

Guide to Beaver Scout Personal Achievement Badges



Introduction

Personal Achievement Badges are designed to allow youth to explore and expand skills and knowledge in areas that are of particular interest to them. In The Canadian Path, Personal Achievement Badges are strictly optional. They are not a core part of the program, and they are not an essential part of a youth's personal progression. Personal Achievement Badges are not a requirement for any Top Section Award. It is recognized that activities outside of Scouting add to youth's growth in the SPICES and to their personal progression. No one comes to Scouting as an empty vessel. Working on Personal Achievement Badges allows youth to further develop individual interests and skills and to have that development recognized as part of their growth and progression within The Canadian Path.

Here are some key things to know about the Canadian Path Personal Achievement (PA) badges:

- There are 16 PA badges for Beaver Scouts.
- The PA badges are earned individually by youth who choose to make these badges part of their personal Scouting journey. The PA badges are not part of the Colony program adventures. However, at the end of a Colony adventure, a youth who wishes to do more exploration related to the topic of that adventure could develop a set of adventures for one of the PA badges.
- The PA badges follow the Plan-Do-Review process.
- There are no set requirements for the badges. Instead, each badge has an Objective which is supported by a few Guidelines, and then ideas for possible badge adventures from which the youth may choose. The youth is also encouraged to use his or her own ideas.
- The adventure activities to be completed for the badge must be done specifically for the badge. Credit is not given for something already completed at school or in another group. However, a new project that is done jointly for the badge and for another purpose could be part of the badge adventures.
- A PA badge may be accomplished more than once as long as a new Plan is made with new adventures.
- Most importantly, completing the adventures for the badge must be exciting, fun and challenging for the youth!
- If your youth is struggling to think of adventures, head over to the [PAB Portal](#) where there are lots of ideas to help them choose. It also has a self populating template to make it easy.

As a Scouter, your role is to support the youth in setting safe and realistic requirements. The nature of these requirements will vary from youth to youth, depending on the unique interests and abilities of each individual. Help the youth to develop attainable but personally challenging requirements, supported by a well-thought-out plan. Check in with the youth from time to time to measure progress and provide some guidance to overcoming any obstacles.

Beaver Scout Personal Achievement Badges

Exploring Beaver: anything to do with outdoor adventure and inquiry

Earth Beaver: anything related to environmental stewardship

Leader Beaver: organizing and taking part in activities that develop team skills

Beaver Heroes: discovering contributing members of the community and the positive difference they make

Olympic Beaver: having fun exploring healthy activity

Chef Beaver: having fun discovering healthy eating and making food that works at home and for Scouting activities

Pet Care Beaver: exploring how to look after domesticated animals

Tech Beaver: discovering how to use technology safely and responsibly

Community Beaver: opportunities to offer community service

Canada Beaver: discovering and exploring anything to do with our country and being a good citizen

Beavers of the World: discovering Scouting youth around the world, and helping someone somewhere else in the Scouting way

Musical Beaver: exploring a variety of musical expressions, including singing, dancing, playing an instrument, composing, choreographing or creating an instrument

Scientific Beaver: learning and experimenting critically and empirically

Creative Beaver: using the imagination to devise art, inventions and handicrafts

Spirit Beaver: exploring beliefs that are important for self and family as well as the beliefs of another faith

Friendship Beaver: exploring values that are important for self and family as well as those important to the Scouting movement

Using Plan-Do-Review to Facilitate Beaver Scout Personal Achievement Badges

Every time a Beaver Scout would like to work towards a Personal Achievement Badge, they must use the Plan-Do-Review process. This process emphasizes goal setting, personal development and recognizing personal growth. Beaver Scouts should set achievable goals that help them grow.

Colony Scouters can download a Beaver-friendly Plan-Do-Review sheet from CanadianPath.ca/Beavers, and should use that to set goals with each Beaver Scout. These goals should go home with each Beaver so that they can be worked on with their parents or guardians. Below is a more detailed overview of this process, which should help Scouters know the correct facilitating questions to ask.

BRAINSTORMING A PLAN

Talk about these questions first with your parent or guardian and then with your Colony Scouter.

I want to do this badge _____.

I would like to learn _____.

I would like to try _____.

I want to challenge myself to _____.

This badge will be fun to do because _____.

I wonder _____.

I would like to try to finish by _____ (date).

I have talked to my Scouter about what I will do for this badge.

Beaver Scout's initials or name

Scouter's Initials

PLANNING TO DO

The 3 adventures I will do for this badge are:

1. _____
2. _____
3. _____

To complete this badge I will need *(fill in ones that apply)*:

- to gather these supplies _____
- to visit _____
- to talk to _____
- to use _____
- to keep myself and others safe in these ways _____
- to _____

REVIEW

Now that you've completed your adventures for this badge, share with your Scouter:

- I now can _____
- I have learned _____
- I am excited about _____

This is how I used my Beaver Scout Promise, Law and/or Motto for this badge

I want to share with the Lodge or Colony _____

Here's how I could use what I have learned from this badge

Colony Scouters – use the age-appropriate SPICES questions from the Scouter Manual to guide the Beaver Scouts' reflections on their Personal Badge Achievements.

Beavers of the World



Objective: I will learn about Scouting around the world.

When planning your adventures, you might like to have

- an adventure that is about another country
- an adventure about Beaver Scout-age program in another country
- an adventure that helps people, animals or a good cause

Here are some ideas to help you start creating your own adventures:

- Learn a game that is played by age 5-7 year-old Scouts in another country. What else can you find out about Scouting in that country?
- Find out about the badges for Beaver Scout-age youth in other countries. Complete one of the requirements from one of their badges.
- What did children a 100 years ago enjoy doing? Try one or more of their favourite pastimes.
- Pick a country where there is Scouting. Go to a zoo or wildlife park and find animals in the zoo that come from that country. Take photos and create a collage, adding a photo or drawing of the Scout crest from that country.
- Draw a picture of yourself as a Rover Scout. You will be about 19 or 20 years old. Rovers often travel to meet and work with Scouts in other countries. What do you hope that you will do in Scouting by the time you are a Rover?
- What country might you like to visit with a Scout Jamboree (a jamboree is a big camp-out for many Scouts)? Find out what happens at a World Scout Jamboree. Where will the next World Jamboree be?
- Find out why Scouts around the world greet each other with a left handshake. Tell the story or create a skit to tell the story to your Lodge.
- Find out about the Scout Brotherhood Fund and how it helps Scouting in other countries. How might you or your Colony help the Scout Brotherhood Fund?
- Learn about the World Organization of the Scout Movement (WOSM). What does the WOSM flag look like? What do the symbols mean?
- Find the names of Beaver Scout-age Sections around the world. Why do they have the names they do? (Ask an adult to help you search the internet.)
- What promise and law is used by age 5-7 year old Scouts in other countries? Are they the same as your promise and law?
- Badge trading is part of the fun of Scouting. Learn about badge trading from a Scout or Scouter who has been to a jamboree. What are the rules of trading?
- Would you like to be a Messenger of Peace? Find out about this World Scouting program and how you can become a Messenger of Peace. www.scout.org

NEED SOME MORE IDEAS?

Look at the activities for **Rainbow's Reflections: Beliefs & Values.**

Pick a suitable adventure for this badge that you would like to try on your own.



Canada Beaver

Objective: I will learn about what it means to be Canadian.

When planning your adventures, you might like to have

- an adventure in which you talk to someone about being Canadian

Here are some ideas to help you start creating your own adventures:

- Create a Top Ten list of why you love being Canadian.
- Look through your toys, books, clothes or other items in your room. Which are made in Canada? Which are made in another country? Use a world map to mark the countries.
- If you could have a visit with the mayor of your town or city, what would you like to ask him or her? Create a list of questions or draw pictures to show the conversation you'd like to have. Why would you like to have this conversation?
- Visit with an elder or member of a First Nations community and ask him or her about his or her heritage and culture. Prepare your questions ahead of time.
- Visit with a veteran soldier and ask him or her about the history of our armed forces, and why he or she was proud to serve Canada.
- At election time, go to the polling booth with your parents when they vote.
- Visit a local museum. Find something in the history of your community that fascinates you. How will you share what you have discovered?
- What are the symbols of Canada? What are the symbols of your province (flower, flag, animal, bird, crest, etc.)?
- What are some inventions made by Canadians? Which do you use every day?
- Attend a cultural event such as Canada Day celebrations, Family Day events, a Thanksgiving parade or a local celebration. What did you discover about being Canadian?
- Visit a science museum and watch for ways that Canada and Canadians have been part of scientific discoveries, engineering and technology in the world.
- What birds, animals, trees and flowers are only found in Canada? Draw pictures or gather photos. Which is your favourite?
- Talk with someone who moved to Canada from another country. What does he or she enjoy in Canada? What is difficult? What does he or she miss about his or her home country?
- With the help of an adult, connect with Beaver Scouts from another province or territory through Skype, email or by writing letters.

Need some more ideas?

Look at the activities for **Big Brown Beaver's Lodge**: Citizenship.

Pick a suitable adventure for this badge that you would like to try on your own.



Chef Beaver

Objective: I will have fun making food and exploring healthy eating.

When planning your adventures, you might like to have

- an adventure that involves eating outdoors
- an adventure in which you learn about lightweight/backpacking food

Remember, when sharing food with others, be aware of possible food allergies.

Here are some ideas to help you start creating your own adventures:

- Prepare a meal with help. Tell your family or Lodge about how you made sure to use healthy food and/or all the food groups.
- Try three new foods that you've never tried before. Which foods do you like? Why?
- Create and make a recipe that includes all the food groups in Canada's Food Guide.
- What are four foods that you like to eat and are healthy for you, too? If possible, prepare one of these foods to share with your Lodge.
- Make, buy or ask a Scouter for dehydrated food. Taste it as is (dehydrated), and then work with an adult to prepare it as if you were on a backpacking trip. Taste it again. What do you notice?
- Talk to a Scout or Venturer Scout to find out what foods are good to take on a backpacking trip and why.
- Work with older Scouting youth or with an adult to cook a meal over a campfire.
- Make a trail mix that everyone in your Lodge could eat on a hike. (Check first for food allergies in your Lodge.)
- Talk to a Scout about how he or she does dishes and deals with garbage when out backpacking.
- Why is milk (or eggs) kept in the fridge and why don't Scouts take a jug of milk (or a dozen eggs) when backpacking? Can you think of a way that Scouts could take milk (or eggs) in their backpacks?
- Figure out ways to keep food cold or warm using everyday materials. What appliances and tools do we have around the house that help us heat and cool food?
- Make a picnic for your family to take on a spring or summer outing. Have you included something from all the food groups listed in *Canada's Food Guide*?

Need some more ideas?

Look at the activities for **Rusty's Meadow: Active & Healthy Living**.

Pick a suitable adventure for this badge that you would like to try on your own.

Community Beaver



Objective: I will do something to help my Colony, my family and/or my community.

When planning your adventures, you might like to have

- an adventure that surprises someone in a good way

Remember, when we do good deeds as Scouts, we don't want praise or a reward. Check with an adult to make sure that you will be safe in your adventure and that the person receiving your help is okay with receiving it.

Here are some ideas to help you start creating your own adventures:

- Make a snack to share with your Lodge (or at school, a nursing home or another place where it would be helpful). Think of possible food allergies.
- Write Thank-you notes or draw Thank-you pictures for at least three people who help you in some way and who usually don't get thanked, such as a grocery store cashier, a bus driver, a hairdresser or a lifeguard.
- Do three good turns in one day at home or at school.
- Find out about who started Random Acts of Kindness or the Pay It Forward idea and why they did it. Tell the story to your Lodge or your family.
- Invite your family to join you in volunteering for one day in your community.
- Surprise your family by doing two or three jobs at home that you don't usually do.
- Create a special surprise for a friend or family member who is sick.
- Who started your community? How long has it been there? Is your community famous for something? Are there people in your community who help make it a great place? Create an award certificate to present to them, with an adult's help.
- Visit a nursing home or senior's residence and share something you do well, or enjoy doing. You might play the piano or another instrument for the residents, sing a song, share some campfire songs or play board games.
- Read or tell a story to a younger sibling.
- Scouts have fun doing good turns. Find out about Good Turn week. What good turns will you do during Good Turn Week and all year round?
- With an adult's help, hand out free lemonade on a hot day or hot chocolate on a cold day.
- Shovel snow from the sidewalk for someone who could use the help.

Need some more ideas?

Look at the activities for **Big Brown Beaver's Lodge**: Citizenship.

Pick a suitable adventure for this badge that you would like to try on your own.

Creative Beaver



Objective: I will use my imagination and create something new.

When planning your adventures, you might like to

- use at least two different kinds of materials or tools
- use a tool or material you have not tried before

Here are some ideas to help you start creating your own adventures:

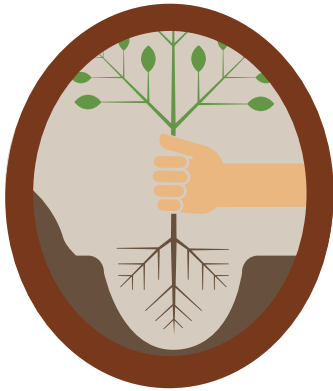
- Create two faces using a variety of materials, such as buttons, straw, fabric, beads or yarn. What helps you create the most realistic face? The most unusual face? The scariest face?
- Draw three pictures. Use a different kind of tool or material for each drawing. For example, use a pencil on one, felt pens on another and wax crayons on another. Which is your favourite?
- Visit a local potter to work with clay and create your own piece of pottery.
- Have someone teach you to knit, crochet or sew a simple item such as a potholder.
- Create a simple PowerPoint presentation on a theme that is important to you. (You can ask an adult to help you.)
- Use playdough or self-hardening clay to create four or five sculptures on the same theme.
- Using tissue paper and white glue, create a series of three “stained glassed” pictures.
- Imitate the style of pictures in your favourite picture book. Create two or three pictures using the same style, or create your own story book.
- Organize an art show and invite other Beaver Scouts (in your Lodge) to join you in creating art to display. Who will you invite to come?
- Using a camera, take a series of photos on one theme. Display your photos in an album, in frames or using a computer.
- Create your own play. Invite some of your friends from your Colony to act in your play. Perform the play for your Colony.
- Create a sculpture using recycled materials.
- Design and build a toy. What materials will you use to make it? Try different materials to build it. Which ones worked best? Why?
- Invent something that makes your life easier or more fun. What would that be? How would it work? Draw a sketch and then, if possible, build a model of it.
- Develop the text and pictures for a story book that you can share with the other Beaver Scouts or with younger siblings.

Need some more ideas!

Look at the activities for **Rascal’s River**: Creative Expression.

Pick a suitable adventure for this badge that you would like to try on your own.

Earth Beaver



Objective: I will learn about the earth and help take care of the earth.

When planning your adventures, you might like to have

- an outdoor adventure
- an adventure that helps the environment

Here are some ideas to help you start creating your own adventures:

- Try building sandcastles with different kinds of earth, such as sand, rocks, dirt or gravel. What worked best? What else did you need to use?
- What plants do you know that you can find in a flower garden? Have you heard of “hens and chicks”, “snapdragons”, “monkey plants”, and “alien pods”? Grow two or three plants from a seed or bulb that you’ve never grown before.
- Notice the worms at work in a garden. Find out about vermipods and create one for your family.
- Help for one afternoon or one day at a community vegetable garden.
- Who is your environment hero? Find a fun way to tell his or her story.
- Build a birdhouse, bird feeder or bat box with help and hang it in your yard.
- What do plants need to grow? How do different growing conditions (wet, dry, windy) and different kinds of soil (dirt, sand, gravel) help or hurt their growth?
- Make your own volcano. What materials can you use? Once it is built, make it erupt with baking soda and vinegar. Share your model with your Lodge or Colony, and share some fun facts about volcanoes.
- Go on a hike through your community. Watch for animals and signs of animals, like nests, holes, tracks and poop. Take some photos of the animals and signs of animals that you find.
- Try this experiment. Bury an apple and a tin can side by side in the ground or in a box of soil. Dig them up in a month. What has happened to each? Bury them again for a month. Check again.
- Weigh your bags of recycling each week for a month. How many kilograms of recycling do you make as a family? Try the same with your garbage.
- What do you know about Earth Hour? Take on the Earth Hour challenge any time of the year of going without power for one hour. How can your family reduce its use of electricity?
- Find out about the garbage islands floating in the oceans. What do humans use that often ends up in the ocean? What could we do about it?
- Pick an animal that is almost extinct. What would we lose if this animal became extinct? What does it add to our world?
- Build a birdhouse, bird feeder or bat box with help and hang it in your yard.
- How does the rainforest help the world? What is happening to the rainforest in many parts of the world? What would happen if the rainforest was all destroyed?
- Choose a wild animal that lives near to you. What helps them survive in your area? Do they cause challenges for humans, other animals or plants? Do humans cause challenges for that animal?

Need some more ideas?

Look at the activities for **Ringtail’s Hollow**: Environment & Outdoors. Pick a suitable adventure for this badge that you would like to try on your own.

Exploring Beaver



Objective: I will use my sense of adventure to explore the world around me.

When planning your adventures, you might like to have

- some outdoor adventures
- an adventure that takes you to a place you have always wanted to go
- an adventure to a place you have been before, but to see some part of it you have not seen before

Here are some ideas to help you start creating your own adventures:

- Explore three different places, or do three different things in one place you'd like to explore.
- Go on three different hikes. Have a picnic with your family in each place you would like to explore.
- Would you like to explore the natural world?
 - Forest, park or campground
 - Lakeshore, seashore, beach or dunes
 - Pond, bog or other wetland
 - Conservation area or wilderness reserve
 - Hills or mountain path
- Would you like to explore in your community?
 - Library
 - Church
 - Theatre
 - Community centre
 - Amusement park
 - Zoo
 - Science centre
 - Observatory
 - Aquarium
 - Stadium
 - Scrap yard
 - Landfill
 - Recycling depo
 - Grocery store
 - Shopping mall

Would you like to explore with your imagination? Create stories, plays, drawings or something else to explore these places or things with your imagination:

- The moon, Mars, asteroids or somewhere else in outer space
- A far off province or country
- A place or time in the past, such as your town 100 years ago or the time of dinosaurs or perhaps ancient Egypt or Rome
- A First Nations village before European contact
- The distant future
- A pirate ship, or an island with buried pirate treasure
- Deep down in the ocean

Need some more ideas?

Look at the activities for **Ringtail's Hollow**: Environment & Outdoors. Pick a suitable adventure for this badge that you would like to try on your own.

Friendship Beaver



Objective: I will share the good feelings I get from being with my friends, family and Beaver Colony.

When planning your adventures, you might like to have

- an adventure that shows what is most important to you
- an adventure that uses the Beaver Scout Law
- an adventure in which you are a good friend to someone your age

Here are some ideas to help you start creating your own adventures:

- Interview one of your friends. Find out about his or her favourite places, foods and activities. What do you both like to do? Why do you think you are good friends?
- Find a creative way to show your family or your Colony or Lodge what is most important to you.
- Do one thing to show each of the three parts of the Beaver Scout Law: A Beaver 1. has fun, 2. works hard, and 3. helps family and friends.
- Find someone your age who might become a new friend. Do something kind for that child. How does it feel to be a friendly person?
- Make up a song, a game or a poem that expresses friendship.
- Take photos of people (with their permission) doing things that show friendship.
- Create a Thank-you note for three good friends. Tell your friends why they are special to you.
- Create a play to show why friendship is so important. How is friendship important in the Beaver Scout Colony?
- What are ways to be friendly to a person who is new in your neighbourhood or who is new to Canada? Make a list and try them out.
- Take part in a Roots of Empathy program. (www.rootsofempathy.org)
- What are the three best values to have? Why do you think so? Share your ideas with your family or your Lodge.
- Are there friends in the animal world? Find out some stories about animal friends.
- Find out about and tell the story of a person, story character, super-hero or cartoon character that shows one or more of your values.
- Find the 52 virtues (values) listed in The Virtues Project (www.virtuesproject.com). Which are most important to you and your family?
- Do you have an animal friend? How have animals been great friends to humans? Find out about human-animal friendships and ways that animals help humans.

Need some more ideas?

Look at the activities for **Rainbow's Reflections: Beliefs & Values**. Pick a suitable adventure for this badge that you would like to try on your own.

Beaver Heroes



Objective: I will learn about the helping heroes in my community and all the good things they do.

When planning your adventures, you might like to

- learn about at least one real-life hero
- interview someone who is a community hero
- think about how these community heroes show you the Beaver Scout Promise, Law and/or Motto

Here are some ideas to help you start creating your own adventures:

- Arrange a visit with a hero in your community and find out how he or she helps others (fire fighter, paramedic, police officer, community nurse, etc.).
- Write a story or draw a cartoon about a hero in your family or community. Why is this person your hero?
- Write a story or draw a cartoon about an imaginary hero for your community. Why does your community need this kind of hero?
- What is a hero? Who are your heroes? Create a display of photos or drawings of your heroes (real-life and imaginary).
- Make three Thank-you cards to give to heroes in your community. Tell your Lodge why you think these people are heroes.
- Find a hero in history. Why is he or she a hero? Tell the hero's story with a play, song, storybook or cartoon.
- Invite someone who is a hero to visit with your Colony and share what he or she does in the community. How can your Beaver Scout Colony thank this person for what he or she does?
- Ask your parents or grandparents or another relative to tell you about one of their heroes. Why is this person a hero? Create a storybook about the hero.
- Find out about a child your age who is a community hero. What has he or she done to help others?
- Describe your favourite superhero. Why do you like this hero? What makes them special? What does this superhero do to help others?
- Go through a newspaper or, with an adult's help, an online news site. Find a good news story of someone who is a hero. Why do you think they are a hero? How did they learn to be a hero?

Need some more ideas?

Look at the activities for **Malak's Maple**: Leadership.

Pick a suitable adventure for this badge that you would like to try on your own.

Leader Beaver



Objective: I will learn about how I can be a good leader.

When planning your adventures, you might like to have

- an adventure that uses what you do best
- an adventure that helps others or teaches something to others

Remember, it is okay to have help from an adult or older youth in these adventures, as long as you are trying to be a better leader.

Here are some ideas to help you start creating your own adventures:

- Organize (with help) an event or activity for your Colony, such as: a game, a hike, a bake sale for a cause, a special day (such as Kite Day or Music Day), a science activity or a challenge (like building a bridge or tower).
- Organize (with help) a family outing or event such as: a picnic, a games night, a hike, decorating for a holiday or planning games for a birthday party.
- Demonstrate one of your talents or skills to your Colony.
- Teach another Beaver Scout, a younger sibling or a friend a skill or sport that you are good at doing.
- Learn a new game and teach your Colony how to play it.
- What makes a good leader? Create a poster that shows what you think makes a person a good leader.
- With the help of a parent or grandparent, interview someone you think is a good leader, such as a teacher, a Scouter, an older youth or a coach. Pick one of the things he or she said about being a good leader and try it out.
- Using posters, drawings or a slideshow, challenge your Lodge or Colony to help out in the community in a way you feel is important.
- With the help of an adult, meet with the mayor, your school principal, or someone else in a leadership role and share with him or her an idea for a positive change you'd like to see in your community or school.
- Volunteer to help in the community, such as at a Soup Kitchen, a Food Bank, a Clothing/Food or Toy Drive, a Homeless Shelter, a Disaster Relief Program or a Walk-a-Thon for a good cause.

Need some more ideas?

Look at the activities for **Malak's Maple**: Leadership.

Pick a suitable adventure for this badge that you would like to try on your own.

Musical Beaver



Objective: I will explore different ways of making music.

When planning your adventures, you might like to have

- an adventure in which you try different ways of making music
- an adventure in which you use music in different ways or learn about how music is used in different ways

Here are some ideas to help you start creating your own adventures:

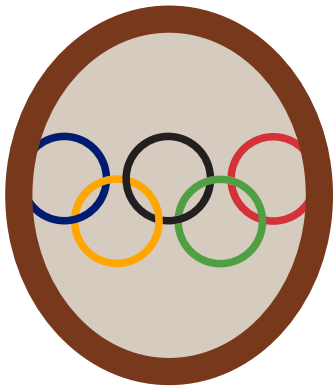
- Go to a symphony concert or a choir concert or a dance performance. What do you notice? What might you like to try?
- Create a new instrument. Find out how different sounds and notes are made.
- Create a song and play it on an instrument.
- Come up with new words to a song you already know.
- Come up with words for a new song.
- Learn one or two new songs. Lead your Lodge or Colony in singing them.
- Create a rhythm song to perform for your family or your Lodge, using many different household items such as garbage can lids, pots, bowls, wooden boards, glass jars, etc.
- Learn the basics of an instrument you have not played before.
- Learn some new dance steps or a new dance form.
- Create your own dance and perform it for your Lodge or Colony.
- Find out the story of how your favourite instrument was first invented.
- What is the oldest instrument in the world? The newest instrument? What do you think might be the next instrument created?
- How is music used for healing? How is music used to help people feel calm? How do you enjoy using music in your life?
- How is music used with animals? Do different animals enjoy different kinds of music?
- Pay attention as you go through the day. How many different places do you hear music playing? Why is music played in so many different places?

Need some more ideas?

Look at the activities for **Rascal's River**: Creative Expression.

Pick a suitable adventure for this badge that you would like to try on your own.

Olympic Beaver



Objective: I will explore ways that I can have fun and be active.

When planning your adventures, you might like to

- set a new goal for yourself in a sport or physical activity you already do
- try a sport or physical activity you have never before tried

Here are some ideas to help you start creating your own adventures:

- Choose a sport that you love to do. What new skill would you like to learn in this sport? Or what skill would you like to get better at? What is your goal?
- Try a new sport that you have never played before. What do you think of this sport? Will you keep doing it?
- Pick two or three physical activities (like running 100 metres, long jump, throwing a ball, hitting a shuttlecock with a badminton racket, swimming 10 metres, throwing a football, shooting a number of baskets, doing sit-ups, skipping rope, twirling a hula hoop). What is your personal best in each of these? Set a new goal for your personal best. Go for it!
- Lead your Colony in playing two new active games.
- Create a new game that gets everyone moving and try it with your family or your Colony.
- Invite your family to work together to set a new goal to be more active. Work together on the goal for a few weeks.
- Pick three physical activities. Find out how each helps your body become stronger and healthier.
- Make something you can use to play a sport. Try it out with your Lodge or your family.
- Create your own sport.
- What active games did children your age play 100 years ago? Try one out.
- Pick a sport in the modern Olympic Games. How do athletes train for that sport?
- Which sports were parts of the original Olympic Games in ancient Greece? Why do you think they chose these sports? Which of these sports do you know how to do? Which would you like to give a try?

Need some more ideas?

Look at the activities for **Rusty's Meadow: Active & Healthy Living**.

Pick a suitable adventure for this badge that you would like to try on your own.

Pet Care Beaver



Objective: I will learn about animals which make good pets and how to care for pets.

When planning your adventures, you might like to have

- an adventure in which you help with a real animal

You do not need to have your own pet. You could help with someone else's pet.

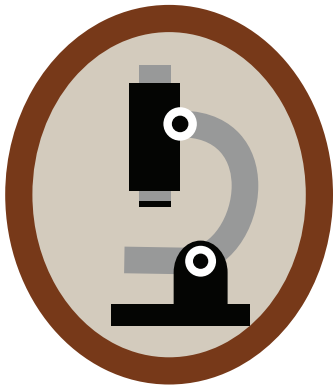
Here are some ideas to help you start creating your own adventures:

- Create a "Top Ten" list of animals that you think would make good pets. Why did you choose these animals? Who would enjoy each pet the most?
- Care for your own pet or help someone care for his or her pet for two weeks.
- Visit a vet clinic or an animal hospital. What kind of pets do they help keep healthy? What do they do for pets? Draw a picture of a pet you saw there, showing how it was cared for.
- Visit an animal shelter. Find out about the animals they help. Why do these animals need help?
- Visit a kennel, a pet groomer or a pet store and find out how they help people who have pets.
- Visit a bird reserve. Why do these birds need a safe place? Would any of these birds make good pets? What kind of birds can be kept as pets?
- Interview someone who has a pet. Why did he or she choose this pet? How did he or she name the pet? What is the best part of having a pet? What is the most challenging part of having a pet?
- Bring your pet to show the Beaver Colony. Talk about why you have this pet, how you chose its name and what it eats. (Remember to check with your Scouters before bringing in the pet. Does anyone in your Colony have allergies to pets?)
- What do you think is the most unusual pet? What do you think is the most common pet? The largest pet? The smallest pet? Show your ideas in a creative way.
- Describe or draw your ideal pet (it doesn't have to be a real animal). What would it look like? How would it behave? What would it eat? What would it do all day? What colour would it be? Why would this be a good pet for you?
- If you were to have a fish, what would you need to do to keep the fish healthy and happy?
- Take a whole bunch of photos of your pet and make them into a collage showing the many moods of your pet.

Need some more ideas?

Look at the activities for **Big Brown Beaver's Lodge: Citizenship**. Pick a suitable adventure for this badge that you would like to try on your own.

Scientific Beaver



Objective: I will use my scientific mind to explore, discover and experiment.

When planning your adventures, you might like

- an adventure in which you test out your own ideas about how something could work.
- Remember that both successes and failures are important to scientific adventures.

Here are some ideas to help you start creating your own adventures:

- How many different kinds of materials can you use to make a boat that will float? Keep track of the materials you've tried and show your Lodge the boat that worked best and the one that was the worst at floating.
- Build several boats out of tinfoil. Make your boats different shapes and sizes. Add a load (like some dimes) to each boat. Which shape holds the most dimes and keeps floating?
- Count the number of light bulbs in your house. If we didn't have light bulbs, what could you do and what could you not do in your home?
- How quickly does an ice cube melt? What if you put it in a glass of water? Or on a plate? Or in the sun? Or in the fridge?
- Look at the stars at night. Over the years, people have imagined what they could see in the stars. They have given names to groups of stars that seem to make shapes and imagined stories about what they see. What do you see in the stars? What name would you give a group of stars you've chosen? What story would you tell about it?
- What do you think it would be like to be an astronaut (a person who travels to space)? Learn about a Canadian astronaut. What did he or she find most exciting about being in space? Most difficult? Most surprising?
- Grow a plant from a seed or a cutting. Choose one that you've never grown before. What does it need to grow? Is it safe to eat or does it have other uses? Is it used in medicines? What do you like about this plant?
- Using toothpicks and mini-marshmallows, figure out how to build the highest tower that won't fall down. What is the secret to a tall tower? Take photos of your towers, showing the ones that work and the ones that fall down. How high was the tallest tower you built?
- Use a magnet. What can you pick up with your magnet? What can you not pick up? Why? What are magnets used for around your home?
- With an adult, search online to find a simple chemistry experiment you can try at home, such as adding food colouring to water for white carnations. Watch what happens.
- Look at the stars at night. Over the years, people have imagined what they could see in the stars. They have given names to groups of stars that seem to make shapes and imagined stories about what they see. What do you see in the stars? What name would you give a group of stars you've chosen? What story would you tell about it?
- Build your very own volcano. You can use baking soda and vinegar to make lava flow. What other safe ways can you make lava flow from your volcano?

Need some more ideas?

Look at the activities for **Rascal's River: Creative Expression**. Pick a suitable adventure for this badge that you would like to try on your own.

Spirit Beaver



Objective: I will explore beliefs that are important to me and my family as well as the beliefs of another faith.

When planning your adventures, you might like

- an adventure that includes the four compass points of the Internal Compass: Wonder, Gratitude, Service and Reflection
- an adventure that shows the Beaver Scout Promise, Law or Motto

Here are some ideas to help you start creating your own adventures:

- Find a story from your favourite holiday. Find a story about a holiday in another faith tradition or culture. Share the stories with your family or your Lodge.
- Make a food to share with your Lodge that is part of your faith or culture or tradition. Find out about a food from another tradition. Make that food too, if you can.
- Draw a symbol that is important to you or your faith group. Why is this symbol important? Find a symbol that is important to another faith group and learn why it's important.
- Write a prayer of your own or find a prayer from your faith tradition to share with your Lodge. Find a prayer you like from another faith and share it, too.
- Lead the Beaver Scout Colony in saying a Beaver Scout prayer. What do you like about this prayer? What might you add or change?
- Write or draw or do a "thank-you" to God.
- Go on a walk or drive with your parents or grandparents and take photos of many different places of worship. Create a collage or a picture book with your photos
- Do one thing for each point on the Internal Compass: Wonder, Gratitude, Service and Reflection. Draw the compass (or use a picture of a compass) and write down or provide a photo of you doing what you did for each point on the compass.
- Go to a service of worship for another church or another faith. What do you see?

Need some more ideas?

Look at the activities for **Rainbow's Reflections: Beliefs & Values**. Pick a suitable adventure for this badge that you would like to try on your own.

Tech Beaver



Objective: I will explore ways that people use technology every day.

When planning your adventures, you might

- have an adventure which helps someone else
- have the Beaver Scout Promise, Law and Motto as a code of conduct when you use all technology

Remember that technology is anything that makes our work and play easier to do. If one of your adventure involves being online, be safe by working with an adult.

If one of your adventure involves being online, be safe by working with an adult.

Here are some ideas to help you start creating your own adventures:

- What is your favourite piece of technology in your house? Who invented it? Share what you find out with your Lodge.
- With a parent/guardian or Scouter, create a "Code of Conduct" (rules) for using technology such as cell phones, computers, television, internet, gaming consoles, the fridge and stove. How might the "golden rule" fit as part of your code?
*Golden Rule: Do to others as you want them to do to you.
- With the help of an adult, find an app, website or program that can help you live the Beaver Scout motto, "Sharing, Sharing, Sharing!" Tell your Colony about it.
- Go on a treasure hunt in your house and find five pieces of technology that **did not** exist 50 or 100 years ago and five pieces of technology that **did** exist 50 or 100 years ago. Remember, technology is any object that makes work easier (like a pen or a pair of scissors).
- Think of something you use technology to help you do. Now try doing that without the help of technology. For example, try to find a fact on the internet and then go to the library and find the same fact in a book. What did you notice?
- With permission, take apart a toy and figure out how it works.
- Use materials you find around your home to create a tool or draw a sketch of a tool that could help you live the Beaver Scout Promise to "help take care of the world."
- Technology can help us but it can also hurt. Think of four examples of how it helps and four examples of how it might hurt someone. Which pieces of technology can both help and hurt? What makes the difference?
- Using recycled materials, build a tool that can be used in your home or in your Lodge.
- Imagine yourself 20 years in the future. What do you hope has been invented by then?

Need some more ideas?

Look at the activities for **Big Brown Beaver's Lodge: Citizenship**. Pick a suitable adventure for this badge that you would like to try on your own.

