wild

Elective

Requirement 1

On The Trail

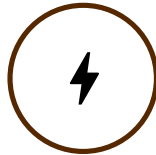


Snapshot of Activity

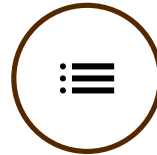
Walk along a trail and search for the perfect animal.



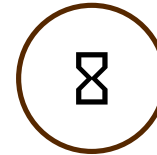
Travel



4



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5

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

Supply List

- [Activity Consent](#) form
- Scout Basic Essentials Animal Observation worksheet found in Additional Resources
- Pencils, one for each Cub Scout
- Printer

Note: Arrow of Light Scouts must earn the Knife Safety Adventure before they can use or carry a pocketknife, They must earn the Firem'n chit to carry or use matches. If they have not earned either of these then have them bring the other eight essentials.

Directions

Before the meeting:

1. Set a meeting date for a trip to the local wilderness trail.
2. Remind parents and legal guardians of the meeting location date and time and to bring a completed [Activity Consent Form](#) in addition to their Scout Ten Essentials.
3. Print an Animal Observation worksheet, one for each Cub Scout.

During the meeting:

1. Gather at a pre-determined location at the trailhead. Explain to Cub Scouts that they will be observing animals and choosing one to focus on to complete the rest of the Adventure. When choosing their animal, they should observe the surrounding environment.
2. Hand out the Animal Observation worksheets.
3. Allow time for Cub Scouts to find an animal. Remind them that in the outdoors, animals move about quickly. They may get just a few seconds to observe. Ask them to think about:
 - The animal ecosystem
 - How the animal co-exists with other animals
 - How humans interact with the animal's ecosystem
 - How wildlife management benefits the animal

Additional Resources

[Animal Observation worksheet](#)

[Back to Into the Wild Requirements](#)

AOL – 6th Grade

Into the Wild

Elective

Requirement 1



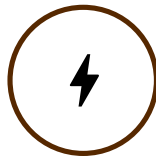
Wilderness Preserve

Snapshot of Activity

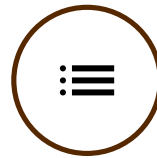
Visit a wildlife park and search for the perfect animal.



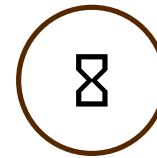
Travel



4



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5

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

Supply List

- [Activity Consent](#) form
- Animal Observation worksheet found in Additional Resources
- Scout Basic Essentials
- Pencils, one for each Cub Scout
- Printer

Note: Arrow of Light Scouts must earn the Knife Safety Adventure before they can use or carry a pocketknife, They must earn the Firem'n chit to carry or use matches. If they have not earned either of these then have them bring the other eight essentials.

Directions

Before the meeting:

1. Set a meeting date for a trip to a wildlife park.
2. Remind parents and legal guardians of the meeting location date and time and to bring a completed [Activity Consent Form](#) in addition to their Scout Basic Essentials.
3. Print an Animal Observation worksheet, one for each Cub Scout.

During the meeting:

1. Gather at a pre-determined location at the wildlife park. Explain to Cub Scouts that they will need to choose one animal to complete the rest of the Adventure.
2. Hand out the Animal Observation worksheets.
3. Allow time for Cub Scouts to research several animals before selecting one. Ask them to think about:
 - The animal ecosystem
 - How the animal co-exists with other animals
 - How humans interact with the animal's ecosystem
 - How wildlife management benefits the animal

Additional Resources

[Animal Observation worksheet](#)

[Back to Into the Wild Requirements](#)

AOL – 6th Grade

Into the Wild

Elective

Requirement 1



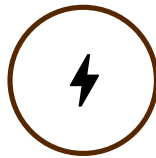
Zoo Visit

Snapshot of Activity

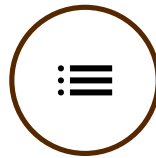
Visit a zoo and search for the perfect animal.



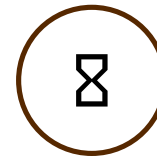
Travel



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

Supply List

- [Activity Consent](#) form
- Each Cub Scout Should bring:
 - Filled water bottle
 - Sun protection
 - Appropriate walking shoes
- Animal Observation worksheet found in Additional Resources
- Pencils, one for each Cub Scout
- Printer

Directions

Before the meeting:

1. Set a meeting date for a trip to the local zoo. If there is a cost to visit the zoo confirm with the pack committee and parents how the cost will be paid for. Ask if the zoo offers group discounts.
2. Remind parents and legal guardians of the meeting location date and time and to bring a completed [Activity Consent Form](#)
3. Print an Animal Observation worksheet, one for each Cub Scout.

During the meeting:

1. Gather at a pre-determined location at the zoo. Explain to Cub Scouts that they will be observing animals and choosing one to focus on to complete the rest of the Adventure. When choosing their animal, they should observe the environment the zoo has created for the animal and read information about the animal posted by the zoo.
2. Hand out the Animal Observation worksheets.
3. Allow time for Cub Scouts to observe several animals before selecting one. They may then want to sit and observe the animal for a period of time. Ask them to think about:
 - The animal ecosystem
 - How the animal co-exists with other animals
 - How humans interact with the animal's ecosystem
 - How wildlife management benefits the animal

Additional Resources

[Animal Observation worksheet](#)

[Back to Into the Wild Requirements](#)

AOL – 6th Grade

Into the Wild

Elective

Requirement 2

Claymation

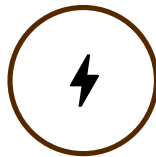


Snapshot of Activity

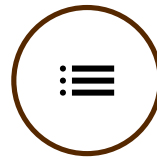
Cub Scouts create their animal's ecosystem using clay.



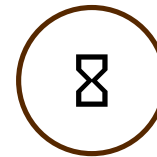
Indoor



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2

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

Supply List

- Modeling clay in assorted colors, enough to share
- Plastic knife, one for each Cub Scout
- Paper plate for each Cub Scout

Directions

Before the meeting:

1. Send a reminder to parents and legal guardians for Cub Scouts to bring their Animal Observation worksheet from requirement 1 to the meeting.
2. Prepare the meeting space so Cub Scouts can complete the activity.
3. Place the building materials onto the working surface before the meeting starts.

During the meeting:

1. Ask Cub Scouts to think about the animal they chose in requirement 1. Using the information they gathered during their observation, they will create model of their animal's ecosystem in clay. Things to keep in mind when building:
 - The sun – Without the sun, there would be no life on Earth.
 - Producers – All green plants — trees, shrubs, grasses, flowers, etc. — use the energy of the sun to grow.
 - Consumers – Animals are consumers. They use the stored energy, nutrients, and minerals in their food to grow and to maintain their health.
 - Decomposers – These are the fungi, lichens, bacteria, and insects that break down dead plants and animals.
 - Primary consumers — Plant-eating animals, also called herbivores, are called primary consumers because they are the first to benefit by eating the producers.
 - Secondary consumers: Meat-eating animals, also called carnivores, are secondary consumers because they benefit from the energy and nutrients stored in their prey, the herbivores.
2. When everyone is finished creating their clay model, Cub Scouts share their animal's ecosystems the patrol.

[Back to Into the Wild Requirements](#)

AOL – 6th Grade

Into the Wild

Elective

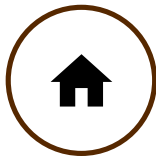
Requirement 2



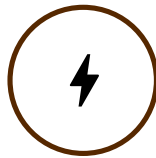
Life in a Shoebox

Snapshot of Activity

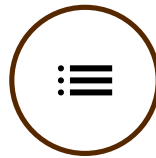
Cub Scouts create a diorama showing their animal's ecosystem.



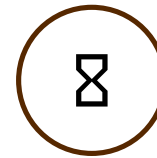
Indoor



3



4



3

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

Supply List

- Shoebox or cardboard box of similar size, one per Cub Scout
- Construction paper in assorted colors, enough to share
- Glue sticks, enough to share
- Small craft pebbles, enough to share
- Small sticks, enough to share
- 5 lb. container of air-dry clay
- Plastic knives, one for each Cub Scout
- Scissors
- Animal Observation worksheet from requirement 1

Directions

Before the meeting:

1. Send a reminder to parents and legal guardians for Cub Scouts to bring their Animal Observation worksheet from requirement 1 to the meeting.
2. Prepare the meeting space so Cub Scouts can complete the activity.
3. Place the building materials onto the working surface before the meeting starts.

During the meeting:

1. Ask Cub Scouts to think about the animal they chose in requirement 1. Using the information they gathered during their observation, they will create a diorama of their animal's ecosystem. Things to keep in mind when building:
 - The sun – Without the sun, there would be no life on Earth.
 - Producers – All green plants — trees, shrubs, grasses, flowers, etc. — use the energy of the sun to grow.
 - Consumers – Animals are consumers. They use the stored energy, nutrients, and minerals in their food to grow and to maintain their health.
 - Decomposers – These are the fungi, lichens, bacteria, and insects that break down dead plants and animals.
 - Primary consumers — Plant-eating animals, also called herbivores, are called primary consumers because they are the first to benefit by eating the producers.
 - Secondary consumers: Meat-eating animals, also called carnivores, are secondary consumers because they benefit from the energy and nutrients stored in their prey, the herbivores.
2. When everyone is finished creating their diorama, Cub Scouts share their animal's ecosystems the patrol.

[Back to Into the Wild Requirements](#)

AOL – 6th Grade

Into the Wild

Elective

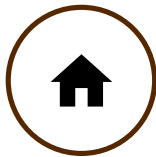
Requirement 3

Web of Life

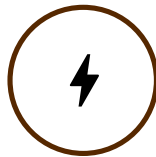


Snapshot of Activity

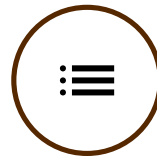
Cub Scouts play a game to learn the web of life.



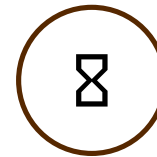
Indoor



5



2



2

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

Supply List

- Index cards
- Ball of yarn or twine
- Scissors
- Hole punch

Directions

Before the meeting:

1. Using the animals chosen by the Cub Scouts in requirement 1, write down the name of each animal on a separate index card. You may need to add a few additional animals to make the game work.
2. Punch holes in each of the top corners of the card and run a piece of yarn through them. Tie the ends of the yarn together so that the Scout can hang the card around their neck.
3. Set up meeting space for Cub Scouts to sit in a large, wide circle.

During the meeting:

1. With Cub Scouts, discuss how all are connected to each other.
 - What is a predator?
 - What is prey?
 - Are predators bad? Why or why not?
 - What does “It’s not easy being a predator?” mean?
 - What happens to an ecosystem if we take away predators?
 - What do your friends or members of your family feel about predators? Why do they feel that way? Are their feelings based on their own experience? Something they saw on television or something they read. What influences people’s attitudes?
 - Are humans predators? Explain.

2. Have the Scouts sit in a circle. Hand out index cards with their animal. For additional animals, give these to adults.
3. Hand the ball of yarn to one of the Cub Scouts and ask them to hold the end. While holding the end of the yarn, have the Cub Scout toss the ball to someone they're connected to (something they would eat or be eaten by or a place they would live). Have them explain how they're connected.
4. The second Scout repeats this, making sure they're holding on to the yarn as they toss the ball of yarn.
5. Keep repeating until everyone has at least one connection.
6. While everyone is still holding their strings, talk about how the different plants and animals are connected to each other.
7. Cut one or two of the strings and explain how the cuts represent something being removed from the environment. Ask the Scouts how cutting one or two strings affects other parts of the web.

[Back to Into the Wild Requirements](#)

AOL – 6th Grade

Into the Wild

Elective

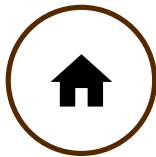
Requirement 4



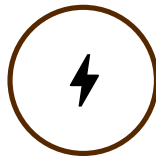
Human Interaction

Snapshot of Activity

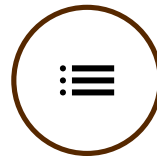
Cub Scouts add human interaction to their animal ecosystem.



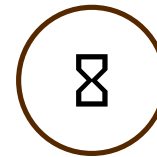
Indoor



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

Supply List

- Ecosystem model from requirement 2
- Same materials used to build model in requirement 2

Directions

During the meeting:

1. Share with Cub Scouts that animal ecosystems may be impacted by humans. Human interaction with animals can be both positive and negative. U.S. President Theodore Roosevelt was known as the conservation president and established several areas of the United States as national parks. Humans also have a negative impact at times. Roadways may cut off natural migration and hunting patterns for native animals. Building a wildlife crossing may help by providing wildlife a safe place to cross.
2. Using the ecosystem models built in requirement 2, ask Cub Scouts to make additions showing human interactions. This could be a road, an animal crossing bridge, or a pond gone dry due to pumping water for farmland.
3. Have Cub Scouts share their human interaction addition.

[Back to Into the Wild Requirements](#)

AOL – 6th Grade

Into the Wild

Elective

Requirement 5



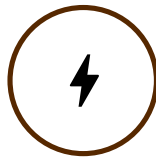
Wildlife Recovery

Snapshot of Activity

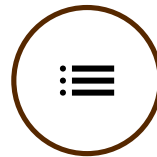
Visit a wildlife recovery center.



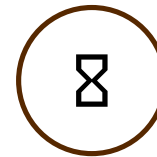
Travel



2



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5

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

Supply List

- [Activity Consent Form](#)

Directions

Before the meeting:

1. Contact a wildlife recovery center and schedule a visit.
2. Let the center know that the group is made up of fifth graders who have each selected an animal to learn about their ecosystem, how they live with other animals in their environment, and the impact of humans. Ask if they can discuss any of the animals selected by the Cub Scouts.
3. Confirm the date and time for the visit a few days before the visit.
4. Remind parents and legal guardians of the meeting location date and time and to bring a completed [Activity Consent Form](#).

During the meeting:

1. Gather Cub Scouts outside the meeting location. Discuss with Cub Scouts the expectations when visiting:
 - Be respectful during the presentation
 - Raise your hand when you want to speak or ask a question
 - Stay seated while the speaker is talking unless they ask you to stand up
 - Use your listening ears
2. Encourage Cub Scouts to ask questions about their specific animal and the management of that animal in the wild. Questions may include:
 - Why is it important to have a balance between wildlife and humans?
 - What should I do if I find an injured wild animal?
 - How does fire impact wildlife?
 - Should I use supplemental feed for wildlife?
 - What do you do to help maintain a balance?

After the meeting:

1. Send a thank you note the speaker.

[Back to Into the Wild Requirements](#)

AOL – 6th Grade

Into the Wild

Elective

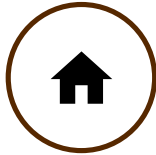
Requirement 5



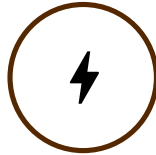
Wildlife Speaker

Snapshot of Activity

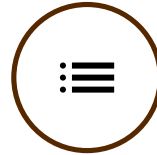
Invite a wildlife expert to speak at a den meeting.



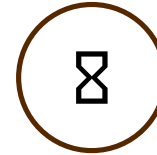
Indoor



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

Supply List

- Prepared questions to ask during tour
- Scheduled appointment time with wildlife expert

Directions

Before the meeting:

1. Contact an expert in wildlife management and invite them to a den meeting.
2. Inform the speaker that the den is made up of fifth graders who have each selected an animal to learn about their ecosystem, how they live with other animals in their environment, and the impact by humans. Ask the speaker to focus on the animals selected by the Cub Scouts.
3. Confirm the date and time for the visit a few days before the visit.
4. Set up meeting space for Cub Scouts and speaker.

During the meeting:

1. Introduce speaker.
2. Encourage Cub Scouts to ask questions about their specific animal and the management of that animal in the wild. Questions may include:
 - Why is it important to have a balance between wildlife and humans?
 - Can you have too many animals?
 - What should I do if I find an injured wild animal?
 - How does fire impact wildlife?
 - Should I use supplemental feed for wildlife?
 - What do you do to help maintain a balance?

After the meeting:

1. Send a thank you note the speaker.

[Back to Into the Wild Requirements](#)

Into the Woods

Elective



Snapshot of Adventure

Trees and plants play important roles in nature. In this Adventure, you will get to learn about the plants and trees in your community by exploring your area on a walk or visit to a local nature center, tree farm, or park.

If you have ever stood beneath a towering redwood, enjoyed the colors of fall leaves, or watched pine trees swaying in the wind, you know that trees and plants are beautiful. But they are also important to life on Earth. As you go into the woods, you will learn what trees and plants do for us and for animals, and why taking care of them is important to our planet's well-being.

Safety Moment

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

All participants in official Scouting America 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 Scouting America 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](#).

Complete the following requirements

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

Requirement 1

Visit an area with trees and plants and conduct a tree inventory. Select one tree and complete the remaining requirements based on that tree.

- Cub Scouts [visit a park to conduct a tree inventory and select a tree to study](#).

Requirement 2

Determine if your tree is deciduous or evergreen.

- Cub Scouts [make a rubbing of the leaf or needles from their chosen tree](#).
- Cub Scouts [photograph their leaf and enlarge the image to determine if it is deciduous or coniferous](#).
- Cub Scouts [use a pocket microscope to examine their leaf](#).

Requirement 3

Determine if your tree is native or was introduced to your area.

- Cub Scouts [determine whether their tree is native, introduced, or invasive](#).

Requirement 4

Find out how your tree deals with wildfire.

- Cub Scouts [will observe how different types of wood burn](#).
- Cub Scouts [talk with a Fire Management Officer to learn about wildfires and prescribed burns](#).

Requirement 5

Learn how wildlife uses your tree.

- Cub Scouts [investigate the relationships between trees and wildlife](#).

[Back to Elective Adventures](#)

AOL – 6th Grade

Into the Woods

Elective

Requirement 1



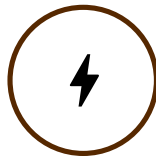
Tree Inventory

Snapshot of Activity

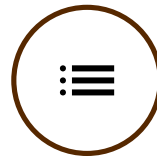
Cub Scouts visit a park to conduct a tree inventory and select a tree to study.



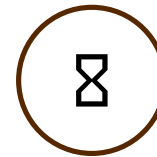
Travel



4



2



5

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

Supply List

- [Activity Consent Form](#)
- Tree Inventory found in Additional Resources, one per Cub Scout
- Printer
- Sharpened pencils, one per Cub Scout
- Clipboard, one per Cub Scout
- Plastic baggie

Directions

Before the meeting:

1. Identify a park with plants and trees in which the Cub Scouts can conduct a tree inventory.
2. Contact parents or legal guardians to give them the details of the visit. Remind them to bring the completed Activity Consent Form for their Cub Scout.
3. A week prior and the day before, remind Cub Scouts, parents, and legal guardians of the date, time, and designated meeting location, especially if it is different than your normal den meeting.
4. Print the Tree Inventory, one per Cub Scout.

During the meeting:

1. Gather Cub Scouts at the designated meeting location.
2. Hand out the Tree Inventory, a pencil, and a clipboard to each Cub Scout.
3. Define the area in which the Cub Scouts will conduct their tree inventory.
4. Have Cub Scouts complete their Tree Inventory by observing the trees in the defined inventory area.

5. Ask Cub Scouts to select one tree they would like to learn more about. Give them time to make observations in that section of the Tree Inventory.
 - Observe the higher branches of the tree for broken limbs, nests, and holes.
 - Observe the lower branches of the tree for nibbled-on bark, twigs, and leaves.
 - Observe the leaves. What is their shape? Are they large? Small? Needles?
 - Observe if the tree has any seeds, fruit, or flowers. What colors? What do they smell like?
 - Observe the texture of the bark. Is it smooth? Rough? Light? Dark?
 - Observe the bark for scratches or marks from antlers or claws.
 - Observe the bark for holes created by woodpeckers or insects.
 - Observe the surrounding ground for fruit, nuts, seeds, leaves, needles, twigs, or bark that may have fallen.
 - Observe the surrounding ground for animal scat or tracks.
 - Observe any sounds of wildlife around the tree. Squirrels scurrying? Birdsong? Woodpeckers drumming? Buzzing insects?
6. Have Cub Scouts collect either a leaf or a cluster of needles, preferably ones that are already on the ground. Place in plastic baggie. These will be used in requirement 2.

Tip: Help Cub Scouts take a photo of their tree to aid with identification and observations if the remaining requirements for the adventure will be completed at another time or location.

Additional Resources

[Tree Inventory](#)

[Back to Into the Woods Requirements](#)

AOL – 6th Grade

Into the Woods

Elective

Requirement 2



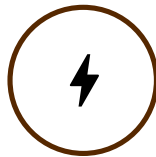
Leaf Rubbing

Snapshot of Activity

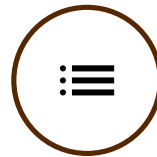
Cub Scouts make a rubbing of the leaf or needles from their chosen tree.



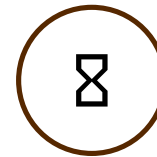
Indoor



2



2



2

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

Supply List

- Blank piece of paper for each Cub Scout
- Sharpened pencil for each Cub Scout
- Leaf or needles collected in requirement 1
- Tree inventory from requirement 1
- Tree identification resource
 - Books, enough to share OR
 - Websites: [What Tree is This](#), [Interactive Tree Identification Key](#) OR
 - Apps: [PlantNet](#), [LeafSnap](#), [iNaturalist](#), and [Seek](#)

Directions

Before the meeting:

1. Remind Cub Scouts to bring the leaf or needles they collected in requirement 1 and their tree inventory.
2. Gather supplies.
3. Set up meeting space with a flat space to do the rubbing.

During the meeting:

1. Gather Cub Scouts and explain the difference between deciduous or evergreen trees.
 - Coniferous trees have seeds that grow in cones, which is where the word “coniferous” comes from. When a cone’s scales open, the seeds fall out, and new trees can take root grow in cones, which is where the word “coniferous” comes from. When a cone’s scales open, the seeds fall out, and new trees can take root. Most coniferous trees are evergreen, meaning they don’t lose their needles in the fall.
 - Deciduous trees have wide, flat leaves that are good at capturing sunlight. They are called deciduous because most of them lose their leaves each year. Deciduous trees do not produce cones. Instead, their seeds are contained in nutshells or fruit. Oaks, maples, poplars, beeches, sycamores, and ashes are examples of deciduous trees.

2. Have Cub Scouts place their leaf or needles on a flat, smooth surface, preferably vein-side up. Cover the leaf or needles with a blank piece of paper.
3. Firmly hold the paper in place and rub the pencil back and forth across the paper covering the leaf or needles. The margin of the leaf and its veins or the needles should show on the paper as the Cub Scouts rub gently with the pencil. Make sure they rub over the entire leaf or needle cluster.
4. Give Cub Scouts time to make detailed observations. Have them check for:
 - Color. Is the leaf green? Has it started to change color due to the seasons?
 - Texture of the leaf. Is it smooth? Is it rough?
 - Edges of the leaf. Are they smooth or toothed?
 - Can they see the stomata on the underside of the leaf? (Stomata are tiny pores that open during the day to take in carbon dioxide and close at night to avoid losing too much water.)
 - Can they find the midrib and petiole? (The midrib runs along the center of the leaf and contains the central vein. It provides support to the leaf and ends in the petiole, the stiff stalk connecting the leaf to the plant stem.)
 - Unusual features on the blade (the flat part of the leaf made of green tissue which absorbs sunlight, making the sugar needed for the plant to grow). Are there holes from insects? Discoloration? Other damage?
5. Using the rubbings and the tree identification resources available, have the Cub Scouts work together in small groups to determine if their tree is deciduous or coniferous.

[Back to Into the Woods Requirements](#)

AOL – 6th Grade

Into the Woods

Elective

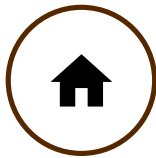
Requirement 2



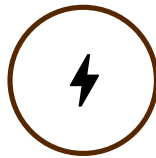
Leaf Snapshot

Snapshot of Activity

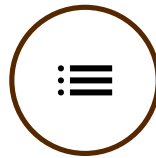
Cub Scouts photograph their leaf and enlarge the image to determine if it is deciduous or coniferous.



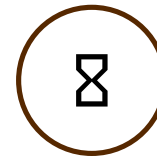
Indoor



2



4



2

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

Supply List

- Smart device with built-in camera, one for every two Cub Scouts
- Leaf or needles collected in requirement 1
- Tree inventory from requirement 1
- Tree identification resource
 - Books, enough to share OR
 - Websites: [What Tree is This](#), [Interactive Tree Identification Key](#) OR
 - Apps: [PlantNet](#), [LeafSnap](#), [iNaturalist](#), and [Seek](#)

Directions

Before the meeting:

1. Remind Cub Scouts to bring the leaf or needles they collected in requirement 1 and their tree inventory.
2. Gather supplies.
3. Set up meeting space with a flat space for setting up leaves and needles for picture taking.

During the meeting:

1. Coniferous trees have seeds that grow in cones, which is where the word “coniferous” comes from. When a cone’s scales open, the seeds fall out, and new trees can take root grow in cones, which is where the word “coniferous” comes from. When a cone’s scales open, the seeds fall out, and new trees can take root. Most coniferous trees are evergreen, meaning they don’t lose their needles in the fall.
2. Deciduous trees have wide, flat leaves that are good at capturing sunlight. They are called deciduous because most of them lose their leaves each year. Deciduous trees do not produce cones. Instead, their seeds are contained in nutshells or fruit. Oaks, maples, poplars, beeches, sycamores, and ashes are examples of deciduous trees.
3. Using a smart device, ask Cub Scouts to take a photo of their leaf or needles. Make sure the photo is in focus so it can be enlarged.
4. Have Cub Scouts zoom in on different parts of their leaf to see details.

5. Give Cub Scouts time to make detailed observations. Have them check for:
 - Color. Is the leaf green? Has it started to change color due to the seasons?
 - Texture of the leaf. Is it smooth? Is it rough?
 - Edges of the leaf. Are they smooth or toothed?
 - Can they see the stomata on the underside of the leaf? (Stomata are tiny pores that open during the day to take in carbon dioxide and close at night to avoid losing too much water.)
 - Can they find the midrib and petiole? (The midrib runs along the center of the leaf and contains the central vein. It provides support to the leaf and ends in the petiole, the stiff stalk connecting the leaf to the plant stem.)
 - Unusual features on the blade (the flat part of the leaf made of green tissue which absorbs sunlight, making the sugar needed for the plant to grow). Are there holes from insects? Discoloration? Other damage?
6. Discuss with the Cub Scouts their observations. Using the tree identification resources available, have the Cub Scouts work together in small groups to determine if their tree is deciduous or coniferous.

[Back to Into the Woods Requirements](#)

AOL – 6th Grade

Into the Woods

Elective

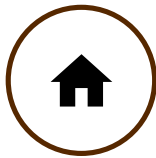
Requirement 2



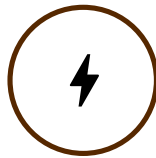
Under The Microscope

Snapshot of Activity

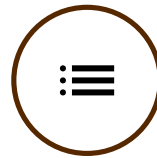
Cub Scouts use a pocket microscope to examine their leaf.



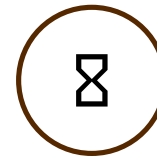
Indoor



2



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2

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

Supply List

- Pocket microscope, one for every two Cub Scouts
- Leaf or needles collected in requirement 1
- Tree inventory from requirement 1
- Tree identification resource
 - Books, enough to share OR
 - Websites: [What Tree is This](#), [Interactive Tree Identification Key](#) OR
 - Apps: [PlantNet](#), [LeafSnap](#), [iNaturalist](#), and [Seek](#)

Directions

Before the meeting:

1. Remind Cub Scouts to bring the leaf or needles they collected in requirement 1 and their tree inventory.
2. Gather supplies.
3. Set up meeting space with a flat space for microscopes.

During the meeting:

1. Gather Cub Scouts and explain the difference between deciduous or evergreen trees.
 1. Coniferous trees have seeds that grow in cones, which is where the word “coniferous” comes from. When a cone’s scales open, the seeds fall out, and new trees can take root grow in cones, which is where the word “coniferous” comes from. When a cone’s scales open, the seeds fall out, and new trees can take root. Most coniferous trees are evergreen, meaning they don’t lose their needles in the fall.
 2. Deciduous trees have wide, flat leaves that are good at capturing sunlight. They are called deciduous because most of them lose their leaves each year. Deciduous trees do not produce cones. Instead, their seeds are contained in nutshells or fruit. Oaks, maples, poplars, beeches, sycamores, and ashes are examples of deciduous trees.
2. Have Cub Scouts place the microscope directly above their leaf or needles at a 90° angle. Have the Cub Scouts turn on the LED light switch and begin viewing through the eyepiece.

3. Help Cub Scouts adjust the coarse knob or focus ring to fix the focus. Then, help them move the fine adjustment or zooming dial to focus up close and in higher magnification.
4. Give Cub Scouts time to make detailed observations. Have them check for:
 - Color. Is the leaf green? Has it started to change color due to the seasons?
 - Texture of the leaf. Is it smooth? Is it rough?
 - Edges of the leaf. Are they smooth or toothed?
 - Can they see the stomata on the underside of the leaf? (Stomata are tiny pores that open during the day to take in carbon dioxide and close at night to avoid losing too much water.)
 - Can they find the midrib and petiole? (The midrib runs along the center of the leaf and contains the central vein. It provides support to the leaf and ends in the petiole, the stiff stalk connecting the leaf to the plant stem.)
 - Unusual features on the blade (the flat part of the leaf made of green tissue which absorbs sunlight, making the sugar needed for the plant to grow). Are there holes from insects? Discoloration? Other damage?
5. Discuss with the Cub Scouts their observations. Using the tree identification resources available, have the Cub Scouts work together in small groups to determine if their tree is deciduous or coniferous.

[Back to Into the Woods Requirements](#)

AOL – 6th Grade

Into the Woods

Elective

Requirement 3



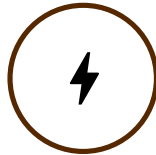
Native, Introduced, Or Invasive

Snapshot of Activity

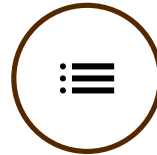
Cub Scouts determine whether their tree is native, introduced, or invasive.



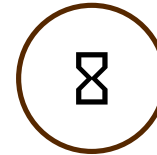
Indoor



1



2



2

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

Supply List

- Completed Tree Inventory from requirement 1
- Leaf or needles collected in requirement 1
- Tree inventory from requirement 1
- Tree identification resource
 - Books, enough to share OR
 - Websites: [What Tree is This](#), [Interactive Tree Identification Key](#) OR
 - Apps: [PlantNet](#), [LeafSnap](#), [iNaturalist](#), and [Seek](#)

Directions

Before the meeting:

1. Remind Cub Scouts to bring the leaf or needles they collected in requirement 1 and their tree inventory.
2. Gather supplies.
3. Set up meeting space with a flat space for setting up leaves and needles.

During the meeting:

1. Discuss the meaning of the terms native or introduced.
 - Native trees occur naturally. Native trees are perfect for providing food and shelter for wildlife, manufacturing oxygen for both animals and humans.
 - Introduced trees are species that are not native to the specific locations where they are found. These non-native plants have usually become established at new locations due to deliberate or accidental human activities.
 - Sometimes trees are considered invasive. Invasive species adversely affect habitats and bioregions, causing ecological, environmental, and/or economic damage.
2. Ask Cub Scouts to think about native and introduced trees:
 - What are some examples of native trees in your area? What are the benefits these trees provide to your community?

- What are some examples of introduced trees in your area? Why were these trees introduced? For decorative landscaping? For lumber harvest? For agriculture?
 - What are some examples of invasive trees in your area? How or why were these trees introduced? What impact are they having on the native trees? What impact are they having on wildlife?
3. Have Cub Scouts determine if the tree they selected is native or introduced. If introduced, is the tree invasive?

[Back to Into the Woods Requirements](#)

AOL – 6th Grade

Into the Woods

Elective

Requirement 4



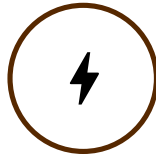
Burning Questions

Snapshot of Activity

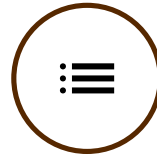
Cub Scouts will observe how different types of wood burn.



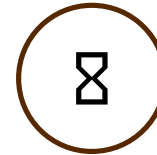
Outdoor



3



4



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

Supply List

- Tree cookie samples of at least four different types of wood, with the bark intact, all of a similar size
- Matches or a lighter
- Fire-resistant surface or non-burnable container for the fire, such as a metal or aluminum trash can lid placed on bricks or cinder blocks
- Fire extinguisher or bucket of sand, mud, or water
- Protective and fire-resistant clothing and gloves
- Burning Questions found in Additional Resources, one for the group
- Printer

Directions

Before the meeting:

1. Using the Burning Questions resource, familiarize yourself with burning of tree bark. Think about how to do it safely and what the Cub Scouts should expect.
2. Gather supplies and set up meeting space to safely burn bark.

During the meeting:

1. Gather Cub Scouts in a clear, open area.
2. Show Cub Scouts the tree cookies and identify the types of trees from which they come.
3. Safely burn each of the tree cookie samples.
4. When the demonstration is finished, discuss with Cub Scouts their observations.
 - Which type of wood burned for the longest amount of time? The shortest amount of time?
 - Which type of wood caught fire the quickest? The slowest?
 - How did the bark react to the fire?

After the meeting:

1. Make sure the fire is completely out and the area is cleaned up.

Additional Resources

[Burning Questions resource](#)

[Back to Into the Woods Requirements](#)

AOL – 6th Grade

Into the Woods

Elective

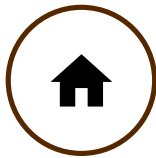
Requirement 4



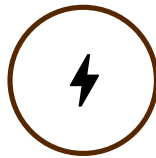
Forestry Visit

Snapshot of Activity

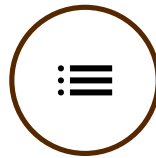
Cub Scouts talk with a Fire Management Officer to learn about wildfires and prescribed burns.



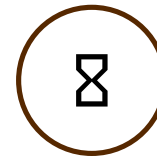
Indoor



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

Supply List

- Guest from the Department of Natural Resources or local Forest Service

Directions

Before the meeting:

1. Contact the Department of Natural Resources or local Forest Service to schedule a visit. Let them know that you have a group of 5th graders learning about wildfires and forest management. Explain that you would like the speaker to discuss naturally occurring wildfires, as well as prescribed burns. Ask them to bring any supplies they will need.
2. Send a reminder to the guest the day before.
3. Set up meeting space for speaker and Cub Scouts.

During the meeting:

1. Encourage Cub Scouts to ask questions. Remind them to be respectful during the presentation.
2. Ask the guest presenter to discuss the following:
 - Trees in fire-prone areas develop thicker bark for protection.
 - How topography, environment, and weather factor in a fire.
 - What is a prescribed burn? What is a burn ban?
 - How a low-intensity fire can be helpful to a forest.
 - The impact a high-severity fire can have on an ecosystem.
 - What is a mosaic fire?
3. When they're finished, have Cub Scouts ask questions such as:
 - How did you learn about wildfire safety?
 - Have you ever helped control a wildfire?
 - Was it scary?
 - How would the tree they are learning about deal with fire?

After the meeting:
Send a thank you note to the speaker.

Additional Resources

[Fire Basics for Kids](#)

[How Does Wildfire Impact Wildlife and Forests](#)

[Wildland Fire Junior Ranger Activity Book](#)

[Back to Into the Woods Requirements](#)

AOL – 6th Grade

Into the Woods

Elective

Requirement 5



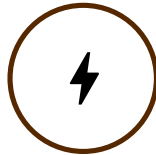
Trees as Habitats

Snapshot of Activity

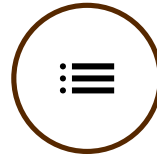
Cub Scouts investigate the relationships between trees and wildlife.



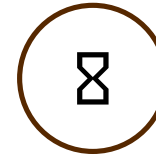
Indoor



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

Supply List

- Tree inventory from requirement 1

Directions

Before the meeting:

1. Remind Cub Scouts to bring their tree inventory completed requirement 1.

During the meeting:

1. Discuss with Cub Scouts some ways in which animals depend on and utilize trees.
 - How is the tree used for shelter? Is there a nest in its branches? Is there a hole or a hollow in which an owl, raccoon, or other animal could live? Can tree frogs, beetles, or bats live under the tree's bark?
 - How is the tree used for food? Does the tree grow fruit, seeds, or flowers that can be eaten by wildlife? Can woodpeckers and other wildlife eat the insects that live in the trees?
 - How is the tree used for protection? Can squirrels and deer mice store food in cavities?
 - How is the tree used as a playground? Do you see animals climbing around or in the tree? Do you see birds flying to and from it?
2. Have Cub Scouts brainstorm ways in which animals might use the tree they selected. They should review their recorded observations from their tree inventory. Ask Cub Scouts to share what clues they observed that indicate how wildlife uses their tree.
3. Ask Cub Scouts how humans use their tree. Are the uses similar? Different?

[Back to Into the Woods Requirements](#)

Knife Safety

Elective



Snapshot of Adventure

A knife is a tool. A pocketknife or multipurpose tool is one of the Scout Basic Essentials. On campouts, you will be preparing your own food. It's more than likely you'll use a kitchen knife. In this Adventure, you will learn the safety rules about using a knife and some basic instructions on how to use a pocketknife and kitchen knife.

This Adventure allows you as an Arrow of Light Scout to use a knife, with adult permission, during Cub Scout activities. Your pocket certificate for this Adventure may serve as proof you have heard this Adventure.

If you earned the Whittling Adventure as a Bear and/or the Chef's Knife Adventure as a Webelos, you must earn the Knife Safety Adventure as an Arrow of Light Scout to earn the privilege of using a knife during a Cub Scout activity. When joining a Scouts Scouting America troop, you will be asked to share what you need to know about pocketknife safety for your first rank, Scout. You will also be required to earn the Totin' Chip certification to earn the privilege of using a knife during a Scouts BSA activity. The Totin' Chip also covers the proper use of a saw and ax.

Safety Moment

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

All participants in official Scouting America 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 Scouting America practices, policies, and guidelines.

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

Before starting this Adventure

- Watch the [Cub Scout Knife Safety Adventures](#) video.
- Confirm that your meeting location will permit pocketknives or kitchen knives.
- Know the Cub Scout knife safety rules.
 - **Stop** – make sure no one else is within arm's reach
 - **Away** – always cut away from your finger or other body parts
 - **Sharp** – a sharp, clean knife is a safe knife
 - **Store** – knives closed, in a sheath or knife block
- Secure additional adult supervision as needed.

During the Adventure

- Review the Cub Scout knife safety rules.
- Check that all knives being used are sharp and in good condition.

Before starting this Adventure:

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

Complete the following requirements

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

Requirement 1

Know the safety rules for handling and using a knife.

- Cub Scouts [learn and explain the knife safety rules](#).

Requirement 2

Demonstrate the knife safety circle.

- Cub Scouts [practice the knife safety circle](#).

Requirement 3

Demonstrate that you know how to care for and use a knife safely.

- Cub Scouts [demonstrate proper care of a kitchen knife](#).
- Cub Scouts [practice sharpening their pocketknives](#).

Requirement 4

Demonstrate the proper use of a pocketknife to make a useful object on a campout.

- Cub Scouts [use a pocketknife to decorate a walking stick](#).
- Cub Scouts [use pocketknife to sharpen a stick for marshmallow roasting](#).

Requirement 5

Choose the correct cooking knife and demonstrate how to properly slice, chop, and mince.

- Cub Scouts [practice their knife skills by preparing a foil packet meal](#).
- Cub Scouts [practice their knife skills by cutting cooked meat](#).
- Cub Scouts [practice their knife skills by cutting various fruits](#).

[Back to Elective Adventures](#)

AOL – 6th Grade

Knife Safety

Elective

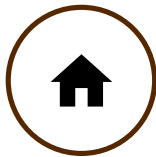
Requirement 1



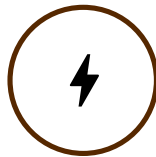
Knife Safety Rules Word Search

Snapshot of Activity

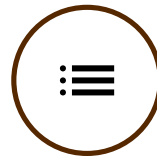
Cub Scouts learn and explain the knife safety rules.



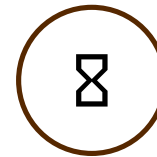
Indoor



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

Supply List

- Knife Safety Word Search found in Additional Resources
- Pencil or pen for each Cub Scout
- Sheet of paper
- Sharp knife

Directions

Before the meeting:

1. Print one copy of the Knife Safety Word Search for each Cub Scout.
2. Set up meeting space for Cub Scouts to have room to complete the activity.

During the meeting:

1. Give each Cub Scout a pencil or pen and a copy of the Knife Safety Word Search. Allow time to complete the puzzle. Discuss words in word search when complete.
2. Gather the Cub Scouts and introduce the **Knife Safety Rules**. Explain that knife safety rules apply to all knives in all situations.
 - - **Stop** – make sure no one else is within arm’s reach.
Ask Cub Scouts to explain how to ensure no one is within arm’s reach. The answer is “safety circle.”
 - **Away** – cut away from your finger or other body parts.
Ask Cub Scouts why they should always cut away from themselves. The answer is “to avoid being cut with the knife.”
 - **Sharp** – a sharp, clean knife is a safe knife.
Ask Cub Scouts how they determine if a knife is sharp or dull. Demonstrate the sharpness of a knife by holding a sheet of paper by the edge and slicing through it diagonally in a downward motion as you pull the blade through the paper.

- **Store** – knives closed, in a sheath or knife block.
Where should they keep their knife when it is not being used? The answer is “depends on the knife.
Pocketknives should be kept closed while not in use and kitchen knives in a knife block.

Additional Resources

[Knife Safety Word Search](#)

[Knife Safety Word Search Key](#)

[Back to Knife Safety Requirements](#)

AOL – 6th Grade

Knife Safety

Elective

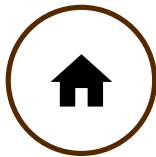
Requirement 2



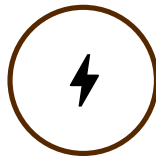
AOL Knife Safety Circle

Snapshot of Activity

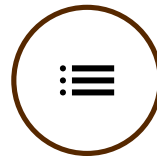
Cub Scouts practice the knife safety circle.



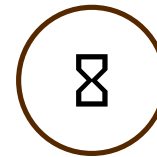
Indoor



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

Supply List

- No supplies needed

Directions

Before the meeting:

1. Establish an area to safely conduct a knife safety circle. Remove all objects and allow for plenty of room for a Cub Scout to safely turn in a circle while holding their pocketknife.

During the meeting:

1. Explain to Cub Scouts that they are going to practice making a safety circle, one at a time. Tell them that before they pick up their knife to use it, they should stretch their arm out and turn in a circle. They should also raise their hand above their head and move it in a circle to make sure there is nothing above them. If they cannot touch anyone or anything else, it's safe to use their knife. While using their knife, be sure to watch in case someone walks toward them and gets too close. If someone enters their knife safety circle they are to stop using their knife.
2. Have an adult demonstrate the knife safety circle by stretching out their arm and turning in a circle. If you cannot touch anyone or anything else, it's safe to use the knife.
3. Have each of the Cub Scouts enter the area that was previously set aside as the knife safety circle and practice. As part of the demonstration, have Cub Scouts pretend they are using their knives. Walk toward them to see if they stop. If they don't, remind them that if someone gets too close to their knife safety circle, they should stop using their knife.

[Back to Knife Safety Requirements](#)

AOL – 6th Grade

Knife Safety

Elective

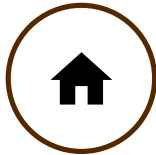
Requirement 3



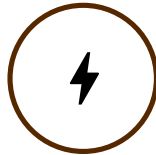
AOL Kitchen Knife Care and Use

Snapshot of Activity

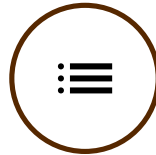
Cub Scouts demonstrate proper care of a kitchen knife.



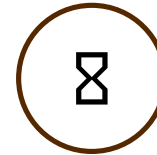
Indoor



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

Supply List

- 6" chef's knife, one for each Cub Scout
- 1 serrated knife
- Large 3000 grit or higher whetstone
- A honing rod or honing steel
- Spray bottle of water
- First aid kit
- Cutting board
- 1 large whole carrot for each Cub Scout

Directions

Before the meeting:

1. If you have not done so already watch the [Cub Scout Knife Safety Adventure](#) video and the section on how to sharpen a knife.
2. Establish an area to safely conduct knife sharpening. Remove all objects and allow for plenty of room for Cub Scouts to safely sharpen their kitchen knife.
3. At least a half hour before the meeting set the whetstone in water. Remove just before the meeting.

During the meeting:

1. Remind Cub Scouts of the knife safety rules.
 - **Stop** – make sure no one else is within arm's reach
 - **Away** – always cut away from your finger or other body parts
 - **Sharp** – a sharp, clean knife is a safe knife
 - **Store** – knives closed, in a sheath or knife block
2. Using what you learned in the video, demonstrate how to sharpen a knife. Inform Cub Scouts that kitchen knives are best sharpened professionally but if you have the right tools, you can do it yourself. If you use a kitchen knife often the blade will get dull.
3. Show Cub Scouts the
 - Spray the whetstone with water.
 - Lay the knife blade on the stone at a 35-degree angle. Push the blade forward as if you were going to shave a thin sliver from the stone. Do not push down hard. Wipe the blade with a soft cloth before doing the next side. As you are sharpening the blade small pieces of metal and parts of the whetstone are collecting on the blade, so you want to wipe the blade and the whetstone often.
 - Next, turn the blade over and sharpen the other side. Continue this back-and-forth action until the edge is sharp along its entire length. About 10 passes on each side of the blade should sharpen the knife.
 - Inform the Cub Scouts that after they sharpen a knife it needs to be washed before use.
4. Allow Cub Scouts to take turns practicing sharpening their kitchen knife. Show the honing rod/steel and explain that the honing rod is not designed to sharpen a knife blade. A honing rod is designed to straighten a knife blade. The edge of the blade can become crooked and a couple of passes on a honing rod will get the blade straight. The important thing to know is that the honing rod doesn't sharpen a knife.
5. Once their kitchen knife is sharp, demonstrate the proper grip. When using a kitchen knife there is the handshake grip and the pinch grip. Use the hand that you are most comfortable with. You can grip the knife on the handle (called the handshake grip), or you can use the pinch grip. The pinch grip is where you pinch the blade of the knife just above the bolster with your thumb and forefinger, then wrap the other fingers around the handle.
6. Have each Cub Scout try both grips on their knife to see what grip they are the most comfortable with. Once they have decided have them place their knives back down
7. Demonstrate the claw. When holding the object you are cutting, use the claw technique to keep the object stable and your fingers out of the way. To make a claw, shape your free hand into a claw by tucking four fingers behind your middle finger. Tightly grip the food with your claw hand, using all five fingers to hold it steady, with the thumb and pinky finger stabilizing the sides. Make sure the fingertips are always farther back from the knife edge than the knuckles.
8. Have each Cub Scout demonstrate the claw grip by gripping a carrot.

[Back to Knife Safety Requirements](#)

AOL – 6th Grade

Knife Safety

Elective

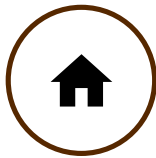
Requirement 3



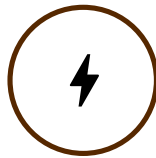
AOL Pocketknife Sharpening Practice

Snapshot of Activity

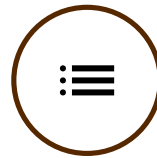
Cub Scouts practice sharpening their pocketknives.



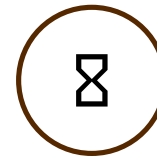
Indoor



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

Supply List

(It is recommended to use a large whetstone that can be placed on a sturdy surface compared to using a handheld whetstone when teaching how to sharpen a knife. If using handheld whetstones, Scouts wear a protective glove on the hand they use to hold the whetstone with.)

- Pocketknife for each Cub Scout
- Whetstone
- Protective glove for each Cub Scout
- Spray bottle of water, one for every 2 Cub Scouts
- Black marker
- First aid kit

Directions

Before the meeting:

1. If you have not done so already watch the [Cub Scout Knife Safety Adventures](#) video and the section on how to sharpen a knife.
2. Establish an area to safely conduct knife sharpening. Remove all objects and allow for plenty of room for Cub Scouts to safely sharpen their pocketknife.

During the meeting:

1. Ask parents and legal guardians to sit next to their Cub Scout.
2. Remind Cub Scouts of the knife safety rules.
 - **Stop** – make sure no one else is within arm's reach
 - **Away** – always cut away from your finger or other body parts
 - **Sharp** – a sharp, clean knife is a safe knife
 - **Store** – knives closed, in a sheath or knife block

3. Using what you learned in the video, demonstrate how to sharpen the pocketknife.
 - Spray the whetstone with water.
 - Using the black marker, mark the bevel of the blade on both sides.
 - Lay the knife blade on the stone at a slight angle. Push the blade forward as if you were going to shave a thin sliver from the stone. Do not push down hard. 10 to 15 passes.
 - Next, turn the blade over and sharpen the other side, 10 to 15 passes. Keep your fingers below the surface of the stone to protect them. Continue this back-and-forth action until the edge is sharp along its entire length.
 - Check the sharpness of the blade by cutting a piece of rope. The knife should easily cut the rope with little effort, if not, continue to sharpen the blade.
4. Allow Cub Scouts to take turns practicing sharpening their pocketknife.

[Back to Knife Safety Requirements](#)

AOL – 6th Grade

Knife Safety

Elective

Requirement 4



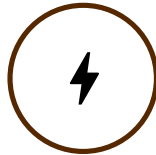
Make It My Own

Snapshot of Activity

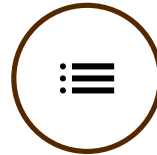
Cub Scouts use a pocketknife to decorate a walking stick.



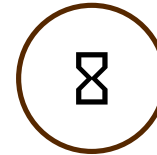
Outdoor



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

Supply List

- Pocketknife, one per Cub Scout
- One walking stick for each Cub Scout to decorate (approximately 6-12" shorter than Cub Scout, and 1" in diameter)
- Pencil, one per Cub Scout

Directions

Before the meeting:

1. If you have not done so already watch the [Cub Scout Knife Safety Adventure](#) video.
2. Carve your initials into a walking stick to Cub Scouts the end product.
3. Establish an area to safely whittle.

During the meeting:

1. Remind Cub Scouts of the knife safety rules.
 - **Stop** – make sure no one else is within arm's reach
 - **Away** – always cut away from your finger or other body parts
 - **Sharp** – a sharp, clean knife is a safe knife
 - **Store** – knives closed, in a sheath or knife block
2. Instruct Cub Scouts on proper size of sticks to choose for walking sticks, typically 6-12" shorter than the Cub Scout and 1" in diameter.
3. Explain to Cub Scouts that they will be decorating their walking sticks with their initials or names.
4. Demonstrate how to carve out sections of the stick to create the letters. The stop cut is the best cut for doing this.
 - Use pocketknife to etch desired letter into wood.
 - Once outline is etched, use pocketknife to carve out etched letters deeper and wider, trying to keep them uniform in depth and width.

5. Spread Cub Scouts out to a safe distance from each other, and assist them in repeating your steps, carving their initials or names into their sticks.

[Back to Knife Safety Requirements](#)

AOL – 6th Grade

Knife Safety

Requirement 4

Elective



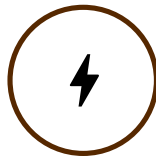
Walk Softly and Carry a Marshmallow Stick

Snapshot of Activity

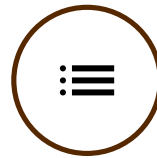
Cub Scouts use pocketknife to sharpen a stick for marshmallow roasting.



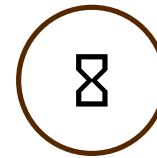
Outdoor



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

Supply List

- Pocketknife for each Cub Scout
- Large marshmallows, several per Cub Scout
- 24" – 36" long stick and 1/4" to 1/2" in diameter at roasting end, one per Cub Scout
- Fire starting materials, such as matches, lighter
- Campfire, this can be a portable campfire bowl
- Water to extinguish fire upon completion

Directions

Before the meeting:

1. If you have not done so already watch the [Cub Scout Knife Safety Adventure](#) video.
2. Whittle a marshmallow sticks to show Cub Scouts the end product.
3. Establish an area to safely whittle.
4. Build a campfire for roasting.

During the meeting:

1. Remind Cub Scouts of the knife safety rules.
 - **Stop** – make sure no one else is within arm's reach
 - **Away** – always cut away from your finger or other body parts
 - **Sharp** – a sharp, clean knife is a safe knife
 - **Store** – knives closed, in a sheath or knife block
2. Demonstrate to Cub Scouts how to use a pocketknife to sharpen a stick for roasting.
 - Apply pressure with knife at 35-degree angle to wood, moving the knife away from you.
 - Rotate the stick as you sharpen each side, until exposed area is smooth, with a sharp point.
3. Ensure Cub Scouts spread out far enough to have a safety circle for each Cub Scout.
4. Assist each Cub Scout in demonstrating the process to sharpen the stick.

5. Assist each Cub Scout in placing a marshmallow on the sharpened end of the stick and roasting in the campfire to their desired doneness.
6. Eat!
7. Once complete, ensure fire is extinguished, cold to the touch.

[Back to Knife Safety Requirements](#)

AOL – 6th Grade

Knife Safety

Elective

Requirement 5



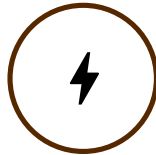
Cutting Our Own Dinner

Snapshot of Activity

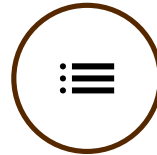
Cub Scouts practice their knife skills by preparing a foil packet meal.



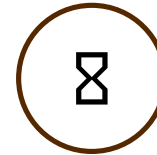
Outdoor



3



2



3

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

Supply List

- Heavy aluminum foil, approximately 3 sq. ft. per Cub Scout
- Potatoes, 2-3 per Cub Scout
- Carrots, 2-3 per Cub Scout
- Onion, 1 per Cub Scout
- Celery, 1-2 stalks per Cub Scout
- Ground beef, approximately 1/4 lb. per Cub Scout
- Fire starting materials (lighter, matches)
- Water for campfire
- Chef's knife, enough to share
- Cutting board, enough to share
- Vegetable peeler
- Seasonings and sauces to taste
- Food thermometer

Directions

Before the meeting:

1. Complete requirements 1-4 of the Chef's Knife Adventure.
2. Secure additional adult supervision as needed.
3. Check with each Cub Scout, parent, and legal guardian for food allergies. Make any necessary adjustments to ingredients.
4. Wash all the vegetables.
5. Prepare the ingredients and divide them up so each Cub Scout has the needed ingredients.
6. Set up meeting space for Cub Scouts to be able to use knives safely and cut the vegetables with a space for you to demonstrate how to slice, dice, and mince so that every Cub Scout can see you.
7. Make sure all chef's knives have been sharpened and cleaned.
8. Start campfire approximately 30-45 minutes before cooking. Fire should be mostly hot embers and not flames.
9. Peel carrots using peeler.

During the meeting:

1. Remind Cub Scouts of the knife safety rules.
 - **Stop** – make sure no one else is within arm's reach
 - **Away** – always cut away from your finger or other body parts
 - **Sharp** – a sharp, clean knife is a safe knife
 - **Store** – knives closed, in a sheath or knife block
2. Have everyone wash their hands.
3. Demonstrate proper method to cut each of the vegetables. Then have Cub Scouts do the same.
4. Dice potato into 1/4" pieces. Cut into 1/4" thick slices on one axis, then 1/4" on second axis, spread flat and cut 1/4" thick on third axis to create cubes
5. Slice carrots approximately 1/4" thick
6. Slice off ends of onion, then halve onion vertically, remove and throw away peels. Lay cut, flat ends on cutting board, slice, then dice on opposite axis.
7. Slice celery into 1/4" pieces.
8. Assist Cub Scouts in repeating steps to cut vegetables.
9. Once all Cub Scouts have successfully cut their vegetables, combine vegetables in approximately 1 sq. ft of foil, along with ground beef and any desired seasonings or sauces.
10. Use a second piece of foil to cover vegetables, and using your hands, crimp and fold the edges of foil to create a sealed packet.
11. Place in the hot embers of the fire, cook 15-20 minutes per side. Food should be cooked to an internal temperature of 160 degrees.
12. Extinguish the fire using water, ensure it is out cold to the touch.
13. Wash all utensils and cutting boards.

[Back to Knife Safety Requirements](#)

AOL – 6th Grade

Knife Safety

Elective

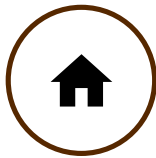
Requirement 5



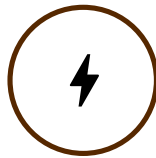
Easy Chicken Salad

Snapshot of Activity

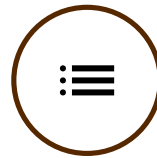
Cub Scouts practice their knife skills by cutting cooked meat.



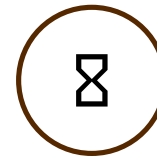
Indoor



3



2



3

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

Supply List

In this activity Cub Scouts will slice and dice chicken breast. The diced chicken breast is then used to make a chicken salad. You may alter the recipe or choose another dish to make with the diced chicken breast.

- Chef's knife, enough to share
- Cutting board, enough to share
- Chicken breast, one for every two Cub Scouts
- Meat thermometer
- 12" fry pan
- 1 tablespoon Vegetable Oil
- For every 12 oz. of chicken breast:
 - 1/3 cup light mayonnaise
 - 1/2 cup celery, chopped
 - 1/3 cup red onion, diced (or scallions or chives)
 - 1 teaspoon Dijon mustard
 - 1/2 teaspoon seasoned salt
 - black pepper, to taste
- Crackers
- Serving spoon
- Plates
- Napkins

Directions

Before the meeting:

1. Complete requirements 1-4 of the Chef's Knife Adventure.
2. Secure additional adult supervision as needed.
3. Check with each Cub Scout, parent, and legal guardian for food allergies. Make any necessary adjustments to ingredients.
4. Cook the chicken breast in the fry pan by placing the oil in the fry pan and heating the oil over medium high heat. Once the oil is hot add the chicken breast and cook until the internal temperature reaches 165 degrees.
5. Prepare the other ingredients for the chicken salad.

During the meeting:

1. Remind Cub Scouts of the knife safety rules.
 - **Stop** – make sure no one else is within arm's reach
 - **Away** – always cut away from your finger or other body parts
 - **Sharp** – a sharp, clean knife is a safe knife
 - **Store** – knives closed, in a sheath or knife block
2. Have everyone wash their hands.
3. Demonstrate how to slice chicken breast. Allow to rest for a few minutes after cooking. Hold knife with dominant hand. Hold chicken breast in place on cutting board with other hand. Using chef's knife, slice chicken breast thinly across the grain. Your slices should be the thinner of the two dimensions of the breast.
4. Allow Cub Scouts to slice their piece of chicken.
5. Demonstrate how to dice chicken breast. Take the slices you make and stack slices two or three pieces high. Cut long way about ½ cuts then turn the chicken slices 90 degrees and cut again ½ cuts to dice the chicken.
6. Have Cub Scouts dice their check breast.
7. Wash all knives and cutting boards.
8. Place the diced chicken in a bowl with the other ingredients for the chicken salad and mix. Allow Cub Scouts to sample the chicken salad.

[Back to Knife Safety Requirements](#)

AOL – 6th Grade

Knife Safety

Elective

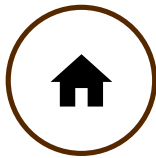
Requirement 5



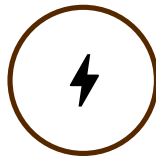
Fixing My Own Fruit

Snapshot of Activity

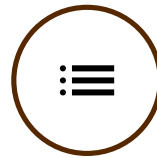
Cub Scouts practice their knife skills by cutting various fruits.



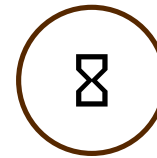
Indoor



3



2



1

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

Supply List

- Chef's knife, enough to share
- Selection of fruit, such as apples, pears, grapes, strawberries, sufficient quantity for each Cub Scout to attempt multiple fruits
- Cutting board, enough to share

Directions

Before the meeting:

1. Complete requirements 1-4 of the Chef's Knife Adventure.
2. Secure additional adult supervision as needed.
3. Check with each Cub Scout, parent, and legal guardian for food allergies. Make any necessary adjustments to ingredients.
4. Wash all the fruit.
5. Prepare the ingredients and divide them up so each Cub Scout has the needed ingredients.
6. Set up meeting space for Cub Scouts to be able to use knives safely and cut the vegetables with a space for you to demonstrate how to slice, dice, and mince so that every Cub Scout can see you.
7. Make sure all chef's knives have been sharpened and cleaned.

During the meeting:

1. Remind Cub Scouts of the knife safety rules.
 - **Stop** – make sure no one else is within arm's reach
 - **Away** – always cut away from your finger or other body parts
 - **Sharp** – a sharp, clean knife is a safe knife
 - **Store** – knives closed, in a sheath or knife block
2. Have everyone wash their hands.
3. Demonstrate proper method to cut each of the selected fruits. Then have Cub Scouts do the same.
4. Have Cub Scouts slice their grapes in half
5. Have Cub Scouts cut apple or pear. Stand apple or pear vertically, cut off one side, just outside core. Cut off next side and repeat until apple or pear is in four pieces plus the core. Discard core larger pieces into smaller sticks.
6. Have Cub Scouts cut strawberries. Lay strawberry on its side on cutting board. Slice off stem end. Stand on flat side and cut strawberry into fourths.
7. Enjoy fruit snacks
8. Wash all knives and cutting boards.

[Back to Knife Safety Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective



Snapshot of Adventure

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

Getting out on the water and paddling around is a great way to enjoy the outdoors and go places that you can only get to with a paddle craft. The boundary waters of Minnesota, the shoals of the Florida Keys, and countless rivers and lakes across the United States are available to only those who choose to paddle there. In this Adventure, you can choose a canoe, kayak, or stand-up paddleboard to complete the requirements.

Safety Moment

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

All participants in official Scouting America 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 Scouting America practices, policies, and guidelines.

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

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

The following information is specific to Cub Scout boating activities:

- Supervision—the ratio of adult supervisors to participants is one to five.
- Skill Proficiency—Canoeing, row boating, and rafting for Cub Scouts (including Webelos Scouts) is limited to council/district events on flat-water ponds or controlled lake areas free of powerboats and sailboats. Prior to recreational canoeing, Cub Scouts are to be instructed in basic handling skills and practices.
- Planning—Canoeing, row boating, and rafting do not include “trips” or “expeditions” and are not to be conducted on running water (i.e., rivers or streams); therefore, some procedures are inapplicable. Suitable weather requires clear skies, no appreciable wind, and warm air and water.
- Life jackets—All persons engaged in activity on the open water must wear properly fitted U.S. Coast Guard-approved life jackets.

Supervision by an adult, 21 or older, who is trained in Scouting America Safety Afloat. At least one leader must be trained in first aid which includes CPR. Any swimming done in conjunction with the activity must be within [Scouting America Safe Swim Defense](#) standards.

- Complete the Scouting America Safety Afloat (30 minutes) training on [my.scouting](#).
- Confirm enough adults who will serve as supervisors during the activity to maintain a ratio of one supervisor to every 5 Cub Scouts.
- Have buddy tags for everyone who will be near the water, youth, and adults.

During the Adventure:

- Give an overview and instruction on the points of Safety Afloat prior to the activity.
- Provide continuous, qualified adult supervision and discipline during the activity.

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

Complete the following requirements

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

Requirement 1

Before attempting requirements 5, 6, 7, 8 and 9 for this Adventure, you must pass the Scouting America swimmer test.

- Cub Scouts swim for the Scouting America swimmer test.

Requirement 2

Pick a paddle craft for which to complete all requirements: canoe, kayak, or stand-up paddleboard.

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

Requirement 3

Review Safety Afloat.

- Cub Scouts review the attributes of being on the water safely.

Requirement 4

Demonstrate how to choose and properly wear a life jacket that is the correct size.

- Cub Scouts learn about life jackets.

Requirement 5

Jump feet first into water over your head while wearing a life jacket then swim 25 feet wearing the life jacket.

- Cub Scouts use life jacket in the water.

Requirement 6

Demonstrate how to enter and exit a canoe, kayak, or stand-up paddleboard safely.

- Cub Scouts practice how to enter and exit a canoe safely.
- Cub Scouts practice how to enter and exit a kayak safely.
- Cub Scouts practice how to enter and exit a stand-up paddle board safely.

Requirement 7

Discuss what to do if your canoe or kayak tips over or you fall off your stand-up paddleboard.

- Cub Scouts learn what to do if their canoe tips over.
- Cub Scouts learn what to do if their kayak tips over.
- Cub Scouts learn what to do if their paddle board tips over.

Requirement 8

Learn how to pick a paddle that is the right size for you. Explore how the paddle craft responds to moving the paddle.

- Cub Scouts pick a canoe paddle and learn how to use it.
- Cub Scouts pick a kayak paddle and learn how to use it.
- Cub Scouts pick a stand-up paddle board paddle and learn how to use it.

Requirement 9

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

- Cub Scouts enjoy 30 minutes of paddle craft activity.

[Back to Elective Adventures](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 1



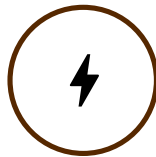
AOL Swimmers Test

Snapshot of Activity

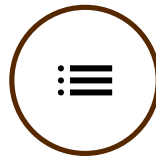
Cub Scouts swim for the Scouting America swimmer test.



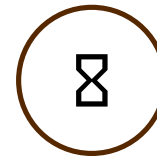
Travel



5



4



5

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](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

Directions

Cub Scouts must successfully pass the Scouting America Swimmer Test before working on requirement 6 or requirement 7.

Before the meeting:

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

During the meeting:

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

2. Have Cub Scouts attempt the test.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 2

AOL Pick a Paddle

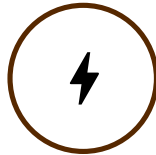


Snapshot of Activity

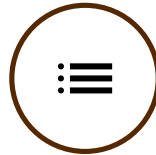
Cub Scouts pick from one of the paddle crafts to complete remaining requirements.



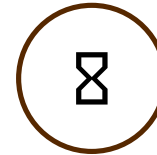
Indoor



1



1



1

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

Supply List

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

Directions

During the meeting:

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

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 3



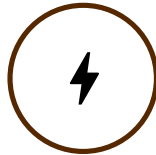
AOL Swimming Safely

Snapshot of Activity

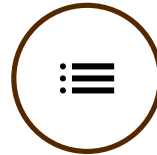
Cub Scouts review the attributes of being on the water safely.



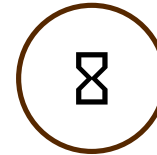
Indoor



1



1



2

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

Supply List

- Safety Afloat Review found in Additional Resources
- Cardstock
- Printer

Directions

Before the meeting:

1. Review [Scouting America Safety Afloat](#) guidelines
2. Print two copies of the Safety Afloat Review found in Additional Resources. Keep one for a key. Cut out each of the labels on the second copy.
3. On a flat surface, lay out the cards in no particular order.

During the meeting:

1. Share with Cub Scouts that they are preparing to participate in a paddle craft Adventure. Tell them that safety on the water is extremely important. When boating during a Scouting activity, we follow the nine parts of Safety Afloat. Today we will be discussing Safety Afloat.
2. Point out the cards on the table. Their job is to work together and put the name of the Safety Afloat guideline with the description.
3. Give Cub Scouts time to complete the task.
4. Once all the cards are place, check to see if they are correct. If not, ask them to review and see if they can figure out their mistake.
5. After the activity is completed, review each of the nine points and allow time for Cub Scouts to ask questions to ensure they understand the guidelines.

Additional Resources

[Safety Afloat Review](#)

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 4



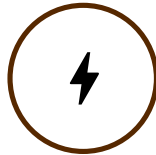
AOL Life Jacket Safety

Snapshot of Activity

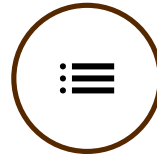
Cub Scouts learn about life jackets.



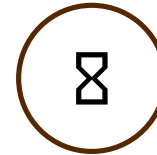
Indoor



2



5



2

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

Supply List

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

Directions

Before the meeting:

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

During the meeting:

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

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

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 5



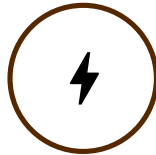
AOL Float with Confidence

Snapshot of Activity

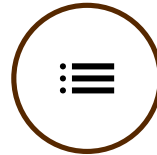
Cub Scouts use life jacket in the water.



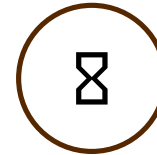
Travel



5



5



5

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

During the meeting:

1. Explain to Cub Scouts they practice wearing a life jacket in the water.
2. Have Cub Scouts jump feet first into water over their head while wearing a life jacket.
3. Tell Cub Scouts to swim 25 feet wearing their life jacket. Swimming can be done on their back or front.
4. Practice until everyone is able to jump into the water and swim 25 feet.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 6



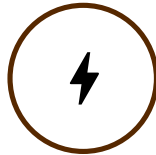
AOL Launch and Depart Canoe

Snapshot of Activity

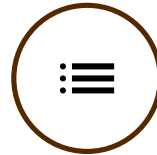
Cub Scouts practice how to enter and exit a canoe safely.



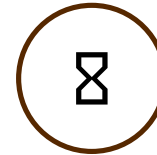
Travel



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

Supply List

- Canoe and paddles
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

Directions

Before the meeting:

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

During the meeting:

1. Explain to Cub Scouts that they will be learning and practicing how to enter and exit a canoe.
2. Ask Cub Scouts to buddy up.
3. Assemble Cub Scouts onshore, distribute life jackets and paddles. Everyone puts on their life jacket and place paddles inside the canoe.

4. To enter the canoe:

- Put the canoe in the water with the stern (back of the boat) first. Make sure the canoe is fully in the water to avoid “bridging” where part of the boat is still on land and the other part in the water.
- Remind Cub Scouts that when entering, exiting or moving a canoe, always keep three points of contact by keeping both hands on the gunwales (sides of the canoe) and moving one foot at a time.
- Stay low by hunching your back and bending your knees; this will make it easier to keep your balance. Standing outside the canoe in the water, the bow (front) paddler steadies the bow with their knees while holding on to the bow deck plate.
- Next, the stern (back) paddler steps into the boat on the center line, facing the bow (front), then backs up to the stern and sits or kneels into their position, keeping three points of contact.
- Once in position, the stern paddler places their paddle in the water with the blade parallel to the canoe, up to the throat and holds the paddle shaft against the side of the canoe, locking their thumb of the shaft hand over the gunwale. This will reduce the side-to-side motion of the canoe as the bow (front) paddler gets in. The bow paddler places their paddle in the canoe and enters the canoe in the same way the stern (back) paddler did going to the center of the canoe. The stern (back) paddler is in their position, and the bow (front) paddler is in the center of the boat. The bow of the boat will float free of the shoreline. The stern (back) paddler back paddles away from the shoreline, and the bow (front) paddler moves forward to their paddling position.

5. To exit the canoe:

- Slowly approach the shore. Allow the canoe to reach the shore.
- The person in the bow hold onto the gunwales and steps out of the canoe.
- If the water is shallow enough for the person in the stern to step out, then the person who was in the bow holds the canoe’s bow sturdy as they did when entering the canoe as the person in the stern steps out.
- If needed pull the canoe up closer to shore but make sure that the canoe is not “bridging”.

Tip: This requirement is done at the same time as requirements 7, 8, and 9.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 6



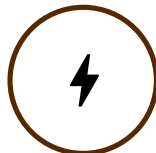
AOL Launch and Depart Kayak

Snapshot of Activity

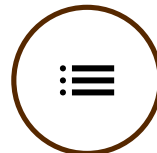
Cub Scouts practice how to enter and exit a kayak safely.



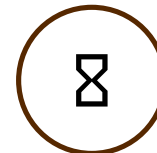
Travel



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

Supply List

- Kayak and paddle
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

Directions

Before the meeting:

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

During the meeting:

1. Explain to Cub Scouts that they will be learning and practicing how to enter and exit a kayak.
2. Ask Cub Scouts to buddy up.
3. Assemble Cub Scouts onshore, distribute life jackets and paddles. Everyone puts on their life jacket.

4. To enter the kayak:
 - Start with the kayak on a shallow shoreline. To keep your kayak stable, bring it parallel to the shore.
 - Use your paddle for balance by placing one end on the shore bank and the other end just behind the cockpit rim of the kayak. Try to keep three points of contact with the boat, such as both hands and a foot, or both feet and your seat.
 - Slide your legs in and out of the cockpit. Move slowly and keep your body low.
5. To exit the kayak:
 - As you approach the shallow shoreline, paddle the kayak so that it is parallel with the shore.
 - Use your paddle to stabilize the kayak like you did when you got in.
 - Lift yourself out of the cockpit and sit on the back of the kayak just behind the cockpit. Take your leg out of the cockpit and place it on the shore. Keeping three points of contact, take your second leg out to exit the kayak.

Tip: This requirement is done at the same time as requirement 7, 8, and 9.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Requirement 6

Elective



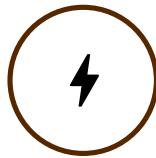
AOL Launch and Depart Stand-Up Paddle Board

Snapshot of Activity

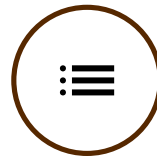
Cub Scouts practice how to enter and exit a stand-up paddle board safely.



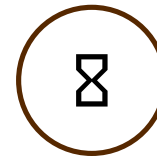
Travel



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

Supply List

- Stand-up paddle board and paddle
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

Directions

Before the meeting:

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

During the meeting:

1. Explain to Cub Scouts that they will be learning and practicing how to get on and off a stand-up paddle board.
2. Ask Cub Scouts to buddy up.
3. Assemble Cub Scouts onshore, distribute life jackets and paddles. Everyone puts on their life jacket and place paddle on top of the stand-up paddle board.

4. To get on the stand-up paddle board:
 - Start with the stand-up paddle board on a shallow shoreline.
 - Grab each side of the paddle board with your hands.
 - Staying low, get on the board using your knees.
 - Place the paddle in front of you parallel to your knees. Stay centered on the stand-up paddle board.
 - Holding on to the paddle shaft with both hands, slowly stand up while keeping hands on the paddle.
 - Stay centered on the paddle board with your feet square to your shoulders and start to paddle.
5. To exit the stand-up paddle board:
 - Approach the shallow shoreline slowly.
 - As you approach, lower yourself so you are on your knees, like you were when you started.
 - If the shoreline is soft, wait for the stand-up paddle board to hit the shoreline, then grab each side of the paddle board with your hands and carefully step off.

Tip: This requirement is done at the same time as requirement 7, 8, and 9.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 7



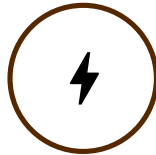
AOL Canoe Resilience

Snapshot of Activity

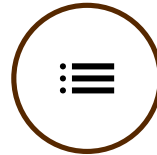
Cub Scouts learn what to do if their canoe tips over.



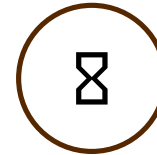
Travel



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

Supply List

- Canoe and paddles
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

Directions

Before the meeting:

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

During the meeting:

1. The No. 1 rule is to stay with your paddle craft. Remind Cub Scouts your boat buddy is there to help.
2. Position yourself facing each other underneath the canoe. If possible, try and keep ahold of your paddle and stash it inside the canoe.
3. Lift one side of the canoe above the water line to break the suction against the water.
4. Push the canoe above your heads and simultaneously flip the canoe upright so that it is floating in the water. There may still be water left in the canoe, so slightly rock the canoe from side to side to slosh the water out of the boat. Once most of the water is out of the canoe, you are both ready to climb back in.

5. Have one person hold the side of the canoe level while the other person climbs back in on the opposite side of the canoe.
6. Finally, use your body weight to keep the canoe level while the second person climbs back into the canoe.

Tip: This requirement is done at the same time as requirement 6, 8, and 9.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 7



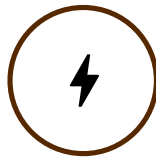
AOL Kayak Resilience

Snapshot of Activity

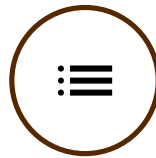
Cub Scouts learn what to do if their kayak tips over.



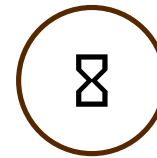
Travel



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

Supply List

- Kayak and paddle
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

Directions

Before the meeting:

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

During the meeting:

1. The No. 1 rule is to stay with your paddle craft. Remind Cub Scouts your boat buddy is there to help.
2. The easiest way to right the kayak is to swim it back to shore or shallower water. This lets you flip it back over and drain any water out. Swimming it back to shore also gives you an easy way to reenter your kayak.

Tip: This requirement is done at the same time as requirement 6, 8, and 9.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Requirement 7

Elective



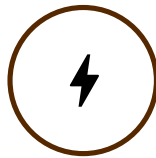
AOL Stand-Up Paddle Board Resilience

Snapshot of Activity

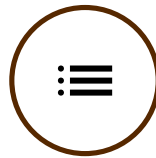
Cub Scouts learn what to do if their paddle board tips over.



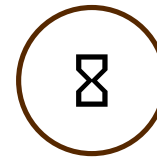
Travel



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

Supply List

- Stand-up paddle board and paddle
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

Directions

Before the meeting:

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

During the meeting:

1. The No. 1 rule is to stay with your paddle craft. Remind Cub Scouts your boat buddy is there to help.
2. While treading water alongside your board, grab the carry handle with one hand and pull yourself up until you can reach the opposite rail. Then kick hard and pull yourself on.

Tip: This requirement is done at the same time as requirement 6, 8, and 9.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 8



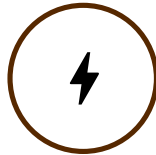
AOL Canoe Paddle Perfect

Snapshot of Activity

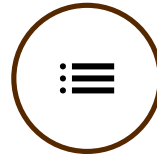
Cub Scouts pick a canoe paddle and learn how to use it.



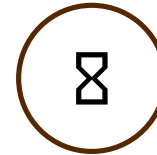
Travel



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

Supply List

- Kayak paddles of various sizes
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

Directions

Before the meeting:

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

During the meeting:

1. Explain to Cub Scouts that a kayak paddle has two blades. The most important thing about selecting a kayak paddle is the comfort of the paddle in your hands.
2. To size your kayak paddle, hold the paddle above your head horizontally (side to side) and centered. With your elbows bent at 90-degree angles, your hands should be 6 to 8 inches from the throat on either end of the paddle.
3. Have Cub Scouts pick out a paddle.
4. Explain to Cub Scouts that they will be learning and practicing how to paddle.
5. Assemble Cub Scouts onshore and distribute paddles. Practice the following strokes on land:

6. **Forward paddle stroke**
 - Catch lower the paddle blade edgewise into the water in front of you, not too deep.
 - Power Pull backward.
 - Recover Position the paddle forward, ready to begin another stroke.
7. **Backstroke** Push on the paddle instead of pulling.
8. **Sweep** Use sweeps to turn. Reach out with the paddle and move it in a quarter circle, either forward or backward. Or use draw and pry strokes, pulling or pushing the paddle straight toward or away from the canoe.
9. Practice again before getting into the canoe by standing in knee-high water.

Tip: This requirement is done at the same time as requirement 6, 7, and 9.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 8



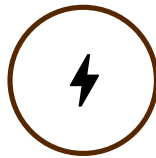
AOL Canoe Paddle Perfect

Snapshot of Activity

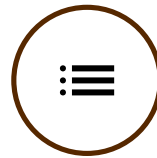
Cub Scouts pick a stand-up paddle board paddle and learn how to use it.



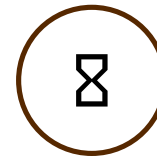
Travel



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

Supply List

- Canoe paddles of various sizes
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

Directions

Before the meeting:

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

During the meeting:

1. Explain to Cub Scouts that canoe paddles come in different sizes. The proper size of a paddle is more about comfort and feel than an exact measurement.
2. To see if a paddle is the right size for you, crouch down on land like you would sit or kneel in a canoe. Put the grip of the paddle on the ground with the tip pointing up. The throat of the paddle should be between your shoulder and nose.
3. Have Cub Scouts pick out a paddle.
4. Explain to Cub Scouts that they will be learning and practicing how to paddle.

5. Assemble Cub Scouts onshore and distribute paddles. Practice the following strokes on land:
6. **Forward paddle stroke**
 - Catch lower the paddle blade edgewise into the water in front of you, not too deep.
 - Power Pull backward.
 - Recover Position the paddle forward, ready to begin another stroke.
7. **Backstroke** Push on the paddle instead of pulling.
8. **Sweep** Use sweeps to turn. Reach out with the paddle and move it in a quarter circle, either forward or backward. Or use draw and pry strokes, pulling or pushing the paddle straight toward or away from the canoe.
9. Practice again before getting into the canoe by standing in knee-high water.

Tip: This requirement is done at the same time as requirement 6, 7, and 9.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective

Requirement 8



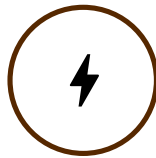
AOL Kayak Paddle Perfect

Snapshot of Activity

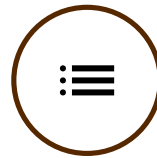
Cub Scouts pick a kayak paddle and learn how to use it.



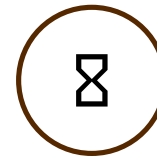
Travel



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

Supply List

- Kayak paddles of various sizes
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

Directions

Before the meeting:

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

During the meeting:

10. Explain to Cub Scouts that a kayak paddle has two blades. The most important thing about selecting a kayak paddle is the comfort of the paddle in your hands.
11. To size your kayak paddle, hold the paddle above your head horizontally (side to side) and centered. With your elbows bent at 90-degree angles, your hands should be 6 to 8 inches from the throat on either end of the paddle.
12. Have Cub Scouts pick out a paddle.
13. Explain to Cub Scouts that they will be learning and practicing how to paddle.
14. Assemble Cub Scouts onshore and distribute paddles. Practice the following strokes on land:

15. **Forward paddle stroke**

- Catch lower the paddle blade edgewise into the water in front of you, not too deep.
- Power Pull backward.
- Recover Position the paddle forward, ready to begin another stroke.

16. **Backstroke** Push on the paddle instead of pulling.

17. **Sweep** Use sweeps to turn. Reach out with the paddle and move it in a quarter circle, either forward or backward. Or use draw and pry strokes, pulling or pushing the paddle straight toward or away from the canoe.

18. Practice again before getting into the canoe by standing in knee-high water.

Tip: This requirement is done at the same time as requirement 6, 7, and 9.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Requirement 8

Elective



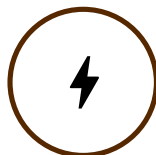
AOL Stand-Up Paddle Board Paddle Perfect

Snapshot of Activity

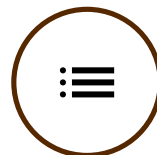
Cub Scouts pick a stand-up paddle board paddle and learn how to use it.



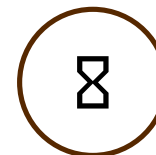
Travel



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

Supply List

- Stand-up paddle board paddles of various sizes
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

Directions

Before the meeting:

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

During the meeting:

1. Explain to Cub Scouts that stand-up paddle board paddles come in different sizes. The paddle for a stand-up paddle board is long and should be about 8 to 10 inches taller than you are.
2. Have Cub Scouts pick out a paddle.
3. Explain to Cub Scouts that they will be learning and practicing how to paddle.
4. Assemble Cub Scouts onshore and distribute paddles. Practice the following strokes on land:

5. **Forward paddle stroke**
 - Catch lower the paddle blade edgewise into the water in front of you, not too deep.
 - Power Pull backward.
 - Recover Position the paddle forward, ready to begin another stroke.
6. **Backstroke** Push on the paddle instead of pulling.
7. **Sweep** Use sweeps to turn. Reach out with the paddle and move it in a quarter circle, either forward or backward. Or use draw and pry strokes, pulling or pushing the paddle straight toward or away from the canoe.
8. Practice again before getting into the canoe by standing in knee-high water.

Tip: This requirement is done at the same time as requirement 6, 7, and 9.

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Paddle Craft

Elective



Requirement 9

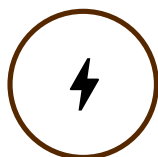
AOL Paddle

Snapshot of Activity

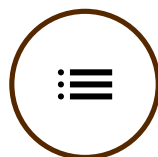
Cub Scouts enjoy 30 minutes of paddle craft activity.



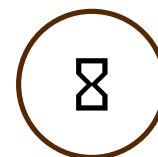
Travel



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

Supply List

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

Directions

Before the meeting:

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

During the meeting:

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

Additional Resources

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

[Back to Paddle Craft Requirements](#)

AOL – 6th Grade

Race Time

Elective



Snapshot of Adventure

In this Adventure you will design and build your own Pinewood Derby car or Raingutter Regatta boat. As an Arrow of Light Scout, you will mentor younger Cub Scouts on design, building, and good sportsmanship.

Safety Moment

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

All participants in official Scouting America 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 Scouting America practices, policies, and guidelines.

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

Before starting this Adventure complete the following:

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

During the Adventure

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

Complete the following requirements

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

Requirement 1

With adult supervision, build either a Pinewood Derby[®] car or a Raingutter Regatta[™] boat.

- [Den or pack provides a Pinewood Derby build day for CubScouts.](#)
- [Den or pack provides a Raingutter Regatta build day for CubScouts.](#)

Requirement 2

Learn the rules of the race for the vehicle chosen in requirement 1.

- [Learn the rules of the Pinewood Derby](#) with a game of Connect Four.
- [Learn the rules of the Raingutter Regatta](#) with a game of Connect Four.

Requirement 3

Mentor a younger den to prepare for the race.

- [Cub Scouts help out on pack build day.](#)
- [For Pinewood Derby, Arrow of Light Cub Scouts teach younger Cub Scouts how to display good sportsmanship.](#)
- [For Raingutter Regatta, Arrow of Light Cub Scouts teach younger Cub Scouts how to display good sportsmanship.](#)
- Cub Scouts [help out at the vehicle check-in event.](#)

Requirement 4

Before the race, discuss with your patrol den how you will demonstrate good sportsmanship during the race.

- Cub Scouts [discuss good sportsmanship and how to demonstrate it during their racing event.](#)

Requirement 5

Participate in a Pinewood Derby or a Raingutter Regatta.

- [Conduct a Pinewood Derby car race.](#)
- [Conduct a Raingutter Regatta.](#)

[Back to Elective Adventures](#)

AOL – 6th Grade

Race Time

Elective

Requirement 1



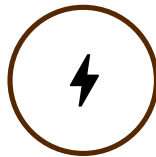
Pinewood Derby® Car Build Day

Snapshot of Activity

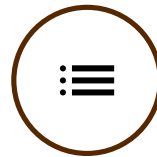
Den or pack provides a build day for Cub Scouts.



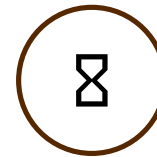
Indoor



3



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4

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

Supply List

Ask parents in the den or pack if anyone has a workshop with woodworking tools. Determine how many Cub Scouts and parents could fit in the space and develop a time schedule, if needed, to keep the workshop from being overcrowded.

OR

Ask parents in the pack if anyone has some of the tools below and would be willing to bring them to a location to conduct a build day. This would allow several cars to be worked on at once.

OR

Check with your local Scout Shop. Some Scout Shops will conduct Pinewood Derby build days.

Only adults may use power tools in Cub Scouting. Adults who are using power tools must wear appropriate safety gear including eye protection and ear protection.

Cutting out the basic shape of a Pinewood Derby car is easily done with a band saw or a scroll saw.

- Safety goggles, for anyone working with or near power tools
- Ear protection, for anyone working with or near power tools
- Band saw, only adults may use
- Scroll saw, only adults may use
- Dremel, only adults may use
- 120 grit sandpaper, enough to share
- 220 grit sandpaper, enough to share
- 400 grit sandpaper, enough to share
- Small hammers, enough to share
- Pinewood Derby Car Kit, one for each Cub Scout and a couple of spare kits (Scout Shop SKU: 17006)
- Pinewood Derby flat weights, one for each Cub Scout (Scout Shop SKU: 7602)
- Small Phillips head screwdrivers, enough to share
- Small flathead screwdrivers, enough to share
- Paint, high gloss acrylic, various colors
- Small paint brushes, one for each Cub Scout
- Jar of water to wash off paint brushes

- Pinewood Derby Car Adjustment Tool (Scout Shop SKU: 16990)
- Small digital scale
- Wood glue
- Pencils, enough to share
- Scissors. enough to share
- 6ft. folding tables
- Folding chairs
- First Aid Kit

Directions

A build day is longer than a typical meeting. Cutting out cars, painting them, allowing them to dry, and assembling them will take hours based on the number of power tools available and the number of Cub Scouts in the den or pack.

Before the meeting:

1. Visit the [Pinewood Derby website](#) and share with members of the den to get familiar with the race and ideas for designs.
2. Confirm meeting location.
3. Confirm that equipment is in good working order.
4. Three days before the meeting remind Cub Scouts, parents, and legal guardians of the meeting date, time, and location of the build day.
5. Prepare the meeting location to give everyone enough room to work on their cars.

During the meeting:

1. **Draw a design for your car.** Take the block of wood 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](#)

[Back to Race Time Requirements](#)

AOL – 6th Grade

Race Time

Elective

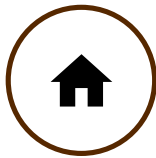
Requirement 1



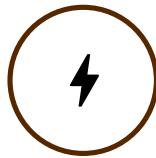
Raingutter Regatta™ Boat Build Day

Snapshot of Activity

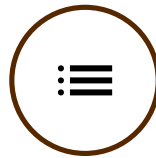
Den or pack provides a build day for Cub Scouts.



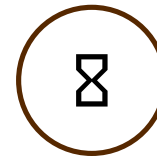
Indoor



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4

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

Supply List

- 400 grit sandpaper, enough to share
- Raingutter Regatta™ Racing Trimaran Kit, one for each Cub Scout and a couple of spare kits (Scout Shop SKU: 612513)
- Small Phillips head screwdrivers, enough to share
- Small flathead screwdrivers, enough to share
- High gloss acrylic paint, various colors
- Small paint brushes, one for each Cub Scout
- Jar of water to wash off paint brushes
- Various stickers to decorate the sales
- Wood glue
- 6 ft. folding tables
- Folding chairs

Directions

A build day is longer than a typical meeting. Painting the boats, allowing them to dry, and assembling them will take hours based on the dry time of the paint.

Before the meeting:

1. Confirm meeting location.
2. Three days before the meeting remind Cub Scouts, parents, and legal guardians of the meeting date, time, and location of the build day.
3. Prepare the meeting location to give everyone enough room to work on their boats.

During the meeting:

1. **Sand the wooden hulls.** It is easier to sand the wooden hulls before the boat is assembled.
2. **Attach** the plastic cabin to the two wooden hulls using the screws provided.

3. **Paint and decorate your boat.** If painting, use a primer first; this will help the paint stick to the plastic parts of the boat. The sail may be decorated also.
4. **Assemble the sail and mast.** Use a small bit of glue in the hole where the mast will go, then place the mast into the hole. Allow the glue to dry before attaching the sail.

Tip: Add wax to the bottom of the boat, the hull, to make it extra smooth. The smoother the hull, the faster the boat can go.

Additional Resources

Scout Shop [Raingutter Regatta Racing Trimaran Kit](#)

[Raingutter Regatta Boat Pre-Cut Peel N' Stick Decal Sticker, Racing Strips](#)

[Raingutter Regatta Boat Pre-Cut Peel N' Stick Decal Sticker, Sea Creatures](#)

[Back to Race Time Requirements](#)

AOL – 6th Grade

Race Time

Elective

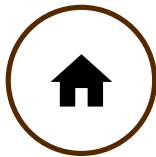
Requirement 2



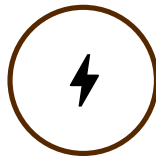
Pinewood Derby Connect Four

Snapshot of Activity

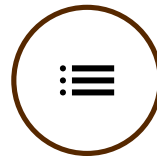
Learn the rules of the Pinewood Derby with a game of Connect Four.



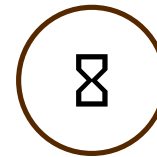
Indoor



2



2



2

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

Supply List

- 22" x 28" poster board (or a white board)
- 3" x 3" post-it notes in 2 different colors
- 16 – 3" x 5" index cards
- Blue painters tape
- Marker

Directions

Before the meeting:

1. Become familiar with the rules to the Pinewood Derby by reading the instructions that come in the Pinewood Derby Car kit.
2. Using the poster board, create a grid of 5 down and 7 across. Each square should hold a 3" x 3" post-it note.
3. Using the notecards, write one question and answer on each notecard. These notecards are for the person asking the questions and will not be seen by the Cub Scouts. Allow for some flexibility in the answers.

You will need about 20 questions. Here are some examples.

- How much does a pinewood derby car weigh? *5.0 ounces*
- How wide is a pinewood derby car? *2 ¾ inches*
- How long is a pinewood derby car? *7 inches*
- What is the minimum clearance under the body of the pinewood derby car? *3/8 of an inch*
- What is the minimum clearance between the inside of the wheels? *1 ¼ inches*
- May wheels be shaved or reduced in diameter? *No*
- What do you say to the winner of a pinewood derby car heat? *Congratulations*
- What do you say when someone congratulates you on winning? *Thank you*
- What do you say when someone has their wheel fall off? *Can I help you?*
- The force that is applied to the Pinewood Derby car to make it move *Gravity*
- This is what causes the Pinewood Derby car to slow down *Friction*
- This causes the motion of an object to change directions *Force*

- When using power tools, required safety gear includes ear and eye protection. *Yes*
 - This comes in 220, 600, and even 1,000 grit *Sandpaper*
 - A technique that helps paint bond to a surface *Priming*
 - Placing the weight here will make the car go faster on the straightaway compared to being faster off the starting block *back of the car*
 - Add any rules to share that are specific to your pack event or anything you may feel is important to know.
4. Place the poster board on the wall with the blue painter's tape in a space the den can see.
 5. Become familiar with how to play Connect 4 (with a twist.)
 - Divide Cub Scouts into 2 teams as evenly as possible.
 - Give each team a stack of post-it notes of a single color.
 - Determine which team will go first. The team going second will have a final question.
 - As with typical Connect Four rules, players take turns placing checkers (post-it notes) into the grid until one player has a row of 4 post-it notes in a row. The row can be up and down (vertical), across (horizontal), or diagonal. 4. The first team to make a row wins the game.
 - Pulling a question from the notecards, read the question. If the team answers the question correctly, they place a post-it note on the last row of the board.
 - Go back and forth between the two teams.

During the meeting:

1. Divide the den into three teams, as equal as possible.
2. Explain the rules of the game.
3. Play the game and see which team wins.

[Back to Race Time Requirements](#)

AOL – 6th Grade

Race Time

Elective

Requirement 2



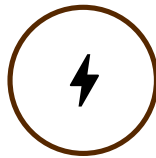
Raingutter Regatta Connect Four

Snapshot of Activity

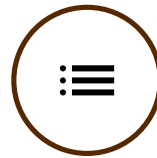
Learn the rules of the Raingutter Regatta with a game of Connect Four.



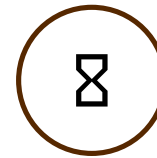
Indoor



2



2



2

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

Supply List

- 22" x 28" poster board (or a white board)
- 3" x 3" post-it notes in 2 different colors
- 16 – 3" x 5" index cards
- Blue painters tape
- Marker

Directions

Before the meeting:

1. Become familiar with the rules of the Raingutter Regatta by reading the instructions that come in the Raingutter Regatta kit.
2. Using the poster board, create a grid of 5 down and 7 across. Each square should hold a 3" x 3" post-it note.
3. Using the notecards, write one question and answer on each notecard. These notecards are for the person asking the questions and will not be seen by the Cub Scouts. Allow for some flexibility in the answers.

You will need about 20 questions. Here are some examples.

- What are the hulls of the boat made out of? *Wood*
- How are the hulls of the boat attached to the cabin? *Screws*
- What type of boat is the Raingutter Regatta boat? *Catamaran*
- What do you say to the winner of a race? *Congratulations*
- What do you say when someone congratulates you? *Thank you*
- What do you ask after the race is over? *Can I help?*
- The force that is applied to the boat to make it move *Wind*
- This is what causes the boat to slow down *Friction*
- This causes the motion of an object to change directions *Force*
- This comes in 220, 600, and even 1,000 grit *Sandpaper*
- When using power tools, required safety gear includes ear and eye protection. *Yes*
- A technique that helps paint bond to a surface *Priming*

- Placing wax on the hulls will reduce this *Friction*
 - Add any rules to share that are specific to your pack event or anything you may feel is important to know.
4. Place the poster board on the wall with the blue painter's tape in a space the den can see.
 5. Become familiar with how to play Connect 4 (with a twist.)
 - Divide Cub Scouts into 2 teams as evenly as possible.
 - Give each team a stack of post-it notes of a single color.
 - Determine which team will go first. The team going second will have a final question.
 - As with typical Connect Four rules, players take turns placing checkers (post-it notes) into the grid until one player has a row of 4 post-it notes in a row. The row can be up and down (vertical), across (horizontal), or diagonal. 4. The first team to make a row wins the game.
 - Pulling a question from the notecards, read the question. If the team answers the question correctly, they place a post-it note on the last row of the board.
 - Go back and forth between the two teams.

During the meeting:

1. Divide the den into three teams, as equal as possible.
2. Explain the rules of the game.
3. Play the game and see which team wins.

[Back to Race Time Requirements](#)

AOL – 6th Grade

Race Time

Elective

Requirement 3



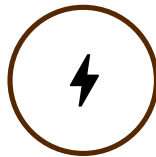
Build Day Leader

Snapshot of Activity

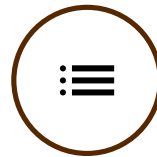
Cub Scouts help out on pack build day.



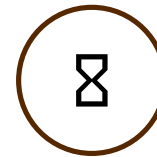
Indoor



1



1



5

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

Supply List

- No additional supplies

Directions

A build day is longer than a typical meeting. For the Pinewood Derby, this means 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.

For the Raingutter Regatta, this means painting the boats, allowing them to dry, and assembling them will take hours based on the dry time of the paint. See Requirement 1 for Build Day information.

Before the meeting:

1. Attend the pack committee meeting to ask how the Arrow of Light patrol can assign younger Cub Scouts during the pack build day.
2. Confirm the build day, time, and location.
3. A few days before the pack build day event, remind Cub Scouts, parents, and legal guardians of the date, time, and location.

During the meeting:

1. Gather the patrol and explain that part of the scouting journey involves taking on leadership roles. Ask Cub Scouts to think about a good leader. Ask them to describe what makes a person a good leader. Some ideas might include, but are not limited to:
 - Communication: Talk kindly to each other. Explain when things are unknown.
 - Role modeling: Showing others how it works through actions.
 - Demonstrate – Show how to do something, not just using words.
 - Know when to step away and let the person to continue on their own.
2. Using the [Guide to Safe Scouting](#) and [Age-Appropriate](#), allow Cub Scouts to choose an area they would like to support during the pack build day. Remind them that their job is to support a younger scout, not do it for them.

After the event:

1. Gather the Cub Scouts together and conduct a “Start, Stop, Continue” exercise. You can gather this by having everyone name one item to start, one to stop, and one to continue, or you can lead a group discussion. This works best when the list is written in a place everyone can see.

Tip: The patrol will need time to build a vehicle too. A staggered volunteer sign-up might work out for this event so the Cub Scouts can volunteer to help but also have time to build.

[Back to Race Time Requirements](#)

AOL – 6th Grade

Race Time

Elective

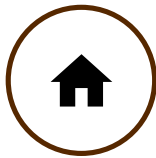
Requirement 3



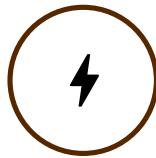
Leading Sportsmanship at the Derby

Snapshot of Activity

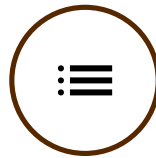
Arrow of Light Cub Scouts teach younger Cub Scouts how to display good sportsmanship.



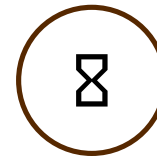
Indoor



2



1



1

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

Supply List

- [Cub Scout Song Book](#)
 - [Pinewood Derby Song](#)
 - [Pinewood Derby](#)
- Den Yell found in Additional Resources

Directions

Before the meeting:

1. Contact other den leaders to set up a time for the patrol to teach the younger den cheers, yells, and songs about the upcoming race. Attending a pack committee meeting might be an excellent time to make contact with a den leader.
2. Confirm the den meeting date, time, and location.
3. Familiarize yourself with songs about the pinewood derby found in the Cub Scout Song Book on Soundcloud.
4. Print a copy of the Den Yell and be prepared to teach it to the Arrow of Light Scouts.
5. A few days before visiting the younger den, remind Cub Scouts, parents, and legal guardians of the meeting date, time, and location.

During the meeting:

1. Gather Arrow of Light Cub Scouts and review what being a good sport means and how they can be a good sport during their upcoming race. Things to keep in mind:
 - Follow the rules
 - Always do your best
 - Encourage others
 - Respect the judges
 - End with a handshake
2. Share that they will be teaching younger Cub Scouts about good sportsmanship. Ask Arrow of Light Cub Scouts to think of some examples of how they've shown good sportsmanship in an activity or competition.

3. Lead Arrow of Light Scouts in singing the pinewood derby songs and the den yell. Explain that singing and yelling are ways to allow everyone to participate and cheer for others.
4. Gather Arrow of Light Scouts with selected Cub Scout den. Have Arrow of Light Scouts lead the Cub Scouts in singing pinewood derby songs. Explain that singing songs is a great way to show good sportsmanship. Have Arrow of Light Scouts lead the Cub Scouts in the den yell.

On race day:

1. Ask if Arrow of Light Scouts can spend some time with the den during the pinewood derby and set an example of good sportsmanship. They should lead the den in singing the pinewood derby songs and the den yell.

After the event:

1. Gather the Cub Scouts together and conduct a "Start, Stop, Continue" exercise. You can gather this by having everyone name one item to start, one to stop, and one to continue, or you can lead a group discussion. This works best when the list is written in a place everyone can see.

Additional Resources

[Den Yell](#)

[Back to Race Time Requirements](#)

AOL – 6th Grade

Race Time

Requirement 3

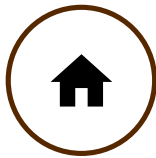
Elective



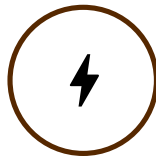
Leading Sportsmanship at the Regatta

Snapshot of Activity

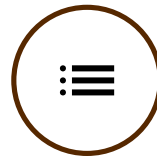
Arrow of Light Cub Scouts teach younger Cub Scouts how to display good sportsmanship.



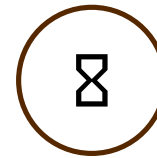
Indoor



2



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

Supply List

- [Cub Scout Song Book](#)
 - [Raingutter Regatta Song](#)
- Den Yell found in Additional Resources

Directions

Before the meeting:

1. Contact other den leaders to set up a time for the patrol to teach the younger den cheers, yells, and songs about the upcoming race. Attending a pack committee meeting might be an excellent time to make contact with a den leader.
2. Confirm the den meeting date, time, and location.
3. Familiarize yourself with songs about the raingutter regatta found in the Cub Scout Song Book on Soundcloud.
4. Print a copy of the Den Yell and be prepared to teach it to the Arrow of Light Scouts.
5. A few days before visiting the younger den, remind Cub Scouts, parents, and legal guardians of the meeting date, time, and location.

During the meeting:

1. Gather Arrow of Light Cub Scouts and review what being a good sport means and how they can be a good sport during their upcoming race. Things to keep in mind:
 - Follow the rules
 - Always do your best
 - Encourage others
 - Respect the judges
 - End with a handshake
2. Share that they will be teaching younger Cub Scouts about good sportsmanship. Ask Arrow of Light Cub Scouts to think of some examples of how they've shown good sportsmanship in an activity or competition.

3. Lead Arrow of Light Scouts in singing the raingutter regatta songs and the den yell. Explain that singing and yelling are ways to allow everyone to participate and cheer for others.
4. Gather Arrow of Light Scouts with selected Cub Scout den. Have Arrow of Light Scouts lead the Cub Scouts in singing raingutter regatta songs. Explain that singing songs is a great way to show good sportsmanship. Have Arrow of Light Scouts lead the Cub Scouts in the den yell.

On race day:

1. Ask that Arrow of Light Scouts spend some time with the den during the raingutter regatta and set an example of good sportsmanship. They should lead the den in singing the raingutter regatta songs and the den yell.

After the event:

1. Gather the Cub Scouts together and conduct a "Start, Stop, Continue" exercise. You can gather this by having everyone name one item to start, one to stop, and one to continue, or you can lead a group discussion. This works best when the list is written in a place everyone can see.

Additional Resources

[Den Yell](#)

[Back to Race Time Requirements](#)

AOL – 6th Grade

Race Time

Elective

Requirement 3



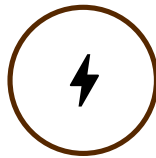
Race Check-In Support

Snapshot of Activity

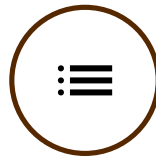
Cub Scouts help out at the vehicle check-in event.



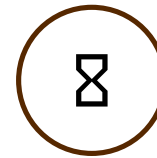
Indoor



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

Supply List

- List of tasks for Arrow of Light Scouts
- 3" x3" post-it notes, enough to write a single task on each post-it note
- Marker

Directions

It is important to check in with your pack committee to understand how the pack runs the check-in and areas for which the Cub Scouts could best help. Vehicle check-in typically requires the race participants list their name, rank, and den. For the Pinewood Derby, check-in volunteers, give the vehicle a number, weigh the car, measure the length, check the wheel and axles to ensure it meets the qualifications.

Check with your pack for any check-in procedures for the Raingutter Regatta.

Before the meeting:

1. Attend the pack committee meeting to ask how the Arrow of Light patrol can assign younger Cub Scouts during the vehicle check-in event.
2. Working with the pack committee, define tasks for the Arrow of Light Cub Scouts.
3. Write one task on each post-it note.
4. Confirm the vehicle check-in event time and location.
5. A few days before the vehicle check-in event, remind Cub Scouts, parents, and legal guardians of the date, time, and location,

During the Check-In:

1. Place post-it notes with available tasks on a wall so Cub Scouts can see them.
2. Explain to Cub Scouts what each task requires. Allow Cub Scouts to choose their task.
3. Introduce Cub Scouts to adults with whom they will be working. Ask adults train Cub Scouts on their task. Cub Scouts should practice their task.
4. Encourage Cub Scouts to ask questions about the process so they understand what they are expected to do. Monitor how Cub Scouts are doing and provide positive feedback as they learn the process.

After the event:

1. Gather the Cub Scouts together and conduct a “Start, Stop, Continue” exercise.
You can gather this by having everyone name one item to start, one to stop, and one to continue, or you can lead a group discussion. This works best when the list is written in a place everyone can see.

[Back to Race Time Requirements](#)

AOL – 6th Grade

Race Time

Elective

Requirement 4



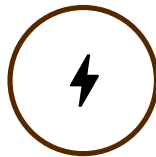
AOL A Scouts Is Kind

Snapshot of Activity

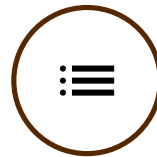
Cub Scouts discuss good sportsmanship and how to demonstrate it during their racing event.



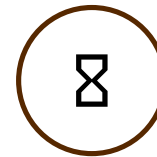
Indoor



2



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

Supply List

- No supplies needed

Directions

During the meeting:

1. Have Cub Scouts review what being a good sport means and how they can be a good sport during their upcoming race. Things to keep in mind:
 - Follow the rules
 - Always do your best
 - Encourage others
 - Respect the judges
 - End with a handshake
2. Ask Cub Scouts to share some examples of how they've shown good sportsmanship in an activity or competition.
3. Discuss with scouts what it should look like if the race does not go their way.
 - Notice: "I know your face looks like this and it seems like you are upset about the race. It is hard when we lose a race, especially with all the hard work we put into making the vehicle"
 - Clam: "Take a breath and Relax"
 - Remind yourself this is for fun not for winning
 - Feel proud of progress and work done not of "winning"
4. Ask Cub Scouts to list the role models they have seen in scouting. What do they do that makes events fun?
Things to keep in mind:
 - Sing Song
 - Be Silly when appropriate
 - Listen when needed
 - Sing songs
5. Discuss with scouts how will they be good leaders during the race.

[Back to Race Time Requirements](#)

AOL – 6th Grade

Race Time

Elective

Requirement 5



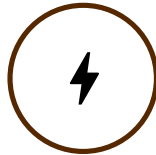
Pinewood Derby Race AOL

Snapshot of Activity

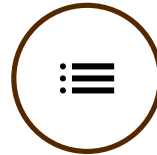
Conduct a Pinewood Derby car race.



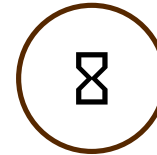
Indoor



5



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

Supply List

This supply list is not all-inclusive. Your Cub Scout pack may include additional items such as food, drinks, special guests, special races, or a “pit stop” that has tools for Cub Scouts to make any last-minute repairs if their car breaks.

- Pinewood Derby car, one per Cub Scout
- Pinewood Derby track
- [Pinewood Derby Rules](#)
- PA system
- Display board for heat or division results: manual or digital
- System to keep track of which cars belong to which Cub Scout
- Scale to weigh cars
- [Pinewood derby car adjustment tool](#) to measure car dimensions
- System to keep track of race results
- Chairs
- Tables to place cars on when not racing
- Two pieces of rope that is five feet longer than your Pinewood Derby track

Directions

These directions are not all-inclusive. Some packs make their Pinewood Derby race a stand-alone event with food and entertainment. Additional directions may be constructed by your pack based on how your pack conducts the race.

Before the meeting:

- Meet with your Pack leadership to discuss the date, time, and location of your Pinewood Derby.
- Confirm location.
- Have Cub Scouts complete requirement 1.
- Make or purchase awards and recognition.
- Secure a pinewood derby track. Packs either build one, purchase one, or borrow one from another Pack.
- Promote the date, time, and location of the race.
- Conduct a weigh-in of pinewood derby cars.

- Communicate rules of race to Cub Scouts and parents or legal guardian.
- Communicate how race heats or divisions will be conducted to Cub Scouts and parents or legal guardian.
- Determine a method to display each heat winner during the race.
- Set up the Pinewood Derby track.
- Place rope 2ft. from the track running parallel to the length of the track on both sides, this is to designate a space between the track and the audience so no one gets too close to the track.
- Set up displays for tracking the heats and/or divisions.
- Set up tables to place cars on when they are not racing.

During the meeting:

- Cub Scouts check in to the event.
- Review the rules with attendees.
- Review heats and divisions.
- Race the Pinewood Derby cars.
- Give out awards and recognition.

Additional Resources

[Pinewood Derby track plans](#)

Scouting Magazine: [20 tips for planning and hosting the best Pinewood Derby](#)

[Back to Race Time Requirements](#)

AOL – 6th Grade

Race Time

Elective

Requirement 5



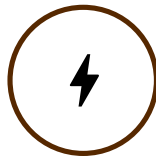
Raingutter Regatta AOL

Snapshot of Activity

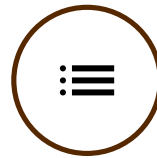
Conduct a Raingutter Regatta.



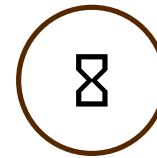
Outdoor



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

Supply List

This

Supply List is not an all-inclusive list. Your Cub Scout Pack may include additional items such as food, drinks, special guests, special races, or may make this part of a larger pack event.

- Raingutter Regatta boats, one per Cub Scout.
- Regatta raceway (this can be purchased or built using rain gutters)
- [Raingutter Regatta rules](#) (see number 3)
- PA system
- Display board for heat or division results: manual or digital
- System to keep track of race results
- Access to water to fill the track
- Chairs
- Tables to place boats when not racing

Directions

These

Directions are not all-inclusive. Some packs make their Raingutter Regatta a stand-alone event with food and entertainment. Additional

Directions should be constructed by your pack based on how your pack conducts the regatta.

Before the meeting:

- Meet with your pack leadership to discuss the date, time, and location of your Raingutter Regatta
- Confirm location
- Have Cub Scouts complete requirement 1
- Find a space to conduct the Raingutter Regatta
- Make or purchase awards and recognition
- Secure a raingutter raceway. Packs either build one, purchase one, or borrow one from another pack.
- Long table or support for raingutter raceway.

- Promote the date, time, and location of the regatta.
- Communicate the rules of regatta to Cub Scouts and parents or legal guardian.
- Communicate how regatta heats or divisions will be conducted to Cub Scouts and parents or legal guardian.
- Determine method to display each heat winner during the regatta.
- Set up the raceway and fill it with water.
- Set up table for boats when not racing.
- Set up chairs for the audience.
- Set up a display for tracking the heats and/or divisions race results.

During the meeting:

- Cub Scouts check in to the event.
- Review the rules with attendees.
- Review heats and divisions.
- Race the boats.
- Give out awards and recognition.

Additional Resources

[Raingutter Regatta Raceway plans](#)

Scout Shop blog [“5 Simple Tips to Help Cub Scouts Get Ready for the Raingutter Regatta”](#)

Scout Shop [Raingutter Regatta Inflatable Raceway](#)

[Back to Race Time Requirements](#)

AOL – 6th Grade

Summertime Fun

Elective



Snapshot of Adventure

Summertime is a great time to get together with your patrol 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 patrol or pack get-together for a summertime picnic.

To earn this Adventure as an Arrow of Light Scout, you participate in summer activities during the summer after you have completed fourth grade. If you're just now learning about this Adventure, don't worry, this coming summer you'll be in Scouts BSA. You may attend Scouts BSA resident camp where you'll get to spend a week camping, earning merit badges, making new friends, and learning new skills.

Safety Moment

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

All participants in official Scouting America 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 Scouting America practices, policies, and guidelines.

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

Complete the following requirements

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

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 pack.](#)
- [Participate in an activity with your patrol.](#)

[Back to Elective Adventures](#)

AOL – 6th Grade

Summertime Fun

Elective

Requirement 1



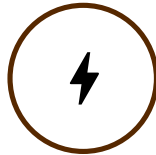
Council Activity AOL

Snapshot of Activity

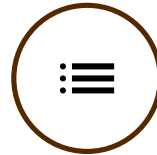
Participate in an activity with your council.



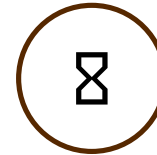
Travel



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

Supply List

- Provided by your local council

Directions

Participate in a council sponsored event such as:

- Cub Scout Day Camp
- Cub Scout Residence Camp
- Check your local council calendar for other council sponsored Cub Scout events

[Back to Summertime Fun Requirements](#)

AOL – 6th Grade

Summertime Fun

Elective

Requirement 1



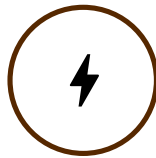
Pack Activity AOL

Snapshot of Activity

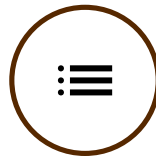
Participate in an activity with your pack.



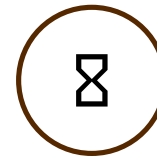
Travel



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4



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

Supply List

- Based on activity with the pack

Directions

Participate in an activity with your pack such as:

- Pack camping
- Fishing
- Bike rodeo and ride
- Bowling
- Star gazing with local astronomy club
- Visit the local zoo, aquarium, or science museum

[Back to Summertime Fun Requirements](#)

AOL – 6th Grade

Summertime Fun

Elective

Requirement 1



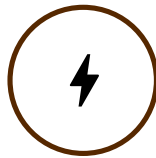
Patrol Activity

Snapshot of Activity

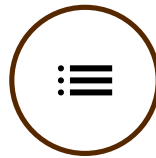
Participate in an activity with your patrol.



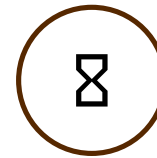
Travel



5



4



5

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

Supply List

- Based on the activity chosen by the patrol

Directions

Participate in an activity with your patrol such as:

- Barbeque with the families in your patrol
- Day hike
- Scavenger hunt
- Swimming
- Saturday morning workshop at local home improvement store
- Backyard outdoor movie night
- Geocaching

[Back to Summertime Fun Requirements](#)

AOL – 6th Grade

Swimming

Elective



Snapshot of Adventure

As you get ready to join Scouts BSA, there are new aquatic activities that you will get the chance to do. Small-boat sailing, SCUBA, and overnight canoe treks are just some of the great adventures. To earn many of the aquatic-based merit badges in Scouts BSA, you will need to pass the Scouting America swimmer test.

In this Adventure you do not have to pass the Scouting America swimmer test; you just need to attempt it. If you do not pass the swimmer test for this Adventure, you can practice before you go to Scouts BSA summer camp or sign up for a session on how to swim at the camp you attend. As a swimmer you will have more merit badges you can earn at summer camp.

This elective Adventure may be earned by completing the requirements below **OR** passing the Scouting America Swimmer Test **OR** taking swimming lessons.

Safety Moment

Adventure Safety Moment

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

All participants in official Scouting America 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 Scouting America 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 Scouting America Safe Swim Defense.

Before starting this Adventure complete the following:

- Complete the Scouting America 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

Swimming.

Requirement 1

Review Safe Swim Defense.

- Cub Scouts [play a game to learn Safe Swim Defense](#).

Requirement 2

Explain the meaning of “order of rescue” and demonstrate the reach and throw rescue techniques from land.

- Cub Scouts [learn order of rescue and reach and throw rescue techniques](#).

Requirement 3

Attempt the Scouting America swimmer test.

- Cub Scouts [attempt the Scouting America swimmer test](#).

Requirement 4

Have 30 minutes or more of free swim time during which you practice the buddy system and stay within your ability group. The qualified adult supervision should conduct at least three buddy checks per half hour of swimming.

- [Take your patrol and go swimming](#).

[Back to Elective Adventures](#)

AOL – 6th Grade

Swimming

Elective

Requirement 1



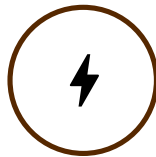
Swimming Do's And Don'ts

Snapshot of Activity

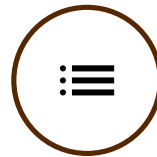
Cub Scouts play a game to learn Safe Swim Defense.



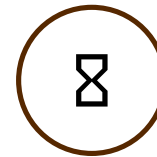
Indoor



1



2



2

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

Supply List

- Do's and Don'ts Game Card found in Additional Resources
- Do's and Don'ts Rules found in Additional Resources
- Do's and Don'ts Key found in Additional Resources
- Printer
- Tape
- Scissors
- Cub Scouts will need their Arrow of Light handbook

Directions

Before the meeting:

1. Become familiar with [Scouting America Safe Swim Defense](#). The Safe Swim Defense course is available at the Scouting America Learn Center.
2. Set up meeting space for Cub Scouts to move around to play the game. Spread out games strips face down on a flat surface.
3. Print one copy of the Do's and Don'ts Game Card. Tape to wall.
4. Print one copy of the Do's and Don'ts Rules. Cut rules into individual strips.
5. Be able to access Do's and Don'ts Key.

During the meeting:

1. Explain to Cub Scouts that they will be learning about swimming safely using the Scouting America Safe Swim Defense rules. Ask them to open their handbooks to the Swimming Adventure. They will be using the information found in the handbook to correctly identify the rules of Safe Swim Defense.

2. Play Safe Swim Defense Dos and Don'ts game.

- Have Cub Scouts take turns choosing a strip, reading it out loud to the group, and then choosing if it should be taped under the Do title or the Don't title. They may use their handbook to help decide.
- Use the Do's and Don'ts Key to identify if the strip has been placed under the correct title.
- Discuss the reason for the rule.

Additional Resources

[Do's and Don'ts Game Card](#)

[Do's and Don'ts Rules](#)

[Do's and Don'ts Key](#)

Aaron on Scouting Blog [Safe Swim Defense: What you need to know now that summer is here](#)

[Back to Swimming Requirements](#)

AOL – 6th Grade

Swimming

Elective

Requirement 2



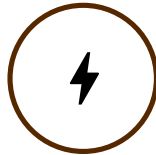
Order of Rescue AOL

Snapshot of Activity

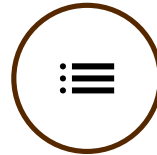
Cub Scouts learn order of rescue and reach and throw rescue techniques.



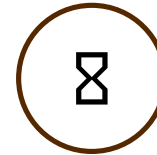
Travel



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

Supply List

Public pools often have rescue equipment, check with the pool to see if your den is able to use the equipment.

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources
- An adult who is familiar with and able to teach proper methods for reaching and throwing
- A 10' rescue pole
- A large beach towel
- A life ring attached to 10' of rope

Directions

Before the meeting:

1. Confirm the date, time, and location for use of a pool.
2. Review Scouting America 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 [Scouting America Safe Swim Defense](#).
4. If it is a public pool with safety equipment, ask if the den may use it to learn the reach and throw rescues.
5. Review the 'order of rescue' and reach and throw techniques.
6. Fill out buddy tags and make sure to have everyone's Scouting America Annual Medical and Health forms with you and Activity Consent Forms.

7. Send a reminder to all Cub Scouts, parents, and legal guardians of the date, time, and location for the activity. Remind them to bring proper swimwear and towels.

During the meeting:

1. Gather the Cub Scouts before entering the swim area and give them their buddy tags. Have them identify their buddy and once they have their buddy they may place their buddy tag together on the buddy board.
2. If no one has attempted the Scouting America Swimmer or Beginner test they are considered non-swimmers and must stay in water that is no more than waist to chest deep.
3. Explain to Cub Scouts the meaning of "order of rescue". If a swimmer or boater gets in trouble, trained rescuers know how to perform a rescue. If you see someone in danger, first call for help from an adult. If no adult is present, you can try a reach or throw rescue.
4. **Reach** for the victim with whatever is available—a hand or foot, a tree branch, a canoe paddle, or a towel. Pools and waterfront areas usually have reach poles at least 10 feet long.
5. **Throw** or toss a line, buoy, or floating object (like a kickboard or even a drink cooler) to the victim to provide support. If the object is tied to a rope, the rescuer can pull the victim to safety. A trained rescuer can easily toss a ring buoy 25 feet or more.
6. Demonstrate to Cub Scouts the reach and throw techniques.
Reach rescues:
 7. Lie down on the shore or pier so you are more stable and are closer to the victim's level.
 8. Be sure to anchor yourself so you don't get pulled into the water. You could hold onto a ladder or post or have a friend stand behind you and hold onto you.
 9. If you are using a reach pole, sweep it under the victim's arm from the side rather than poking at the victim straight on.
Throw rescues:
 10. Don't throw a ring buoy or float directly at the victim, you don't want to bonk him or her on the head!
 11. If the object you're throwing is attached to a rope, throw it past the victim so the line falls across his or her shoulder. You can then reel it in so it's easy to grasp.
 12. If you are throwing a rope (whether or not it's attached to an object), tie one end loosely around your wrist with a bowline so you won't accidentally let it go.
 13. Have Cub Scouts take turns demonstrating the reach and throw techniques.

Additional Resources

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

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AOL – 6th Grade

Swimming

Elective

Requirement 3



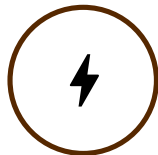
Scouting America swimmer Test AOL

Snapshot of Activity

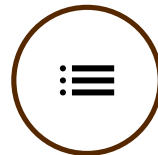
Cub Scouts attempt the Scouting America swimmer test.



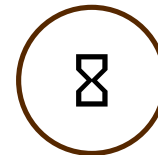
Travel



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4



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

Supply List

- Swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs

Directions

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America 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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Gather the Cub Scouts before entering the swim area and give them their buddy tags. Have them identify their buddy and once they have their buddy they may place their buddy tag together on the buddy board.
2. If no one has attempted the Scouting America Swimmer or Beginner test they are considered non-swimmers and must stay in water that is no more than waist to chest deep.
3. Tell Cub Scouts they will be taking the Scouting America swimmer test. To pass the test they must:
 - Jump feet first into water that's over your head in depth.
 - Level off and swim 100 yards in one swim (without stops and including at least one sharp turn). The first 75 yards must be done in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; the last 25 yards must be done using an easy resting backstroke.
 - After completing the swim, rest by floating.

4. Have Cub Scouts attempt the test.

Tip: The outcome of this requirement is for Cub Scouts to attempt the Scouting America Swimmer Test. It is okay if they do not pass the test.

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AOL – 6th Grade

Swimming

Elective

Requirement 4



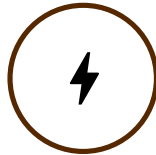
Go Swimming AOL

Snapshot of Activity

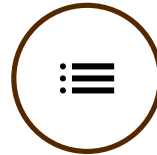
Take your patrol and go swimming.



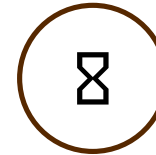
Travel



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

Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America 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. This can be an indoor or outdoor pool, or a beach.
2. Review Scouting America 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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Identify ability group for each Arrow of Light Scout.
2. Ask Arrow of Light Scout to locate a swim buddy within the same ability group.
3. During the 30 minutes of free swim time, the qualified adult blows the whistle at least 3 times. Arrow of Light Scouts raise the Cub Scout sign above their head while next to their buddy.

Additional Resources

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

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