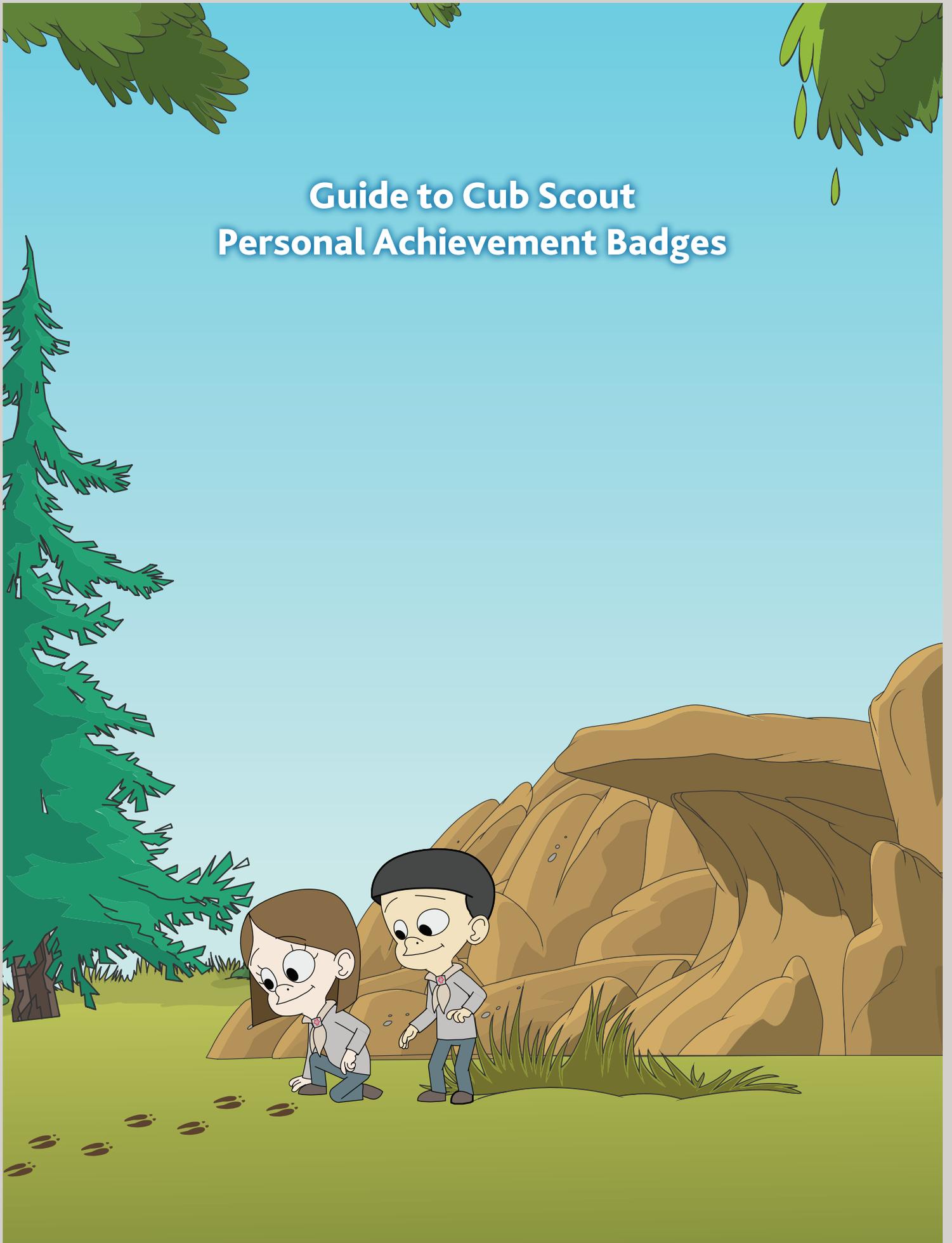


Guide to Cub Scout Personal Achievement Badges



INTRODUCTION

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. Work 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 each of the Sections
- 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 Pack program adventures. However, a youth who wishes to further explore anything first experienced with the Pack could develop personal 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 that 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 would count toward the badge adventures.
- A PA badge may be achieved 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.

Cub Scout Personal Achievement Badges

Earth: anything connecting with our planet's soil and geology including exploration, environment, leisure pursuits, experiments, etc.

Air: anything connecting with the atmosphere including exploration, environment, leisure pursuits, experiments, etc.

Water: anything connecting with water including exploration, environment, leisure pursuits, experiments, etc.

Space: anything connecting with outer space including exploration, leisure pursuits, experiments, etc.

Summer Fitness: anything related to active and healthy fitness and the summer season

Winter Fitness: anything related to active and healthy fitness and the winter season

Year-round Fitness: anything related to active and healthy fitness that can be pursued year-round

Home: exploring what it means to be a contributing member in a household

Community: exploring what it means to be an active, contributing member of one's neighbourhood and municipality

Canada: exploring what it means to be a citizen who makes positive contributions to the country

World: exploring what it means to be a contributing global citizen

Technology: exploring how to use digital technology effectively and responsibly

Arts: exploring one's own creative expression and the creative output of others

Building: creating and constructing functional items in a hands-on way

Hobby: an opportunity to develop one specific interest or to explore new interests

Science: learning and experimenting critically and empirically

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

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

Scouters can download a Plan-Do-Review sheet from CanadianPath.ca/Cubs, and should use that to set goals with each Cub Scout. These goals should be provided to Cub Scouts pursuing Personal Achievement badges so that they can be worked on with the Cubs' parents/guardians. Below is a more detailed overview of this process, which should help Scouters know the correct questions to ask, in order to facilitate this aspect of The Canadian Path.

BRAINSTORMING A PLAN

Discuss the following questions first with a parent/guardian and then with the Pack Scouter.

Why do you want to do this badge? _____

What would you like to learn? _____

What would you like to try doing to achieve this badge? _____

How would you like to challenge yourself? _____

How will this badge be an adventure for you? _____

PLANNING TO DO

The four adventures I will do for this badge are:

1. _____

2. _____

3. _____

4. _____

Target date to finish the adventures for this badge: _____

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

to gather these supplies _____

to visit _____

to contact _____

to use _____

to keep myself and others safe in these ways _____

to _____

REVIEW

Now that you've completed your adventures for this badge, answer these questions for your Scouter:

- What do you know now that you did not know before? _____

- What was most exciting about your adventures? _____

- What would you like to share with your Lair or Pack? _____

- How can you use what you learned in the future? _____

- How did your adventures show the spirit of the Cub Scout Promise, Law and/or Motto? _____

Pack Scouters – use the age-appropriate SPICES questions from the Scouter Manual to guide the Cub Scout's reflections on their Personal Achievement Badge experiences.

Cub Scouts Air



Objective: I will explore the environment, nature, research and/or leisure pursuits as they relate to the air.

When planning your adventure, think about including:

- an adventure that helps the environment and/or involves an experiment
- an adventure that would be something you would do for fun and/or exercise
- an adventure that takes place outdoors

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Go on an urban hike, and look for signs of air pollution. Listen for noise pollution. What is the air like in the park compared to on the main street? What are some causes of urban air pollution? What is the biggest cause? What are the sounds you hear? Go on a wilderness hike. Compare this hike with the urban hike you took. How is the air different? How does it smell? How does it feel to your skin? What are the sounds you hear? Share your observations with your Lair.
- How do hot air balloons work? Why does hot air rise? Find an experiment that you can safely do to show how hot air makes something rise. Demonstrate for your family or Lair.
- Build and launch a model rocket. Use a kit and follow the instructions. Learn about the safety requirements. Ask an adult to help you purchase the engines and launch your rocket. Make sure to take photos as you build it and as you launch it.
- Try making clouds and tornadoes in a bottle. What do you need? What do you learn about real clouds and real tornadoes?
- Design and construct your own kite and fly it. Or experiment with several different styles of kites to see how each flies.
- Have you ever been to an air show? Take in one that happens near to you. Check out some of the planes. What do you notice?
- Create a pop bottle orchestra. Experiment with filling empty pop bottles with different amounts of water. What do you notice about the sound? Make each bottle a different note and then play a simple song on your pop bottles.
- Create a piece of art by blowing paint with a straw to create your picture.
- What causes thunder and lightning? Why do we see lightning before we hear the thunder? How can knowing the difference of time between seeing the lightning and hearing the thunder be helpful to you when camping or hiking? What are some things to do to be safe in a storm? Design a game for your Lair or Pack about thunder and lightning.
- Participate in a Scoutrees project. How does planting trees help us have clean air? How do trees impact climate change, and overall air quality? How does your Scoutrees project also help with soil, water and wildlife?

Need some more ideas?

Look at the activities for **Red Flower Camp** (Outdoors) and **Bagheera's Hunting Grounds** (Environment). Pick an adventure you'd like to try on your own.

Cub Scouts Arts



Objective: I will explore what it means to enjoy and contribute to the arts.

When planning your adventure, think about including:

- an adventure in which you try an artistic tool, material or style which you haven't tried before
- an adventure in which you go to a professional artistic presentation (gallery, concert, play, screening, reading, etc.).

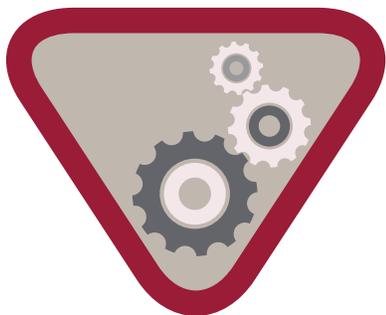
Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- What are your favourite kinds of books: informational, fiction, fantasy, science fiction, graphic novels, picture books, poetry? Try writing and/or illustrating your own.
- Have you ever been to the ballet, the opera, the symphony, a live concert, a musical or theatrical production? Pick one you've never attended and arrange to go.
- What kind of art fascinates you? Sculpture, pottery, oil painting, water colour, acrylics, woodcarving.... Look for historic examples of the art form you have chosen to explore, such as cave paintings or pottery dug up in archaeological digs. Learn as much as you can about the art form and then give it a try.
- Create an album of photos taken at a Cub Scout adventure (with the permission of those involved.) Add captions and stories. If possible, photocopy the book and present one to each youth and Scouter who attended.
- Try some recycled art. Use items from your recycling bin to create a sculpture to display, or cut up old greeting cards to create a collage or to make new cards or turn old newspapers into papier mache. What can you re-use in your home?
- Do you play a musical instrument? If so, what would you like to do to improve your skills? If not, learn to play a simple song on an instrument that interests you.
- Design greeting cards for your Cub Pack to use: a birthday card, a thank-you card, a get-well card and more.
- Draw five or more pictures, using a different kind of tool or material for each drawing. Try a pencil on one, pencil crayons on the next, felt pens on another, pastels or wax crayons or paint on another. Which is your favourite to use?
- Visit an art gallery. What do you find that appeals to you? Create a piece of art that reflects the influence of the art you encountered on your visit to the gallery.
- Have someone teach you how to carve a willow whistle. Or learn to do some whittling on deadfall branches. Put to use what you have learned about knife safety.
- Create a play that tells the story from *The Jungle Book* or learn to tell the story in your own words and share it with your Lair/Pack.
- Try your hand at pottery or moulding with clay.
- Weaving, rug-hooking, knitting, crocheting, sewing on buttons - pick a handicraft you'd love to learn and find someone to help you create a simple item.
- Design a new crest for your Cub Pack or Lair.
- Dance up a storm! Learn to waltz or polka, or create your own dance steps.
- Host an art show for your Pack or your Group. Invite other Cubs and/or youth from other Sections to submit art. Set up the display, advertise, etc. Invite other Sections and parents to come.

Need some more ideas? Look at the activities for **Monkey City** (Creative Expression). Pick an adventure you'd like to try on your own.

Cub Scouts Building



Objective: I will explore various ways of building, including a variety of designs, materials and construction methods.

When planning your adventure, think about including:

- an adventure in which you find out how a tool or a building material works
- an adventure in which you work with materials or tools you have not used before
- an adventure in which you build something you can use or someone else can use

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- What might you build for your backyard: a birdhouse, a chair, a plant trellis, boxes for plants or a table for a tree fort or playhouse? Design and then build, with appropriate guidance and help, something that will be useful in the outdoors.
- Have you ever heard about soapbox derbies? Build your own car.
- Get ready for your next Kub Kar races. How can you improve the speed of your car?
- What building tools do you know how to safely use? Pick a tool that you would like to learn to use. Who can help you with learning the skills to use and maintain that tool? Put what you learn to use, either using the tool to make a repair or to build something.
- Fix something that is broken and show your Lair how you did it.
- Do you love building models? Pick and build a model of an interesting building, structure or vehicle that will challenge you.
- What is it like to be a building engineer, a foreman on a building site, a carpenter, a cabinet finisher, an architect or anyone else who builds for a living? Interview somebody who designs or builds for a living. Find out about the person's work and why he or she enjoys it.
- Build a cardboard canoe and, with adult supervision, test whether it floats and balances with you sitting in it. How far can you paddle your canoe?
- Build the tallest tower with limited resources. Choose four or five different building materials (drinking straws, plastic bricks, marshmallows, stones, etc.) What is the tallest tower you can build with each? How can you use them together to build an even taller tower?
- Learn some basic knots and use them to fasten deadfall branches together to create a structure to use in your backyard, such as a frame for a fort, a trellis, a planter, etc.
- Help with a home building project and learn skills for hammering nails, drywall taping and mudding, fixing a hole in the wall, hanging a picture, etc.
- Visit a home renovations store or hardware store. With permission, take photos of tools and building materials that interest you. Create a slideshow telling about each of the tools and how they are used.
- Try your hand at building a temporary shelter. What could you use if you were out on a hike and needed to quickly create a place to shelter from a storm?

Need some more ideas?

Look at the activities for **Monkey City** (Creative Expression). Pick an adventure you'd like to try on your own.

Cub Scouts Canada



Objective: I will explore what it means to be a helpful, contributing citizen of Canada.

When planning your adventure, think about including:

- an adventure in which you explore and become involved in provincial and/or national government
- an adventure that offers service
- an adventure that shows the spirit of the Cub Scout Law, Promise and/or Motto

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Visit a courtroom or a police station. If possible, interview a judge, a lawyer or a police officer about their job and why they like it.
- The Canadian Armed Forces have played great roles in other parts of the world as peacekeepers and during times of war. Interview a soldier or veteran who lives near you, or find out the story of a family member who has been in the Armed Forces.
- At election time (municipal, provincial or federal), go with your parents/guardians to the polling booth to find out how to vote.
- Find out about the designs that were considered for our national flag before the current maple leaf flag was chosen? Imagine the maple leaf has not yet been selected as our national flag. Design your own flag for our country.
- Who are the Queen of Canada, the Governor General and the Prime Minister? Who are the Lieutenant Governor and Premier of your province? Pick one and write him or her an email or send a letter about something important to you, or to thank him or her for his or her work.
- Visit with a local, provincial or federal politician to find out about his or her job.
- With the help of an adult, connect with Cub Scouts from another province or territory through Skype, email or by writing letters.
- Certain plants and animals are national, provincial or territorial symbols of Canada. Plan and go on a hike with your Lair and keep track of all the symbolic plants and animals you see.
- Talk with someone who moved to Canada from another country. What does this person enjoy in Canada? What is difficult? What does he or she miss about his or her home country?
- Visit a local or provincial museum. Find something in the history of your community or province that fascinates you. How will you share what you have discovered?
- Lacrosse and hockey are the official sports of Canada. Organize a game of one of these sports (or a game of each) for your Pack. What equipment will you need? Does everybody know the rules of the game?
- How many famous Canadians can you name? Pick a theme: arts, sports, explorers, space, government, armed forces, etc. and find as many famous Canadians as you can. Choose one. What is the most interesting fact about this person? What was most challenging for them?

Need some more ideas?

Look at the activities for **Elephant Turf** (Citizenship) and **The Swinging Bridge** (Active & Healthy Living). Pick an adventure you'd like to try on your own.

Cub Scouts Community



Objective: I will explore what it means to be a helpful, contributing citizen of my community.

When planning your adventure, think about including:

- an adventure in which you explore and take part in your local and/or provincial government
- an adventure that offers service
- an adventure that shows the spirit of the Cub Scout Law, Promise and/or Motto

Here are some ideas to get you going on creating your own adventures:

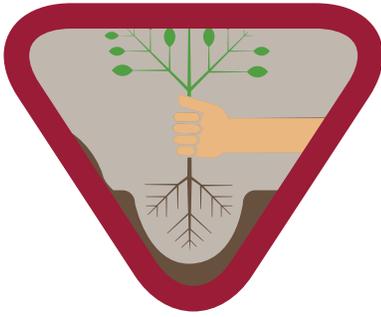
Note: some of these ideas might be made into more than one adventure.

- What would it be like to move around your community if you were in a wheelchair? Go on an urban hike and check it out. What obstacles do you see? How are these obstacles dealt with in some places? What more can be done? Find a way for your Pack to help make a difference.
- Think of someone (or more) in your community who works hard and helps many people, but doesn't often receive a thank-you. How might you offer thanks?
- What is something in your community that needs improving? Is there a fence that needs painting or a place that could use some flowers or a ditch full of garbage that needs to be cleaned up? With permission and appropriate help (and paying attention to safety), do what you can.
- Invite your family or your Lair to join you in volunteering for your community for a day.
- Who are your neighbours? With permission and support from your parents/guardians, find out about the people who are your immediate neighbours.
- Create or cook a surprise for a friend or family member who is sick or lonely or sad.
- If you could be the mayor of your community for a day, what law would you pass for your community and why? Write a letter explaining your law and your reasons and send it to your mayor.
- Create a scavenger hunt for your Patrol, in which clues are given and the Lairs take photos when they find the place to which the clue leads. Include some places in your community that other Cubs might not know about.
- Is there a foodbank in your community? Arrange to take a tour and find out what kind of food they collect and how they help people.
- Take on the job of managing the recycling for your Pack or your family for a month.
- Create a map of your community that would be helpful to a newcomer to the area. What do you think he or she would need to know in order to feel at home?
- With permission and support from your parents/guardians, plan a picnic or another street party and invite your neighbours.
- Go geocaching in your community. What discoveries do you make?
- Learn some American Sign Language or Braille. What other ways do those who have challenges with sight, hearing or mobility communicate?

Need some more ideas?

Look at the activities for **Elephant Turf** (Citizenship) and **The Swinging Bridge** (Active & Healthy Living). Pick an adventure you'd like to try on your own.

Cub Scouts Earth



Objective: I will explore environment, nature, research and/or leisure activities as they relate to the Earth.

When planning your adventure, think about including:

- an adventure that helps the environment and/or involves an experiment
- an adventure that would be something you would do for fun and/or exercise
- an adventure that takes place outdoors

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Have you ever seen an animal track in the soil? What tracks of different wild animals might you see in your area? Go on a hike with your family in an area where you may see these animal tracks. Can you spot any? Take a photo or make a plaster cast and show your Lair. Try to figure out what animal made the track you found.
- Create a photo collage or slideshow highlighting different types of “earth” in your neighbourhood. How many different types can you find? Take close-up photos and wider photos of the same places. Get your friends in your Lair to guess which close-up shots go with the wider shots. What clues can they look for to help them match the pairs?
- Create three different experiments on soil erosion, such as pouring water on different surfaces like bare soil, soil with plants, sand, sand/soil/rocks, rocks and sand, etc. What is important about erosion, and why is it a big problem? What could we do differently to combat erosion?
- Go to a local garden centre or tree nursery and find out about how different soils help different kinds of plants grow.
- Go on an urban hike and look for signs of pollution on the ground. Organize a service project for your Lair or Pack to help solve this problem.
- Participate in one of these activities (or something similar) that you have not done before: Scouttrees, Re-Vegetation Project, Community Vegetable Garden, a planting project, One Tomato Project
- What is Leave-No-Trace camping? On your next Cub adventure, help your lair or pack learn about and practice Leave-No-Trace. How successful were you at leaving absolutely no trace?
- Learn about and experiment with laying a fire on different types of soil. What do you notice for each soil type (rock, black earth, gravel)? What do you need to consider for safety in each case? Why is it important to avoid building a fire on grass or tree roots?
- There are many different types of roads that cars and bikes which cars and bikes can drive on, such as pavement, gravel, dirt, cement. What are the strengths and weaknesses of each of these materials? Try rolling a ball, riding a bike, pulling a cart and/or driving a remote control car on each of these road materials (in a safe place) to compare how they work.

Need some more ideas?

Look at the activities for **Red Flower Camp** (Outdoors) and **Bagheera’s Hunting Grounds** (Environment). Pick an adventure you’d like to try on your own.

Cub Scouts Hobby



Objective: I will explore a new hobby or learn new skills in a hobby I already do.

When planning your adventure, think about including:

- an adventure in which you learn a hobby that you have never tried before or a new skill in a hobby you already do
- an adventure in which you teach or demonstrate your hobby to someone else

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Do you have a collection or several collections? If not, start a collection. Ask family members what they collected or are still collecting. Do they still have their collections?
- Learn about the collections in a museum. What is most fascinating? What is the oldest item? Where were the items collected? What is the story behind the collection?
- Enjoy photography? Learn more about composing a great photo and then be the Pack photographer on the next adventure, creating a photo journal to share with everyone.
- Have you ever sewed on a button? Or used a sewing machine? Learn these skills and create a basic craft, like a hand puppet.
- Love board games? Pick one to learn or develop skills in a game such as chess or checkers. Or set up a board game evening for family, friends or your Pack.
- What are your favourite kinds of books: informational, fiction, fantasy, science fiction, graphic novels, picture books, poetry, etc.? Try writing and/or illustrating your own.
- Read an e-book or an online book and then a paper copy of the same book. What do you notice? Which do you prefer?
- Pick a new hobby. Maybe it is building a model, knitting, painting or drawing, rug hooking, whittling, bird watching, insect watching or fishing. Try it out. Learn some basic skills. What did you enjoy? Would you keep doing this hobby?
- Select a book that you enjoyed when you were younger. Practice it and then read it aloud to a younger child, such as a Beaver Scout.
- Go to a used book store or library to look for copies of "The Jungle Book". You might find many different editions! Or collect books of a favourite author or a favourite topic.
- Learn about origami and the story of 1,000 paper cranes. Learn to fold a certain shape of origami (how about a wolf cub?) and then teach the folding to your Lair.
- Have you ever made candles? Learn some different techniques - pouring, dipping, rolling sheets of beeswax, and make some candles to give away.
- How are your yo-yo skills? Learn how to work a yo-yo and set yourself a challenge for length of time and some tricks you can learn.
- Create a landscape for your model train or model cars.

Need some more ideas?

Look at the activities for **Monkey City** (Creative Expression). Pick an adventure you'd like to try on your own.

Cub Scouts Home



Objective: I will explore what it means to be a helpful contributing member of my home.

When planning your adventure, think about including:

- an adventure that shows the spirit of the Cub Scout Law, Promise and/or Motto
- an adventure that involves working with the people and/or the pets in your home
- an adventure that helps with home maintenance, repairs or chores

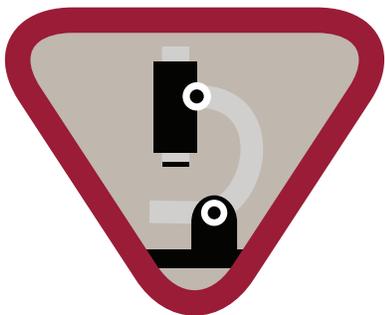
Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Investigate the appliances in your home. Do you know how to use each of them? What is required for maintenance? Learn to use at least one you don't know how to use now.
- Learn to sew a rip in your pants or sew on a button. Put what you have learned to use. Repair some torn clothing or sewing on buttons that have fallen off your clothes.
- Start a clothing drive at home. Pick out some of your own clothes to donate. Invite other family members to contribute. Make sure everything is clean and in good repair, then take it to the donation place.
- Surprise one or more family members by doing their chore for them. Or take on a chore that you hate for one week! What did you discover about that chore?
- Do you compost at home? Create and/or look after the compost pile. What will make it compost faster? How can you use the compost?
- Have you ever used a fire extinguisher? Some local fire departments will give training in how to use one, or see if you have an old one at home with which your family could practice the skills required.
- Pick an outdoor chore and take care of it for an agreed upon time, such as shovelling the walk, mowing the lawn, raking the grass or watering the flowerbeds.
- Pick a room in your house that you'd like to redesign or redecorate. Create a design for the room: the placement of furniture, colour scheme, etc. Share it with your family. Who knows? They might use some of your ideas.
- Make some birdfeeders for your backyard for the winter. Keep the feeders full and watch for the birds to come and eat. Remember to take photos.
- What safety plans would be helpful for your family in your area? Work with your family to create a plan and then practise it. This might include fire extinguishers, smoke detectors, fire escape plan, safe storage of dangerous or poisonous items, dealing with loss of power, water or heat for a period of time, an emergency kit, an evacuation kit.
- What spaces do you share as a family in your home? Is there a space, such as the bathroom, that always seems to be difficult to share? Brainstorm some ideas with your family and try them out for one week. Are the ideas successful or do you need more ideas?
- Plan a healthy, balanced meal for your family. Will you try some new foods? What groceries will you need? How much time will it take to prepare? Will you make it a special meal with candles on the table or name cards?
- Learn to bake bread, iron a shirt, wash the clothes, sweep and wash the floor...what household skill would be a good challenge to learn?

Need some more ideas? Look at the activities for **Elephant Turf** (Citizenship) and **The Swinging Bridge** (Active & Healthy Living). Pick an adventure you'd like to try on your own.

Cub Scouts Science



Objective: I will explore and discover in one or more scientific area.

When planning your adventure, think about including:

- adventures in different scientific areas: biology, chemistry, physics, mathematics, botany, anthropology, ecology, forestry, geology, oceanography, zoology and more
- an adventure in which you experiment with or observe something new
- and adventure involving the outdoors and/or nature and/or care of the environment

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Check out the flowers you see through the seasons. On hikes, in your backyard and on your way to school, pay attention to the flowers you see. Take many photos, then create an album or slideshow. Identify the flowers in your display.
- Take a photo of your favourite flower, mount it and cut it into puzzle pieces. Then challenge your family or your Lair to put the puzzle together. Do they know the flower?
- Instead of flowers, do the same challenge with wildlife. How about finding, photographing (or drawing) and identifying six insects, six birds and six mammals? Then make a puzzle or crossword or collage or in some other way share what you discovered.
- How do you use electricity in your house? Discuss with your family how you can reduce your use of electricity and by doing that, reduce the impact on the environment. Learn about Earth Hour.
- Visit a science centre or planetarium and learn about new discoveries.
- Build a volcano and then find different ways to make “lava” flow, starting with vinegar and baking soda. What other safe chemical reactions can you use for “lava”?
- Pick a plant or seeds you’ve never before grown. Try growing and caring for the plant you’ve chosen. What does it need to grow?
- Is there an archaeological dig in your area? Visit and learn about what has been found.
- What kinds of rocks are there in your area? Gather samples and figure out what each is.
- Design a scientific experiment to test an idea or theory, such as “What kind of socks are the toughest and get the fewest holes?” or “What kind of tent is fastest to put up?” or “What kind of bar soap lasts the longest?”
- Find out about fulcrums and balancing things. Set up your own fulcrum. Then discover what two things can balance each other out. For example, if you put an eraser on one side, how many Cub Personal Achievement badges are needed on the other side to achieve balance?
- What is the newest dinosaur to be discovered? What are the newest findings about dinosaurs in your area and/or around the world?
- Did you know that there are islands of plastic floating in the oceans? How do these affect marine life? What can be done? Do an experiment with biodegradable plastic.

Need some more ideas?

Look at the STEM activities for **Monkey City** (Creative Expression). Pick an adventure you’d like to try on your own.

Cub Scouts Space



Objective: I will explore the environment, nature, research and/or leisure activities about Space.

When planning your adventure, think about including:

- an adventure that helps the environment and/or involves an experiment
- an adventure that would be something you would do for fun and/or exercise
- an adventure that takes place outdoors

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Set yourself a goal of learning to identify a number of things in the night sky, including certain stars, constellations and planets.
- Watch the moon every night for a month. Record what you see with photos or drawings.
- Learn Aboriginal stories for some of the constellations. Share the stories with your family or your Lair. Looking at the stars, pick a constellation, decide how you would describe its shape and make up your own story for that constellation.
- Learn about telescopes. How do they work? How do they help us see into space? Visit an observatory and discover what you can see at night through its telescopes.
- Using papier mache or modelling clay (or other materials), create a moonscape. Label craters and other landmarks. If you wish, add a moon base of your own design.
- Teach a younger sibling or a Beaver Scout how to find the Big Dipper in the sky.
- Create your own star show. Cut circles of black paper the size of the top of your flashlight. Poke holes into black paper in the shape of a constellation. In a darkened room, shine a flashlight through the black circles, projecting on to the ceiling to create your star show. This also works using aluminum foil instead of the paper.
- Is there an astronomy club in your community, or in a nearby community? What does the club do? When do they meet? Arrange a visit for your Lair or Pack.
- Several superheroes are said to come from space. Create your own superhero from space. Consider what your hero's costume will look like, what powers your hero will have and what brought your hero to Earth.
- How were the craters created on the moon? What made them? Create an experiment to make craters in a sandbox.
- Have you ever built a model rocket? Try a simple kit. With adult help, purchase an engine and launch your rocket. Learn about safety precautions. Take photos of the whole build and launch.
- Would you like to be an astronaut? Would you like to live on the space station? How do astronauts eat in space? What do they wear? How do they wash, shower and go to the bathroom? What is the biggest challenge? What is the most fun?

Need some more ideas?

Look at the activities for **Red Flower Camp** (Outdoors) and **Bagheera's Hunting Grounds** (Environment). Pick an adventure you'd like to try on your own.

Cub Scouts Summer Fitness



Objective: I will participate in healthy and active summer fitness.

When planning your adventure, think about including:

- physical fitness
- mental health
- healthy food

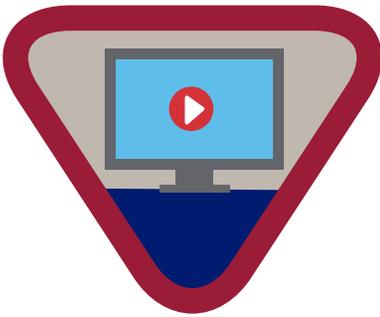
Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Create a swimming adventure for yourself. In how many different bodies of water can you swim (in a safe, supervised environment)? Places you could visit include: outdoor pools, indoor pools, wave pools, waterslides, oceans, lakes, rivers... What safety precautions do you need to take when swimming in these different places?
- What foods do swimmers need to eat to keep healthy? Is keeping hydrated by drinking water necessary when swimming? Why or why not?
- Create a summer meal or picnic that provides good nourishment for your summer fitness and share it with friends or family.
- Take lessons in a summer sport you have never before tried, such as soccer, baseball, tennis, golf, etc.
- Develop an active routine that includes hiking, walking or bicycling each day of the summer.
- Plan an active day at the beach for your family or Lair. Besides swimming, what other activities can keep you fit and having fun at the beach?
- Plan an active summer week for your family with activities that each member would enjoy and in which all can participate.
- Staying active during the summer is not just about sports. How about some berry picking, kite flying, taking your dog for a walk, rock picking, building a fence, gardening or lawn mowing? Pick a different activity every day for a week.
- Create a Summer Olympics Day or Summer Fun Day for your family or friends or your Pack.
- Set up a family triathlon or a triathlon for your Pack. How far will you swim, bike and run? Or do you want to include three different activities in your triathlon? What would a Scout triathlon be like: build a fire, put up a tent and paddle a canoe?
- Set yourself a skipping challenge. How many jumps of the rope can you do? Practise routinely and measure your improvement.
- Learn a summer game that kids played decades ago and teach it to your friends, such as hop-scotch, anti-i-over, rounders, marbles, kick the can, sardines and four square.
- What games did First Nations, Inuit and Metis create for summer fun? Try out some of these games.
- Invite your family to join you on a bicycle adventure. Where will you cycle? Are your bikes in good shape? What food will you take?
- Why do we feel happier when there is more sunlight and when we are active?
- Create a frozen treat (like a popsicle or slushie) that is tasty, healthy and helps you stay hydrated in hot weather.
- Do you know what to do is someone becomes overheated or gets sunburn? Learn how to deal with common summer emergency aid situations. Create a scenario for your lair in which somebody needs help, and practise responding.

Need some more ideas? Look at the activities for **The Swinging Bridge** (Active & Healthy Living) and **Red Flower Camp** (Outdoors). Pick an adventure you'd like to try on your own.

Cub Scouts Technology



Objective: I will explore what it means to be a helpful, careful and responsible as I use technology.

When planning your adventure, think about including:

- an adventure that shows the spirit of the Cub Scout Law, Promise and/or Motto
- part of an adventure in which you think about the safe and careful use of technology
- an adventure in which you develop your own piece of technology

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Everything that is used to make a task easier is technology. Find out how the ballpoint pen was invented. What was used before ball point pens (try it out if you can)? What do we use now? How many different kinds of pens can you find in your home?
- With permission (and help, if needed) take apart an electronic toy or small appliance to see how it works. Use the parts to create something new.
- Hunt in your house for the oldest piece of technology. Now find the newest. What do you notice about what has changed? How is the oldest piece still useful? Create a set of photos or drawings that show how a piece of technology has changed.
- 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. Share your code of conduct with your Lair or a parent/guardian or Scouter.
- With the help of an adult, find an app, website or program that can help you live the Cub Scout motto, “Do your best!” Tell your Lair about it.
- How big was the very first computer? What is the smallest computer in your home? Why have computers become smaller and smaller?
- Technology can help us but it can also hurt. Think of 4 examples of how it helps and 4 examples of how it might hurt someone. Which pieces of technology can both help and hurt? What makes the difference?
- Texting, apps, and online social media are used for bullying. What would you tell a friend who is being bullied online? What would you do if someone started bullying you online?
- Create a video to share with your Lair or Pack about stopping online bullying.
- What piece of technology (something that makes a job easier) do you wish you had? Create a design for that piece of technology. If possible, build a model.
- What are the best physical exercises for video-gamers? What helps with repetitive use or strain injuries to neck, wrists, back, etc.? How do you care for your vision when gaming?
- Where can you recycle old computers, cellphones, routers, printers, etc. in your area?
- Learn how to put together a slideshow of digital photos. Create one of photos of your next Pack adventure and share it with the Pack.
- Create a simple web page for your Lair. What information should you share on the page? What information should not be shared?
- Learn about the rating system used for video games and movies. Create a list of the best videos for each age group in Scouting.
- Design and, if possible, make a gadget that would be helpful at camp.

Need some more ideas?

Look at the activities for **Elephant Turf** (Citizenship) and **The Swinging Bridge** (Active & Healthy Living). Pick an adventure you’d like to try on your own.

Cub Scouts Water



Objective: I will explore leisure pursuits and the natural environment as they relate to water.

When planning your adventure, think about including:

- an adventure that helps the environment or involves an experiment
- an adventure that would be something you would do for fun and/or exercise
- an adventure that takes place outdoors

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Ever go fishing? Learn to fish or develop some new fishing skills.
- Design and build a toy boat. Experiment with different materials and different ways of constructing it. Will it be a sail boat or paddle boat? How much weight might it carry?
- Go on hikes with your family to three different natural habitats. What are the water sources for each of these habitats? How does water affect the plant and animal life in each of these habitats? How would the water affect us in each of these habitats?
- Visit your municipal water or sewage treatment plant. Why are these kinds of public plants so important for our health, and for the health of our lakes and rivers?
- Where does the water come from that runs out of your tap? What is the water source for your farm, acreage, town or city? What happens to the water after we use it to drink, to wash, to cook, to flush the toilet? Use a diagram, drawing or model to show the cycle of drinking water.
- Salt water? Fresh water? What can live in each? What activities work in each? Have you heard of the Dead Sea? What happens if you float in the Dead Sea?
- Discover what different kinds of water pollution exist. How does each kind of pollution affect wildlife? How does it affect humans?
- Do a community service project that helps to clean up or restore a local creek, stream, river or a shoreline, and returns it to a more natural state.
- Start an indoor water garden. Find out about hydroponics. What kind of plants can you grow?
- Try floating in a variety of PFD's and lifejackets. Which do you find the most comfortable? Which keeps you floating face up? Which works best when you fall into the water? Share what you've discovered with your Lair.
- Hike along (or, with your Pack, paddle) the water source in or closest to your community.
- Build your own raft. What material will you use? How will you make it move?
- Make a dozen snowballs in the winter and freeze them until summer. Has the snow changed in the freezer? Have summer fun throwing your snowballs at a target? How fast do they melt?
- Create the tastiest healthy water for a hot summer day. Will you add some lemon or lime, or maybe some grated ginger or a fresh raspberry? What would be the most refreshing taste?
- In winter, build the tallest snowperson you can. Measure its height. Record the weather for each day and the height of the snowperson until it has melted away. How long does it last?
- Experiment with the soothing effects of water sounds. Try a small fountain, a sound machine and/or recordings of water sounds. Do they help you and/or your family relax?
- How do you know when it is safe to skate on ice? How thick does it need to be? How can you test thickness?

Need some more ideas?

Look at the activities for Red Flower Camp (Outdoors) and Bagheera's Hunting Grounds (Environment). Pick an adventure you'd like to try on your own.

Cub Scouts Winter Fitness



Objective: I will participate in healthy and active winter fitness

When planning your adventure, think about including:

- physical fitness
- mental health
- healthy food

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- What is “cabin fever”? Seasonal Affective Disorder (S.A.D.)? Think of many creative ways you can get out in the sunshine during the winter to help prevent these.
- Create the best cup of hot chocolate and a healthy snacking cookie, while thinking of good nourishment for winter activities.
- Go sliding or skating three times in three different locations. How will you make sure the location is safe for your sliding or skating?
- Try out a new winter sport such as figure skating, speed skating, downhill skiing, cross country skiing, snowboarding, curling, hockey, ringette, etc.
- Set a new goal for a winter sport you already play.
- Go on a winter hike using snowshoes or cross country skis.
- Plan a Winter Olympics Day or Winter Fun Day for your Pack or another Section.
- Create a winter triathlon, such as sled down a hill, skate a distance and then hit the middle of the target with a snow ball. Invite your friends or Lair to join you.
- Try out pond hockey or pond curling.
- Invite your friends or Lair to join you in an outdoor game in the snow such as Fox and Geese, or Tug of War in the snow, Pin the Nose on the Snowman, Capture the Snow Flag, Footprint Tag (you can only step in the footprints), Snowball Relay or Freeze Tag.
- Try a summer challenge in the snow dressed for winter, such as twirling a hula hoop, skipping rope or playing hopscotch in the snow.
- Create a winter golf course by burying empty tin cans in the snow, open side at the top. Mark with flags. Use coloured golf balls and old golf clubs.
- What’s the best way to dress for your winter outdoor fitness? Create a slideshow or fashion show to demonstrate for your Lair or Pack.
- Learn about bicycling in winter. What do you need to do to prepare to use your bike?
- Lay-out what outdoor gear and footwear you would need for a winter hike. How fast can you get dressed? Now challenge someone else to a race - make sure you each have the same items to put on.
- What games did First Nations, Inuit and Metis create for winter fun? Try out some of the games, such as Snow Snakes.

Need some more ideas?

Look at the activities for **The Swinging Bridge** (Active & Healthy Living) and **Red Flower Camp** (Outdoors). Pick an adventure you’d like to try on your own.

Cub Scouts World



Objective: I will explore what it means to be a contributing citizen of the world.

When planning your adventure, think about including:

- an adventure in which you learn about or take part in provincial and/or national government
- an adventure that offers service
- an adventure that shows the spirit of the Cub Scout Law, Promise and/or Motto

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Be part of international Scouting through Messengers of Peace. Find out more about this program at Scouts.ca
- Scouts Canada is part of the World Organization of the Scout Movement (WOSM). Where is the headquarters for WOSM? How many countries in the world have official Scouting organizations? What is the WOSM flag? Check out www.scout.org
- The Canadian Scout Brotherhood Fund provides help around the world. Find out more at Scouts.ca and share what you find out with your Patrol or Lair.
- Visit a place of worship, other than one you may attend, and find out what you can about why it is built the way it is, who worships there, how they worship, and more.
- Pick a festival or religious holiday from another faith tradition or culture. How is it similar to or different than a holiday or festival you celebrate? Make or buy some foods from each of the holidays/festivals to share with your family or your Lair.
- What is your favourite story from your faith tradition? Find a story from another faith tradition that is similar in some way. Learn to tell both stories and share them with your family or your Lair.
- What is a food from another culture that you've always wanted to try? Find a place where you can taste that food or make it at home.
- Learn how to say **Hello**, **Good-bye** and **Thank you** in several different languages.
- With an adult's help and with your parents'/guardians' permission, participate in a Jamboree On the Air (JOTA) or Jamboree On the Internet (JOTI). Find out more at Scouts.ca/scoutsabroad
- When and where did Cub Scouts first start in the world? in Canada?
- What other countries have Cub Scouts? Find out about what they do at their Cub Scout meetings, their promise, law, motto, uniforms. What is familiar? What is unique?
- What is a country you have always wanted to visit? Plan a possible future trip to that country. Where would you visit? What would you eat? Where would you stay? What is the climate like? What kind of clothes would you need to take? Try out some of their food which you might find locally.
- Keep a photo journal of a visit with your family to another country. Share your experience and your journal with your Lair or Pack.
- What is the United Nations? How does Canada participate in the United Nations? In what ways does the UN help children around the world?
- Find an international penpal through the ScoutsAbroad page of the Scouts Canada website.
- How does the climate of where you live affect the kind of clothes you wear? Find out about different kinds of clothes around the world, why they are worn, and how they are appropriate to the climate.

Need some more ideas? Look at the activities for **Elephant Turf** (Citizenship) and **The Swinging Bridge** (Active & Healthy Living). Pick an adventure you'd like to try on your own.

Cub Scouts Year-Round Fitness



Objective: I will participate in healthy and active year-round fitness

When planning your adventure, think about including:

- physical fitness
- mental health
- healthy food

Here are some ideas to get you going on creating your own adventures:

Note: some of these ideas might be made into more than one adventure.

- Find out what Olympic athletes, Paralympic athletes or marathon runners do to mentally prepare for competition. What might work for you?
- Develop an exercise routine that you follow on a regular basis. What will be your goal? How will you work out all the major muscle groups in your body? What exercise or sport uses each one?
- Design and run an outdoors obstacle course. What could make it more challenging in the winter? What could make it more challenging in the summer? Share your obstacle course with your Lair.
- Create a family exercise challenge. Decide together on an activity and then participate together.
- Visit a local community fitness centre, such as a YMCA/YWCA or a public pool or gym, and find out what kinds of activities are available for kids your age. What interests you at this facility? What can you do in this facility year-round?
- Think of your favourite fast-food restaurant. Would an athlete in training find food at this restaurant which would be beneficial for their training? What would be their best choices?
- Sports drinks and energy drinks are everywhere. What nutrients are in these drinks and how are they supposed to help you? In what situations, would these drinks be helpful to you?
- Think about it. If you take 10,000 steps a day for 100 days, you will have done 1 million steps. Take the challenge. Use a step counter device or app to count your steps. It's okay if you don't make 10,000 every day. Just keep counting those steps.
- Think of a game or sport you love. How would people with sight, hearing, mobility and other challenges play the sport or game? Learn about the Special Olympics and Paralympics.
- Interview several friends or family members about their favourite sports or activities for each season of the year. Is there any of these sports or activities you would like to try?
- Some fitness centres and gyms welcome youth to accompany their parents for a visit. If this is possible, go for it and try out some of the equipment.
- Track your hours of activity a day for a week. What do you notice? Are you surprised by anything? What changes would you like to make based on this information?
- Do you have exercise equipment in your house? Try it out. If it is not used much, why might that be? Is there something you could change to make it more useable?
- Try skipping rope as a fitness challenge. Measure your progress over a few weeks or months.
- Pick five different events done in the Olympics or Paralympics, winter or summer. Try out some of these events at a nearby facility.

Need some more ideas? Look at the activities for **The Swinging Bridge** (Active & Healthy Living) and **Red Flower Camp** (Outdoors). Pick an adventure you'd like to try on your own.

