







A BEAR GOES FISHING



RATIONALE FOR ADVENTURE

Fishing is a skill that can become a lifelong hobby, or possibly a career. It can be done alone, or with family or friends. This adventure is meant to be fun and can be used for teaching several points of the Scout Law such as trustworthy, helpful, courteous, obedient, thrifty, cheerful, clean, and even reverent.

TAKEAWAYS FOR CUB SCOUTS

- Learning about the types of fish near the Scouts' homes
- Learning what the fish eat, how they can be caught, and how we can conserve and preserve our fish by using the concept of catch-and-release fishing
- Understanding different types of equipment and making simple fishing tackle
- Going fishing and having a hands-on experience to apply all the Bears have learned

ADVENTURE REQUIREMENTS

Bear Handbook, page 120

Complete at least three of the following:

1. Discover and learn about three types of fish in your area. Draw a color picture of each fish, record what each one likes to eat, and describe what sort of habitat each one likes.
2. Learn about your local fishing regulations with your den leader or a parent or guardian. List three of the regulations you learn about and one reason each regulation exists.
3. Learn about fishing equipment, and make a simple fishing pole. Practice casting at a target.
4. Go on a fishing adventure, and spend a minimum of one hour trying to catch a fish. Put into practice the things you have learned about fish and fishing equipment.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. These den meeting plans, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Review the plans for Meetings 1 and 2 before beginning the adventure. You might choose to have a local fishing expert assist with Meeting 1, and you will need to make arrangements for equipment.

Meeting 2 is a den outing to go fishing. Select and make plans with the location in advance. Confirm that transportation to and from the event is in place. Secure signed activity consent forms.

If your fishing plan involves Cub Scouts being in boats, review the *Guide to Safe Scouting and Safety Afloat* at www.scouting.org to assure you have a safe outing in compliance with BSA policies.

Review the licensing regulations in your state, which can be obtained through your state conservation service or most places where fishing licenses are sold.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Markers or colored pencils for each Scout
- Copies of the Good Neighbor rules, 1 for each Scout
- Instructions and materials for making a simple fishing pole
- Instructions and fishing line for tying the clinch knot and the Palomar knot
- Samples of fishing equipment
- Provide one fishing pole per Scout, one pole per two Scouts, or one per team for the relay game. Be certain the poles are set up for bait casting practice with a weight on the end instead of a hook.
- Assemble information regarding at least three types of fish that live in your local waters. This information can be found through the internet or through your state or local conservation service. Many states have agencies that are dedicated to fish and wildlife and can assist you at little or no cost.
- You may invite a local fishing club member, a representative from a local sporting goods or bait shop, or a den parent or grandparent to assist with this den meeting. Some organizations may allow you access to a live fish exhibit as well.

GATHERING (REQUIREMENT 1)

As Bears enter, have them go to this adventure in their handbooks and give them colored pencils or markers to draw fish in the books that are native to your area. Provide pictures you have gathered ahead of time along with basic information about each fish. Another option is to create a page for each fish with pictures and a description, and pass out copies of all the pages; Bears can then cut out and staple together pages for several fishes into their own “fish dictionaries.”

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Pass out copies of the Good Neighbor Fishing Rules. Have Bears recite the rules together.

TALK TIME (REQUIREMENT 2)

- Carry out business items for the den.
- Talk about the habits, food preferences, sizes, and shapes of the types of local fishes the Scouts drew during the Gathering activity.
- Review the fishing regulations and the Good Neighbor rules. (Requirement 2)
- If you invite a professional or someone who fishes as a hobby to this den meeting, he or she may present the fish information as well as the regulations regarding fishing. You can also find fish that live in your area through your state's fish and game department website.
- Set up an exhibit for a show-and-tell on fishing equipment. This may be done by a local sporting goods representative or one of the individuals mentioned above. Limit the exhibit to simple and inexpensive equipment.

ACTIVITIES

◆ Activity 1: Make a Simple Fishing Pole (Requirement 3)

Materials:

- Sturdy sticks, 4 to 5 feet long (bamboo is a good choice, as is a hiking staff)
- Fishing line

- Safety scissors
- Fish hooks

Instructions:

1. The best type of stick for a fishing rod is strong, yet slightly flexible. Bamboo—about ½-inch thick—would be a good choice, but if bamboo isn't available Bears can bring something similar from home like a hiking staff.
2. If one end of the stick is larger around, use that part as your handle and tie it to one end of the fishing line. Wrap the line in a spiral around the stick until you reach the tip. Tie the line firmly to the tip, but don't cut the line yet.
3. Unroll the line about a foot longer than your stick, then cut it off the roll. You should now have a continuous length of fishing line extending from the handle of your stick down to the hook. (That way, if the fishing rod breaks in the middle, you still have the line in your hand.)
4. Tie a hook to the end of the line, and you are ready to go fishing.

◆ Activity 2: Practice Bait Casting (Requirement 3)

Materials:

- Bait-casting fishing poles, one for each Cub Scout
- Paper plates, flying discs, or similar objects to be targets
- Weights for the ends of fishing poles

Instructions:

1. The poles should be set up with weights tied on the lines instead of hooks.
2. Begin with the targets positioned less than 30 feet away until the Scouts become accustomed to casting.
3. Continue to move the targets away from the Scouts until they are 30 feet away.
4. Once the Scouts can consistently hit the targets, you can give them the challenge of casting under a bush, or near a tree. Many fish choose underwater plants as their habitats, so learning to cast around them is helpful to the Scout.
5. Another option is to set up a relay game by dividing into teams. Each Scout casts to hit a target 5 feet away and then passes the pole to the next Scout. After all Scouts have hit the target, move the target to 10 feet and let them continue. Have as many rounds as you wish before declaring a winning team.

CLOSING

- Gather everyone in your den together in a circle and conduct the Living Circle closing:

To form a Living Circle, Cub Scouts and leaders face inward in a close circle. With the right hand, each person gives the Cub Scout sign. They turn slightly to the right and extend left hands into the circle. Each thumb in the circle is pointed to the right, and each person grasps the thumb of the person on their left, making a complete Living Circle handclasp. The Scout Oath or Scout Law can then be recited.

The Living Circle also can be brought to a close by moving all of the left hands up and down in a pumping motion while the Cub Scouts say, "A-ke-la! We-e-e-ll do-o-o ou-r-r best," snapping into a circle of individual salutes at the word "best."

- Remind everyone of the need for fishing equipment at next week's meeting. Confirm that families have all the necessary information on transportation and other items to bring.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, and 3.
- Work together to clean up the meeting place.

MEETING 1 RESOURCES

GOOD NEIGHBOR FISHING RULES

In addition to your state and local fishing laws, there are also some “good neighbor” rules that are important for Scouts to follow.

1. Always ask permission before fishing on another person’s property. (A Scout is courteous.)
2. Always leave the area cleaner than you found it. (A Scout is clean.)
3. Always let others know where you are going and when you will be back. (A Scout is trustworthy.)
4. Do not intrude on a spot where others are already fishing. (A Scout is friendly.)
5. Do not fish in a swimming area. This prevents hooks from being lost in a place where others are walking. (A Scout is courteous.)
6. Decide with your parent if you should wear a life jacket while fishing. (A Scout is obedient.)
7. Know what the weather forecast is before you go fishing, and watch the weather while you fish. Never fish while lightning is striking or if there is a possibility of flooding. (Be Prepared.)

MEETING 2 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Prior to this meeting you will need to secure a safe location for the den to go fishing. Communicate the location to all Scouts in the den. Some organizations near you may sponsor a fishing derby for kids. Larger cities may have a city park that allows fishing.
- Confirm that transportation to and from the event is in place. Secure signed activity consent forms.
- The unit den leader should bring a copy of the *Guide to Safe Scouting*.
- Before the trip, make a group decision about what to do with any fish that are caught. Arrangements may need to be made for ice chests and ice if the fish are being kept.
- It is helpful to have extra equipment, if possible, in case equipment breaks. Additional bait is also a good idea.
- Remember to bring the Cub Scout Six Essentials (including sun protection), trash bags for the Good Turn, cameras for memories, and plenty of adult leadership.
- Remind Bears that the BSA’s water safety rules must be followed at all times. Have them pair up and follow the buddy system.

GATHERING

Practice tying the clinch and Palomar knots. See who can tie the fastest knot (properly tied).

OPENING

- Depending on the location of the meeting you may choose not to have a formal opening. If one is desired, have the den chief or denner call the den roll, and have each Cub Scout answer with how many fish that Scout expects to catch at this outing.
- Recite the Pledge of Allegiance and the Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Review the BSA buddy system and the Good Neighbor Fishing Rules with the Scouts.

ACTIVITIES

◆ Activity 1: Fishing (Requirement 4)

- Spend at least one hour trying to catch a fish. This time can include baiting the hooks, casting, etc.
- Help Scouts, making sure they are adequately spaced from each other so their lines and hooks do not get tangled.

CLOSING

- Do a Good Turn by making certain the area you have visited is cleaner than you found it.
- Congratulate Scouts on a great fishing trip whether or not they caught fish. Point out that this adventure is a success because they learned about the kind of fish in the area and how to make a pole, tie fishing knots, and bait a hook.
- Have the den chief or denner call the roll again and have the Scouts answer with how many fish they actually caught. Did anyone catch more than they expected at the opening?
- Have them recite the Outdoor Code as a reminder of taking good care of our outdoor world. (See the *Bear Handbook*.)

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 4.
- Work together to clean up the fishing site.
- Remember to thank anyone who helped make this adventure a success.

Upon completion of the A Bear Goes Fishing adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.



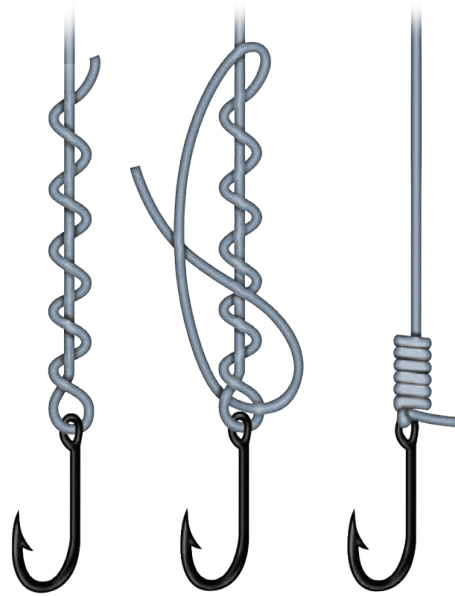
MEETING 2 RESOURCES

KNOT INSTRUCTIONS

◆ Clinch Knot

The clinch knot is a good knot for beginners because it is simple and tightens as tension increases.

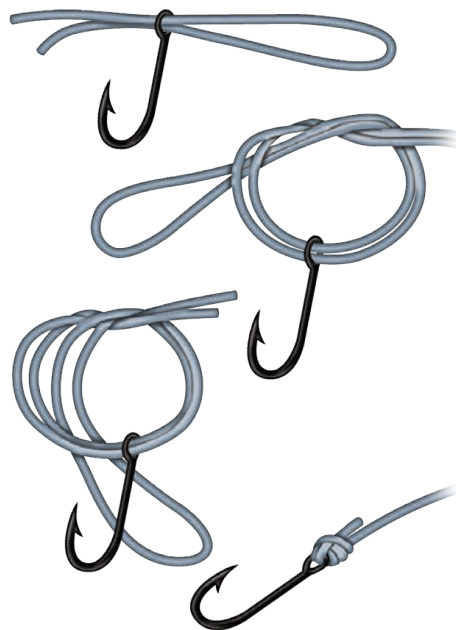
1. The first step is to feed the line through the eye of the hook, which is the circle at the opposite end of the hook's sharp edge.
2. After you have a good length (1½ to 2 inches) of line through the eye, wrap the part of the line that has been through the eye back around the part of the line that hasn't been wrapped, but not tightly.
3. Once this step is completed, there will be a loop of line through the eye of the hook. Feed the line through this loop. This will create a large loop that starts at the top of the coil and goes down to the eye of the hook. Feed the line through this loop and pull the line tight.
4. To finish the knot, slide the coils down toward the eye of the hook.



◆ Palomar Knot

This knot is one of the strongest fishing knots.

1. Start by doubling the line and passing the loop through the eye of the hook.
2. Tie this into a simple overhand knot—basically, the first step in tying a shoe.
3. Then, pass the hook through the loop at the end. To finish the knot, pull it tight.






BEAR PICNIC BASKET



RATIONALE FOR ADVENTURE

This adventure introduces Bear Scouts to the fun of preparing their own meals and snacks. They learn basic skills and safety practices when cooking inside or outside. Scouts also learn how to select, prepare, and perfect their own recipes.

TAKEAWAYS FOR CUB SCOUTS

- Learning basic cooking skills
- Understanding how to read a recipe
- Practicing kitchen safety
- Preparing nutritious snacks independently
- A Scout is clean. 

ADVENTURE REQUIREMENTS

Bear Handbook, page 134

Complete at least three of the following:

1. Create your own Bear cookbook using at least five recipes you might cook or prepare either on your own or with some adult help. Include at least one recipe each for breakfast, lunch, dinner, and a nutritious snack.
2. With a family member or den leader, prepare for cooking by explaining the importance of planning, tool selection, sanitation, and cooking safety.
3. Select and prepare two nutritious snacks for yourself, your family, or your den.
4. With the help of an adult, select a recipe to prepare in a kitchen for your den or your family. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.
5. With the help of an adult, select a recipe to prepare in the outdoors for your family or den. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. These den meeting plans, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Prior to the first meeting, have your Scouts search for five recipes they like. Ask them to bring the recipes to the meeting for the Bear Scout cookbooks they will make.

Some requirements or activities may need to be done by each Bear Scout at home with their family.

If the den meeting site has kitchen facilities, requirement 4 may be completed as a den. Invite family members to participate. Requirement 5 can be completed as an outdoor den activity.

Requirement 3 can be performed both for the family and for the den. You may assign Scouts to bring snacks to the meetings to meet this requirement. (More than one Scout can bring snacks to each meeting.)

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Grocery bags and balls to toss for the Gathering activity
- Several simple kitchen tools for use by the Scouts during the kitchen tool activity
- Craft supplies and blank index cards for making the Bear cookbooks. It might be helpful to bring several sample cookbooks for reference.
- Each Scout should bring to the meeting five recipes they want to include in their Bear cookbook.
- If any of the Scouts are bringing snacks to the meeting, remind them to review the information on nutritious snacks for requirement 3 in the *Bear Handbook*.
- Read the plans for Meeting 2 in advance. The den will complete either requirement 4 or 5 during the meeting. Bears will need to complete the remaining requirement at home. Remind Bears to make plans for completing that requirement before Meeting 2.

GATHERING

As Scouts arrive, have each play the Grocery Bag Toss game.

- Set up several paper bags (some large and some small) at different distances from a predetermined line.
- Have the Scouts toss a small rubber ball (or a ball made from aluminum foil or even recycled paper) into the bags.
- Each bag can be marked with a number representing points.
- Each Scout can keep up with their own points as the game is played. Tell Scouts to remember their scores for the Opening.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Call roll for the den, asking each Cub Scout to answer by naming their favorite snack. Ask each of them to raise their hands as you call out their possible high scores for the Gathering game. Congratulate all with a den yell by the group.

TALK TIME

- Introduce the Bear Picnic Basket adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- To begin Talk Time, have the Scouts spend a few minutes doing the Cutting Out Kitchen Chaos activity (requirement 2). They should do this as a team. (See Meeting 1 Resources.)
- Review the list of correct actions in the *Bear Handbook*, and involve Scouts in a discussion about why these actions are important.
- Review the information in the *Bear Handbook* about using math skills to change a recipe.
- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.

ACTIVITIES

◆ Activity 1: Get to Know Your Kitchen Tools (Requirement 2)

- Have the Scouts participate in a hands-on activity that introduces basic kitchen tools and allows Scouts to guess what they are used for.
- Scouts should also get to try several of the safe and appropriate tools, depending on available supplies and what is possible at your meeting location.
 - Have several small kitchen tools, mixing bowls, etc.
 - Have each Scout practice using the tools to complete the actions they are used for as shown in the *Bear Handbook*.
 - Adults will need to supervise the use of knives for chopping or the use of an electric mixer or blender.
 - When using an electric mixer or blender, a Cub Scout may add ingredients with the appliance off. The appliance should only be operated by adults in accordance with the manufacturer's directions.
- You can also plan a relay race in which Scouts go through kitchen activity stations in teams.
 - Example: Station 1: Measure 1 cup of water into a bowl. Station 2: Add ½ cup of flour to the water. Station 3: Mix the first two ingredients with the correct kitchen tool. Station 4: Pour the mixture into a cupcake pan without spilling it.

◆ Activity 2: Bear Cookbooks (Requirement 1)

- Provide cards and craft supplies for Bears to use in creating their personal cookbooks.
- Assist Bears as needed in assembling the pages and decorating their books.
- Allow time for Bears to share their books and highlight favorite recipes.

CLOSING

- Tell Scouts that great cooking combines many different ingredients to create a spectacular result, just as a Scout den combines different members to create a team that accomplishes spectacular results.
- Recite the Scout Oath.



Do-at-Home Project Reminder:

Bears will need to complete either requirement 4 or 5 at home. The den leader should tell them which requirement will be completed during Meeting 2, so each Scout can make plans to complete the other requirement with their family.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1 and 2.
- Work together to clean up the meeting place.

MEETING 1 RESOURCES

TALK TIME: CUTTING OUT KITCHEN CHAOS (REQUIREMENT 2)

Materials needed:

- Index cards or slips of construction paper
- A cooking pot
- A garbage can

Write the actions listed below on individual index cards or slips of construction paper. Add additional actions as needed. Have the Scouts pick out the correct actions to Cut Out Kitchen Chaos. Cards with correct actions will go into the cooking pot, while the cards with incorrect actions will go into the garbage can.

Correct Kitchen Actions	Incorrect Kitchen Actions
Request permission to use the kitchen.	Lick your cooking spoon.
Have an adult help with the oven.	Pet your dog or cat while cooking.
Make sure you are clean and neat.	Start cooking without a recipe.
Wear shoes while you cook.	Use your baseball glove as an oven mitt.
Be sure working surfaces are clean.	Don't wash dishes, because someone else will.
Decide what you will cook.	Cut raw meat, then use the same cutting board without washing it.
Read your recipe all the way to the end.	
Check your pantry for all your ingredients.	
Clean up after yourself.	
Ask about food allergies.	

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Cups for stacking during the Gathering activity
- Rope to practice knot tying from the *Bear Handbook* or a ball for Scouts to play a game during cooking time
- Select either requirement 4 or 5 to be completed at the den meeting. The other one should be completed at home. Some dens may have access to kitchen areas to complete requirement 4 as a den.
- If you choose 5 (outdoor cooking), you can request help from a BALOO-trained leader in your pack or from one of your local troops.
- Prior to the meeting, decide what will be cooked. Make arrangements for ingredients or have a different ingredient brought by each Scout. Instructions for foil dinners are included in the Meeting 2 Resources.
- This den meeting plan is written for the outdoor setting.

GATHERING

Provide a large number of paper or plastic cups for the Scouts to use. As they enter, have each Scout stack the highest structure they can that will not fall. Doing this outdoors can make it more interesting. Can they figure out how to prevent a breeze from bringing down their structures? Remind Bears to collect their cups at the end of the activity to recycle or reuse for another activity later.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have the members of your den give their den yell.

TALK TIME

- Carry out business items for the den.
- Do a quick review of outdoor cooking safety. Be certain the Scouts are following good cooking practices by being clean and neat.
- Allow time for sharing among Cub Scouts.

ACTIVITIES

◆ Activity 1: Foil Dinner (Requirement 5)

- See the Meeting 2 Resources for detailed instructions on cooking a foil dinner.
- You may want to provide a knot-tying or knife-carving activity (if Bears have earned their Whittling Chip cards) for them to do while the food is cooking. Kickball is a game option to fill the time.
- A memory game of kitchen tools can also be a quick fill-in. Lay items on a table or the ground, cover, and then give the Scouts a few minutes to see them. Cover the items again and have each Scout make a list of what they remember seeing.
- During the meal, ask Scouts to think how they might change the ingredients (recipe) for the food they put in their foil dinner. Would they add more salt? Different vegetables? Remind them that this is the way cooks become great chefs—by improving their recipes each time they cook.



CLOSING

- Have each Scout describe their foil dinner using only one word.
- Recite the Scout Oath.

AFTER THE MEETING

- Record completion of requirement 5 and requirements completed at home.
- Work together to clean up the meeting place.

Upon completion of the Bear Picnic Basket adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.



MEETING 2 RESOURCES

FOIL DINNER INSTRUCTIONS

Charcoal should be lighted prior to preparing the foil dinners. This should be overseen during the entire cooking process by an adult.

Provide each Scout with two layers of lightweight foil or one layer of heavy-duty foil. A square sheet the width of the roll will work just fine, shiny side up. Some folks smear a layer of butter or margarine on the foil to start.

Have Scouts place a hamburger patty on the foil. (Remind everyone to wash their hands after handling raw meat. If chicken is chosen as an alternative, it should be precooked to avoid any chance of contamination.) The Scouts may then add diced potatoes, carrots, onions, broccoli, or whatever else they wish to add. Vegetables should all be cut to about the same thickness to help them all cook evenly. Starting with a cabbage leaf and then adding the meat will keep the meat from burning.

Encourage the Cub Scouts to add a little onion; even if they're not going to eat it later, it really helps the flavor. Season with salt, pepper, garlic salt, etc. They may want to add a handful of rice; just add a few ice cubes with the rice, and it will turn out great!

Demonstrate and help each Cub Scout fold the foil edges up over their food. Holding the two sides together at the top, fold them down once, crease gently, then fold down again and crease. This is known as a "flat pack." The object is to seal the moisture in the package. Try not to rip the seams, but if a Scout does, they can finish wrapping and then repeat with another layer of foil.

The trick is to be able to identify your foil pack later, so have Scouts write their names on the packs with a permanent marker or scratch their names into a small piece of foil and leave it near the outside. Spread the white-hot coals shallowly, and distribute the packs evenly on top. Cook the packs for 20 to 30 minutes.

While the dinners are cooking, watch for steam venting from a seam. If that happens, seal the pack by folding the edge over or wrapping it in another piece of foil. Turn the packs twice during the recommended time. When it's close to the completion time, open a corner of a pack and check to see if the meat is done.

Foil Cooking Times

Hamburger: 15–20 minutes

Hot dogs: 5–10 minutes

Carrots: 15–20 minutes

Whole potatoes: 45–60 minutes

Whole apples: 20–30 minutes

Chicken pieces: 20–30 minutes

Pork chops: 30–40 minutes

Ears of corn: 6–10 minutes

Potato slices: 10–15 minutes

Cooking times are approximate and will be affected by the depth of the charcoal bed, altitude, temperature of the food, etc. Frozen packs may be put directly on the fire, but they will take longer to cook.



BEAT OF THE DRUM




RATIONALE FOR ADVENTURE

In this adventure, Bears will learn about another culture and how it might relate to them.

They will have the opportunity to learn about American Indians and their customs, including crafts, ceremonies, music, and dance. They will also learn the importance of living the Scout Oath and Scout Law.

TAKEAWAYS FOR CUB SCOUTS

- Developing observation and listening skills
- Following instructions
- Practicing teamwork
- Living the Scout Oath and Scout Law
- Having fun while learning about and respecting others
- A Scout is courteous. 

Bear Handbook, page 150

ADVENTURE REQUIREMENTS

Complete requirement 1 plus two others from requirements 2–4.

1. Learn about the history and culture of American Indians or other indigenous people who lived in your area long ago.
2. Create a legend by building a diorama, writing a story, or presenting a skit.
3. Complete one of the following:
 - A. Make a dream catcher.
 - B. Make a craft similar to one made by American Indians or indigenous people.
 - C. Make a drum. Once your drum is complete, create a ceremonial song.
4. Complete one of the following:
 - A. Visit an Order of the Arrow dance ceremony.
 - B. Visit an American Indian event or an event presented by other indigenous people.
 - C. Learn and demonstrate ceremonial dance steps.
 - D. Create a ceremonial dance.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. These den meeting plans, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

In this adventure, Bears will explore American Indian history and culture. If possible for Meetings 1 and 2, invite representatives from local American Indian groups or the local Order of the Arrow lodge who can assist with information and activities. Review requirement 1 with those representatives. Invite them to share the information with the den on their visit to help complete this requirement, or plan to fulfill requirement 1 during the outing.

Meeting 3 will be a den outing to a location or event where Bears can learn more about American Indian culture. In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected. Review the complete adventure and make plans for each meeting well in advance in order to secure visitors and confirm all necessary outing details.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Copy of the Scout Oath and Scout Law
- Materials for gathering game (See Meeting 1 Resources.)
- Dream catcher supplies (See Meeting 1 Resources.)
- Pony bead zipper pull craft (See Meeting 1 Resources.)
- If desired, American Indian music from the music source of your choice may be used to enhance this adventure.
- You may wish to invite an expert on American Indian culture for the Talk Time portion of this meeting.
- Prepare in advance thank-you notes for the Bears to sign and present to any visitors at Meeting 1 or Meeting 2.

GATHERING

◆ Qua'quallis Game

Materials:

- Canning jar rings or curtain rings
- ½-inch-thick dowel, cut into 12-inch pieces
- String cut into 30-inch lengths

This American Indian game originally would have used hollow bones (as rings) and a sharp stick. Drill a small hole through each dowel about 1 inch from the end. Thread one end of the string through the hole, and tie a knot to hold it in place. Tie the other end of the string to the ring. Holding the stick in your hand, “throw” the ring into the air by quickly snapping your hand upward. Try to spear the ring with the end of the stick.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Carry out business items for the den.

- Allow time for sharing among Cub Scouts.
- Introduce the Beat of the Drum elective and the legend of the dream catcher. (See Meeting 1 Resources.)

ACTIVITIES

◆ Activity 1: Den Legend (Requirement 2)

- Have the Bears write a short legend about their den. Allow each Scout to have input in the story. Have them share the story with their parents.

◆ Activity 2: Dream Catchers (Requirement 3A)

- Using the directions in the *Bear Handbook*, make dream catchers.

◆ Activity 3: Make a Craft (Requirement 3B)

- If an additional activity is needed during the meeting, Bears can make a zipper pull using pony beads (see Meeting 1 Resources); OR you may send this activity home with the Scouts to be completed and brought to the next meeting.
- Bears also have the option to make a craft of their own choosing, such as the talking stick craft described in the *Bear Handbook*.

CLOSING

- **Akela's Minute:** Spend a few moments reflecting on the information shared with the members of the den and the game they played. Ask them to mention one new thing they learned during this meeting.
- Give the den yell.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, 3A, and 3B.
- Work together to clean up the meeting place.

MEETING 1 RESOURCES

TALK TIME

This time can be enhanced by sitting on the floor, dimming the lights, and/or playing soft American Indian music. Feel free to make changes that suit the needs of your den. You may also invite an expert in American Indian customs to give this presentation.

Explain that one of the exciting things we get to do as Scouts is to learn about other cultures. American Indians have a culture that is all their own and has developed over many generations. Some examples of traditional American Indian customs might be:

- Medicine men or women (tribe healers and spiritual leaders)
- Animal totems (animals associated with an individual)
- Code of ethics (codes to monitor behavior as a community)
- Love of the land (belief in being connected to all of one's surroundings)

American Indians also have traditionally made many beautiful crafts. They used natural plants for color dyes and also traded for beads and buttons to add to their clothing and the items they used.

Have the Scouts reflect on whether any of the customs you are discussing sound similar to parts of their own culture.

Explain what a "legend" is. One example of a legend is the story of the American Indian dream catcher. (Bears will have an opportunity to write a legend during the activity portion of this meeting.)

◆ The Legend of the Dream Catcher

Long, long ago, American Indians discovered the night air was filled with dreams, both good and bad. They believed there must be a way to protect a sleeper by catching the bad dreams but letting the good dreams stay free. So they wove a “dream catcher”—a web in a circle with holes for the good dreams to pass through. The dream catcher was placed on watch over a bed, hanging freely. The first night, the bad dreams rushed to the bed to enter the sleeper and tried to pass through the dream catcher. But they did not know their way, so they became tangled in the lines of the web. The good dreams knew how to pass through the holes and then slide down the soft feathers so gently that the sleeper did not know that he or she was dreaming. As morning began to arrive, the bad dreams that were tangled in the dream catcher perished with the first light of the new day.

ACTIVITY 3: MAKE A CRAFT (REQUIREMENT 3B)

Pony Bead Zipper Pull

Materials for Each Bear:

- A variety of pony bead colors, if Bears will create their own designs
- 58 blue beads and 23 yellow beads, if Bears will create the example shown
- One lanyard hook per Bear
- 3 yards of cord for each Bear



Find the center of the cord. Tie the cord to the lanyard hook, or tie a knot to create a loop at the top of the pull. Add beads to one end of the cord, and lace the other end of the cord back through the beads after each row. Have Bears count the beads as they work to follow the pattern in the example, or have them make up their own patterns. Tie a double knot when finished, and add additional beads or feathers as decoration.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Supplies for Pokean (See Gathering.)
- Supplies for making a drum (See Activity 2.)
- Prior to this meeting, make arrangements if possible for one or more members of your council's Order of the Arrow lodge or for a representative from an American Indian group to attend this meeting. (See www.oa-bsa.org for more information regarding the Order of the Arrow.) Request that they wear American Indian regalia and assist the Scouts with learning ceremonial dance steps. Ask them to bring whatever mode of music this will require. Your local council office can help you contact the lodge. As an alternative, you could invite someone who has knowledge of American Indian ceremonial dancing.
- If the den has completed requirement 1 already, request that Order of the Arrow members or other guests discuss the history and culture of the American Indians who lived in your area.
- Have thank-you notes signed by the Scouts for any special guests at the meeting.
- Prepare thank-you notes for Bears to sign for the upcoming den outing.

GATHERING

Pokean

The game of pokean, which originates with the Zuni tribe of New Mexico, involves seeing how many times a player can use their hand to hit a shuttlecock made of cornhusks and feathers before it falls to the ground.

To make the shuttlecocks, collect corn husks but do not allow them to become too dry. Each Bear will need three corn husks. Fold one corn husk in thirds to make a pad. Then lay the other two across each

other and place the pad in the center. Fold the two flat husks across the pad and bring the ends into the center, wrapping them with another small husk or twine. Glue two or three feather into the top with white glue to make the pokean twirl in the air.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance.
- Have the den form a tight circle with the den flag in the center. Each Scout should grasp the flagpole with the left hand, make the Cub Scout sign with the right hand, and say the Scout Oath.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Introduce the Order of the Arrow member(s) or the American Indian expert. Ask the guest(s) to share about American Indian clothes, decorations, and ceremonial dancing. Ask the guest(s) to demonstrate some ceremonial dance steps.

ACTIVITIES

◆ Activity 1: American Indian Dance (Requirements 4C and 4D)

Have the Scouts learn a couple of the dance steps demonstrated by the guest(s). With the help of the guest(s), have the Scouts create their own ceremonial dance.

◆ Activity 2: Make a Drum (Requirement 3C)

Materials:

- Large empty container that has a lid (coffee can, oatmeal container, etc.)
- Material to stretch across the top if the lid will not be used. Options include vinyl fabric or latex balloons (check for allergies first).
- Large rubber bands
- Construction paper
- Feathers
- American Indian designs reflecting tribes from your area
- Scissors
- Glue

Instructions: Cut out circles of fabric or cut the tops off of balloons, allowing enough extra material to stretch over the edges of the drum base. Attach the top with a rubber band. Cover the can with construction paper of your choice. Either cut out or draw designs on the sides of the can. Decorate with feathers, stickers, etc.

CLOSING

- Have the Scouts give the Bow and Arrow Cheer to their guest(s). Have them motion as if shooting arrows while saying “Zing!” with each arrow. They should then present their thank-you notes.
- While seated in a circle on the floor, lead the Bears in a reflection on this meeting and have them share any new things they learned.
- Have the members of the den stand and recite the Scout Law.
- Remind Scouts of the upcoming den outing, and be sure families have all necessary travel information.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 3C, 4C, and 4D.
- Work together to clean up the meeting place.

MEETING **3** PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Make arrangements to visit a place or event that presents American Indian culture. This outing will reinforce the information learned at the previous two meetings.

Some examples are:

- Order of the Arrow dance event in your council or one nearby
- American Indian event or powwow
- State park, museum, or local college that has American Indian artifacts
- Confirm that transportation to and from the event is in place. Secure signed activity consent forms.
- See if a guide is available to assist the group and answer questions from the Scouts.
- The unit den leader should bring a copy of the *Guide to Safe Scouting*.

GATHERING

Remind everyone that it is important to stay together, be on their best behavior, and use the buddy system. Have Bears share things they would like to learn about during the visit.

OPENING

- Recite the Pledge of Allegiance.

TALK TIME

- Carry out business items for the den.

ACTIVITIES

◆ Activity 1: Outing (Requirement 4A or 4B)

Enjoy the visit to the selected destination. If your group has a guide, encourage the Bears to ask questions during the tour.

CLOSING

- Give thank-you notes to people who helped with the outing.
- Plan a cheer ahead of time to show appreciation for this help. The Bow and Arrow Cheer from the previous meeting is a good example.
- Have Bears reflect on what they learned and the parts of the visit they found most interesting.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 4A or 4B.

Upon completion of the Beat of the Drum adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.






CRITTER CARE



RATIONALE FOR ADVENTURE

Bear Scouts will learn how caring for a pet fosters responsibility and offers a sense of companionship that they can nurture and cherish throughout their lives. This adventure also gives them an opportunity to learn about the many ways animals return the favor and assist people in need.

TAKEAWAYS FOR CUB SCOUTS

- Following directions
- Learning the benefits of having loyal pets and being loyal to them in return
- Showing respect and kindness for animals
- Developing patience and perseverance as they train their pets
- A Scout is kind. 

ADVENTURE REQUIREMENTS

Bear Handbook, page 164

Complete all of the following:

1. Do one of the following:
 - A. If you have a pet, make a list of tasks that you did to take care of the pet for two weeks.
 - B. If you do not have a pet, research one that you would like to have and prepare a report about the care it needs.
2. Complete one of the following:
 - A. Make a poster or a PowerPoint presentation about your pet or a pet that you would like to own. Share the poster or presentation with your den, pack, or family.
 - B. Make a poster or PowerPoint presentation explaining three ways that animals can help people. Share the poster or presentation with your den, pack, or family.
3. Complete at least one of the following and share with your den, pack, or family:
 - A. Visit with a local veterinarian or an animal shelter caretaker. Find out what types of animals he or she might see on a regular basis and the types of care he or she gives to them.
 - B. Learn about careers that involve the care of animals. What education, training, and experience are required?

NOTES TO DEN LEADER

Much of this elective will need to be completed at home with the Scout's family. Tell the Scouts they will need to let you know when they have completed requirements 1 and 2.

Also, you will need to be sensitive to any pet allergy issues within the den.

Meeting 3 will be a den outing to a veterinarian's office or an animal shelter. In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Materials for the Who Am I? game (see Gathering)
- Invite a guest who trains animals to assist others, and ask if they can bring one of the animals for a demonstration. Some examples: K-9 trainers in the police department, people who train animals for special services (e.g., seeing eye dogs, search and rescue), or experts in pet therapy (visiting hospitals and retirement homes).
- Request a demonstration from someone who has an unusual pet (e.g., a snake or other reptile) or someone who trains animals for obedience, agility, tricks, etc.

GATHERING

Materials for Who Am I? game:

Pictures of different types of pets; safety pins, badge clips, or tape

Instructions:

As each Scout arrives at the meeting, attach one of the pictures to the Scout's back without showing it to them. Then the Scout will go to the other members of the den and ask questions about the animal in their picture to try to figure out which animal it is. Continue until everyone has guessed correctly.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have each Scout answer the roll call with a sound made by their animal from the Who Am I? game. If the pet is quiet (e.g., a fish or hermit crab), the Scout can make hand gestures or facial expressions.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Tell the Scouts to name some ways animals can help people (requirement 2B). Make sure each of these topics is covered:
 - Animals can be trained to assist police and emergency crews. K-9 dogs help police officers with their patrols and arrests, bomb-sniffing dogs search for explosives, drug-sniffing dogs locate illegal drugs hidden in vehicles or elsewhere, search-and-rescue animals can find someone who is lost or trapped.
 - Pets can be trained to serve special purposes in the lives of their owners. Just a few examples: They can assist people who are blind, experience seizures, or have diabetes. Have you ever noticed a sign on the door of a public building that says service animals are allowed? This makes it possible for special-purpose pets to accompany their owners and keep them safe.
 - Pets offer loving companionship. Caring for a pet can lift our spirits and reduce our stress and anxiety. They also make “good listeners” when we need to talk to someone. Emotionally, pets play a valuable role in their owners’ well-being.
 - Pets can keep us physically active. Just caring for our pets each day gets us off the couch and moving around. They can even double as “workout partners,” providing us with opportunities for exercise through activities like walking, jogging, or simply playing a game of fetch.
 - Care must be taken around stray, unfamiliar, or wild animals. Remember that animals can bite and, if infected with rabies, they can spread the disease to people.

ACTIVITIES

Three optional activities, depending on whom you have invited as a guest:

◆ Activity 1: Working Animals (Optional)

If your guest trains animals for special services, ask if they can explain the training process to the Scouts and what job the animals do. Invite the Scouts to ask questions.

◆ Activity 2: Dog Training (Optional)

If your guest is a dog trainer, ask them to demonstrate how a dog is trained. Allow time for everyone to ask questions and, if possible, assist the dog with some tricks.

◆ Activity 3: Unusual Pets (Optional)

If your guest has an unusual pet, ask them to introduce the pet to the den. Give the Scouts some time for questions and safe interaction with the pet.

CLOSING

Have the Scouts stand at attention and repeat the 12 points of the Scout Law. Ask each Scout to name which of the points they might use in this adventure.



Do-at-Home Project Reminder:

They will also need to do requirements 2A or 2B and share their poster or PowerPoint presentation with the den.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Prepare thank-you notes for the Bears to sign at the next meeting. The notes should be given to anyone who helps with the outing. Remember to mail one to the guest who helped at Meeting 1.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items to serve as obstacles in the gathering activity (e.g., chairs, cardboard boxes, small cones)
- Poster paper
- Markers, colored pencils, or crayons
- A story to share with the Scouts about a pet hero (see Closing)

GATHERING

Set up an agility course for the Scouts to run through when they arrive, using items you have brought or items available at the meeting site. Explain to them that some pets, including dogs and cats, can be terrific “athletes,” and a common activity for athletes is to run an agility course. Have them take turns going through, around, over, and under the obstacles to see who can make the best time. After the Scouts finish the course, you can make things more challenging by having them go through it backward, with one eye closed, hopping on one foot, etc. Make sure at least one adult is on hand to ensure safety.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have Bears answer the den roll call by finishing this statement: "If I could own any pet in the world, it would be a _____."

TALK TIME

- Carry out business items for the den.
- Have each Scout share with the group their poster or PowerPoint presentation for requirement 2A or 2B.
- Share the story of Balto the Sled Dog.
- Review plans for the next den meeting, an outing to a veterinarian's office or an animal shelter.

ACTIVITIES

◆ Activity 1: Pet Posters (Requirement 2A)

Have each Bear Scout create a poster about their pet based on the information they learned in their research or just things they have observed—their pet's favorite food, favorite activities, the pet's age and breed, etc.

CLOSING

Akela's Minute: Reflect with the Scouts that just as they come in all shapes and sizes, our pets do as well. And sometimes our pets love us so much that they perform heroic feats to help us. People have been helped by dogs, cats, horses, and other animals. Tell them the story of Balto (see Meeting 2 Resources) or another pet hero you select.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 2A or requirement 2B.
- Work together to clean up the meeting place.
- Pass out activity consent forms for Scouts to have signed by a parent or guardian before Meeting 3, the den outing to a veterinarian's office or animal shelter. Confirm the location and transportation plans.
- Have the Scouts sign thank-you notes for the guest at last week's meeting and anyone helping with the outing.

MEETING 2 RESOURCES

◆ The Story of Balto the Sled Dog

In the year 1925 in Nome, Alaska, there was a terrible diphtheria outbreak that made many, many people sick. Not enough medicine was available to treat all the sick people because no vehicles could make the trip in the terrible snowstorm that had developed. Then teams of mushers with their sled dogs stepped up and decided they would battle the blinding blizzard and make the trip of 674 miles to deliver the medicine.

Balto was one of the heroic lead dogs who helped the people of Nome. He proved himself on the tough Iditarod Trail, and also by saving his team in the Topkok River when they almost lost the sled. Balto was able to stay on the trail in near whiteout conditions; the man who drove the sled team said he could hardly see his hand in front of his face. Many others helped that night, but Balto, who led the final leg of the trip, was chosen to be honored for his dedication.



Statue of Balto in Central Park, New York City

MEETING 3 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Be sure all arrangements are made for the den to visit a local veterinarian's office or animal shelter. Contact the location well in advance and confirm all plans with the office manager.
- Confirm that transportation to and from the site is in place. Secure signed activity consent forms.
- Have thank-you notes prepared for staff members at the location and anyone who helps with the outing.

GATHERING

- Remind Scouts to be courteous during the outing.
- Remind everyone of the importance of staying together and being on their best behavior.
- Use the buddy system.
- Review any questions the Scouts want to ask to make certain all are appropriate.

OPENING

- Assemble the group, and review any conduct rules and the buddy system.
- Say the Pledge of Allegiance.
- Ask Scouts to name points of the Scout Law they will demonstrate during the outing (friendly, courteous, etc.)

TALK TIME

- Carry out business items for the den.

ACTIVITIES

◆ Activity 1 (Requirements 3A and 3B)

- During the visit to the veterinarian's office or animal shelter, find out what types of animals the staff usually sees. Have the Scouts ask the questions they prepared for the veterinarian or shelter caretaker. Some possibilities:
 - How many years did you go to school?
 - Do you have to work on nights or weekends?
 - What classes should I take in school if I choose this career for myself?
 - What is your favorite part of taking care of animals?
 - Do pets have allergies just like people?

CLOSING

Assemble all the Scouts and have them thank any staff members at the facility or parents who helped with the outing. Be sure to give them the thank-you notes.

AFTER THE MEETING

- Record completion of requirements 1 and 3.

Upon completion of the Critter Care adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.



NOTES




FORENSICS



RATIONALE FOR ADVENTURE

This activity will help the Bear Scout learn about being observant, looking for clues, and solving situations with those clues.

TAKEAWAYS FOR CUB SCOUTS

- Learning observation and listening skills
- Following instructions
- Working with a team
- Helping others
- Problem solving
- A Scout is loyal. 

Bear Handbook, page 174

ADVENTURE REQUIREMENTS

Complete all of the following:

1. Talk with your family or den about forensics and how it is used to help solve crimes.
2. Take your fingerprints and learn how to analyze them.
3. Complete one of the following:
 - A. Learn about chromatography and how it is used in solving crimes. Do an investigation using different types of black, felt-tip markers. Share your results with your den.
 - B. Do an analysis of four different substances: salt, sugar, baking soda, and cornstarch.
4. Complete one of the following:
 - A. Visit the sheriff's office or police station in your town. Find out how officers collect evidence.*
 - B. Learn about the different jobs available in forensic science. Choose two, and find out what is required to work in those jobs. Share what you learn with your den.
 - C. Learn how animals are used to gather important evidence. Talk about your findings with your den.

*Note that this may be done during the same visit as "Paws for Action" requirement 3A.

NOTES TO DEN LEADER

Meeting 3 will be an outing to a sheriff's office or police station. In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- “Tree cookie” illustrations or examples, if available, for Talk Time (A tree cookie is a sliced portion of a tree stump that indicates the tree’s history and how the environment affected its growth. Some educational websites offer a variety of tree cookies, or you might look into available resources through your local council.)
- Fingerprint analysis supplies: balloons, index cards, and washable ink
- Shoe impression: chalk, dark-colored paper
- Chromatography: paper towels or coffee filters, different black pens/markers, scissors, bowl or glass, small amount of water, pencil, and tape

GATHERING

The Detective Game: Two Scouts are detectives and are sent out of the room. The others choose an object that the detectives will try to discover, such as a piece of furniture, a book, or a button on someone’s clothing. The detectives are called back, and they try to solve the mystery by asking each of the other players only three questions. Suggest that they first narrow their search to a specific area of the room and then identify the object.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Bears can sing “The Bear Went Over the Mountain” to fit the theme of being searching detectives.

The Bear Went Over the Mountain

The bear went over the mountain,
The bear went over the mountain,
The bear went over the mountain,
To see what he could see.
And all that he could see,
And all that he could see,
Was the other side of the mountain,
The other side of the mountain,
The other side of the mountain,
Was all that he could see.

TALK TIME (REQUIREMENT 1)

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Introduce the Forensics elective adventure. Explain what forensics is, how it is helpful to us, and how it is used in the solving of crimes. Talk about the different things at a crime scene that can be used as evidence.
- Ask questions about the Detective Game they played such as:
 - Did certain questions make solving the case harder or easier?
 - Could they have solved the case by asking only one question?
 - Would solving the case have been easier if they could have asked more than three questions?

- Discuss fingerprints and how each person's fingerprints are unique. Then compare the use of fingerprints in solving crimes to the use of tree cookies in finding out what happened with a tree. Have the Scouts look at some illustrations of tree cookies and talk about what tree cookies tell us. Then talk about what fingerprints tell us. Show illustrations of the three basic fingerprint patterns.

ACTIVITIES

◆ Activity 1: Fingerprint Analysis (Requirement 2)

Let each Bear use a balloon or a plain index card to make a fingerprint. (Note: If you plan to use balloons, be sure there are no latex allergies in the group.) Refer to the *Bear Handbook* for instructions.

Materials:

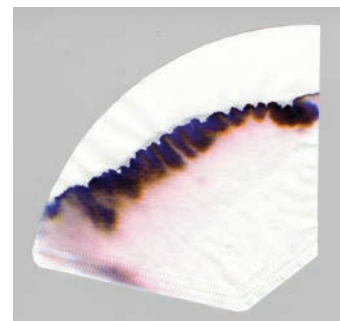
- Balloons (at least one per Scout)
 - Index cards
 - Washable ink
1. Have each member of the den take a balloon. Before they blow it up, they should place a finger in the washable ink and then carefully press that finger on the surface of the balloon. If Bears would like, they can put more than one fingerprint on their deflated balloons.
 2. Allow the fingerprints to dry for a couple of minutes.
 3. Scouts blow up their balloons, blowing only a small amount of air at a time. Each Scout should stop periodically to take a look at the print as it gets larger. Have the Scouts tie the balloons before the print is too large and becomes blurry.
 4. Have the Scouts describe what they see looking at their prints.

◆ Activity 3: Chromatography (Requirement 3A)

Chromatography is a method to separate the components of a substance so it can be analyzed. The steps for chromatography can be found in the *Bear Handbook*. It may be helpful to review the steps and test the process before the den meeting.

Materials:

- Black, nonpermanent felt-tip pens (have several options as only some will work)
- Coffee filter
- Scissors
- Small glass with water
- Newspaper



You can see through this process that black ink is actually a mixture of colored inks. The different colors have different weights, and they can be separated using this form of chromatography.

CLOSING

- **Akela's Minute:** Seat the den members in a circle on the floor. Spend a few moments reflecting on the activities and the game that they played. Have each Scout share one new thing that they learned during the meeting.
- Confirm the location of the upcoming outing. Tell each Scout to think of two questions they can ask at the law enforcement office.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, and 3A.
- Work together to clean up the meeting place.
- Prepare thank-you notes for the Scouts to sign at the next meeting.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Checker puzzle supplies for Gathering: a copy of the instructions for each member of your den; a bucket of checkers, discs, bottle caps, or similar items
- Materials for Missing Pieces Opening (See Meeting 2 Resources.)
- Powder Analysis activity supplies: magnifying glass, chalk, salt, sugar, baking soda, cornstarch, black paper, and the chart in the *Bear Handbook* for recording the analysis
- If you choose to do Activity 2, set up a “crime scene” in an appropriate space indoors or outdoors that will allow the Scouts to look, discover, and analyze what is in the area and solve the “crime.”
- The den leader or a designated adult should go ahead of time to prepare the scene. Depending on the area available, try to mark off a space of 3 or 4 square feet and leave things there that may be considered evidence.
- You can make shoe prints or—with permission from the property owner—drop small items like a gum or candy wrapper, an apple core, or piece of paper with part of a phone number on it. The items could be any kind of small “clues” that might be used to determine who was there.
- You may also invite a professional—a police officer or other individual who has knowledge of working with detection and/or forensics. This person will be able to help with the questions and clues.

GATHERING

Have Bears try the Checker puzzles. (See Meeting 2 Resources.)

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have Bears participate in the Missing Pieces Opening. (See Meeting 2 Resources.)

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among the Scouts.
- Discuss with Bears the need for observation skills when faced with a mysterious situation. Emphasize that each and every piece of a puzzle usually means something.
- Tell everyone that they will be visiting a local law enforcement agency during their upcoming outing. Ask them to consider questions they might ask the people who work there. Consider recording the questions to help Bears remember them during the visit.

ACTIVITIES

◆ Activity 1: Powder Analysis (Requirement 3B)

Forensics chemists help analyze evidence that is found at a crime scene. Explain to the Scouts how powder analysis is done. (See the instructions in the *Bear Handbook*.)

Materials:

- Sheets of black paper (two per Scout)
 - White chalk
1. Give each member of the den one sheet of black paper and have them use the chalk to list the following items the paper: sugar, baking soda, salt, and cornstarch.

2. Put a small amount of each item on the paper next to its name.
3. Using the chart in the *Bear Handbook* or on a separate sheet of paper, have each Scout analyze the substances and fill out the chart.
4. When this is done, bring Bears together and discuss their findings.
5. Now give each member of the den a new piece of black paper and put each of the substances on the paper without labeling them. Have Bears try to identify each substance. Discuss how they were able to determine what each substance was.

◆ Activity 2: Crime Scene Detection (Optional)

The idea of this activity is to have the Scouts go to an area that has been marked off and look for clues that could be used as evidence. This gives them the opportunity to use the knowledge they gained about collecting evidence and the importance it plays in solving questions.

1. Have Bears gather around the area that you have marked off. Explain that they will be collecting clues to try determining who was in the area.
2. Ask them to consider the following:
 - a. Has someone or something recently passed through this area?
 - b. Was it a human or an animal?
 - c. Male or female?
 - d. Adult or child?
 - e. Can we figure out what they were doing there?
 - f. If they find an apple core (or other item), was it dropped by the same person or someone else?

As the Cub Scouts discover the clues, help them analyze each one to solve the mystery. For instance, if they see a shoe print, ask them to look at it. Is it a small shoe, a larger shoe, a sneaker, etc.? They might find a gum wrapper; is it a kind of gum that an adult might chew, or is it bubble gum (which would suggest they're looking for someone younger)?

If you have a visitor (forensics professional, detective, or police officer), have this guest talk with the Bear Scouts about what they found and point out what they might have missed. Discuss how what they missed could be important information used in solving crimes.

CLOSING

- Do the Case Solved Cheer. Split the den into two groups. When the leader points a finger at the first group, they will say, "Case." When the leader points a finger at the second group, they will say, "Solved." Do this three times, getting louder each time until all the Scouts say in unison, "Case solved!"
- Review details for the upcoming outing in Meeting 3. Make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 3B.
- Work together to clean up the meeting place.
- Prepare thank-you notes for the Scouts to present at the den outing.

MEETING 2 RESOURCES

CHECKER PUZZLES

Think of the puzzles below as crime scenes. The Scouts must collect the “evidence” and then analyze it to solve the “crime.” Note that a row does not always need to be horizontal and checkers may be stacked.

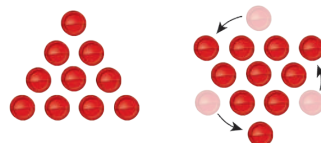
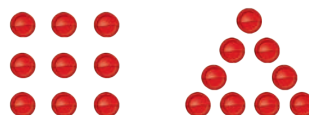
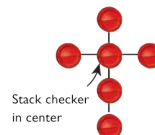
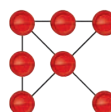
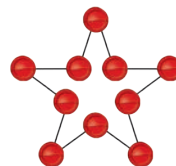
Materials:

- Copy of instructions for each Scout
- Bucket of checkers, discs, bottle caps, or similar items

Puzzle Setups

1. Place 10 checkers in five rows with four checkers in each row.
2. Put seven checkers in four rows with three checkers in each row.
3. With six checkers arrange two rows, having four in each row.
4. Put nine checkers in three rows with three checkers each. Now, rearrange the nine checkers to form rows of four checkers per row.
5. Upside-down pyramid: First, arrange 10 checkers to form a triangle with four in the bottom row, three in the second row, two in the third row, and one on top. Now, moving only three checkers, turn the triangle so that it points down instead of up.

Solutions



MISSING PIECES OPENING

You will need a puzzle with just a handful of pieces, but enough to give one to each person at the meeting (Scouts, den chief, leaders, etc.). This can be a simple child’s puzzle or one you make from cardboard with a picture glued on and cut out into puzzle pieces.

Some of the puzzle pieces should be put together on a table before the meeting with the missing sections spread out so it is very obvious where the others go. Then the den chief or denner hands each person a piece. Ask Bears to look at the puzzle and see if they can tell what the picture is. Then have them go forward, either one by one or as a group, and insert their pieces into the puzzle. After the Scouts are finished, the leaders should do the same.

Now that the puzzle is complete, remind everyone that until all the pieces were in the right place, they could not see the entire picture.

MEETING 3 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Plan well in advance for your visit to a local sheriff station, police station, or forensics lab. When you contact the location, explain the reason for the visit and ask about the possibility of having hands-on activities.
- As an alternative, a professional from the location could visit the den meeting as a guest. However, the excitement of an on-site tour will reinforce the learning experience for the Scouts.
- Review any questions the Scouts want to ask to make certain they are appropriate.
- Confirm that transportation to and from the event is in place. Secure signed activity consent forms.
- The unit den leader should bring a copy of the *Guide to Safe Scouting*.
- Have thank-you notes prepared for staff members at the location and anyone who helps with the outing.

GATHERING

- Remind everyone of the importance of staying together and being on their best behavior.
- Use the buddy system.
- Once you arrive, identify where restrooms are located.

OPENING

- Most government facilities will have a flagpole available. Your den may wish to hold a simple flag ceremony. You may also want to invite members of the group you are visiting to take part in this ceremony.
- Ask Scouts to name points of the Scout Law they will demonstrate during the outing.

TALK TIME

- Carry out business items for the den.

ACTIVITIES

◆ Activity 1 (Requirements 4A, 4B, and 4C)

- Visit a local sheriff or police station or a forensics lab.
- Have the Scouts ask the questions they prepared.
- Ask the professional you are visiting to share about the different jobs available in the forensics field.
- Discuss the role animals can play in forensics.

CLOSING

- Plan a cheer in advance to give to helpers at the tour site.
- Have Scouts give the thank-you notes prepared in advance.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 4A, 4B, and 4C.

Upon completion of the Forensics adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.



NOTES




GRIN AND BEAR IT



RATIONALE FOR ADVENTURE

In this adventure, Cub Scouts will learn the value of helping other people have fun. The goal is to make sure everyone is wearing a grin!

TAKEAWAYS FOR CUB SCOUTS

- Cooperating on a project
- Planning an event
- Showing empathy for younger children
- Demonstrating appreciation for others
- A Scout is loyal, friendly. 

Bear Handbook, page 186

ADVENTURE REQUIREMENTS

Complete at least four of the following:

1. Play a challenge game or initiative game with the members of your den. Take part in a reflection after the game.
2. Working with the members of your den, organize a Cub Scout carnival and lead it at a special event.
3. Help younger Cub Scouts take part in one of the events at the Cub Scout carnival.
4. After the Cub Scout carnival, discuss with the members of your den and your den leader what went well, what could be done better, and how everyone worked together to make the event a success.
5. With your den, develop a thank-you cheer to recognize those who helped organize the Cub Scout carnival.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. These den meeting plans, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

This adventure culminates in a Cub Scout carnival. The carnival can take place as part of your monthly pack meeting. Planning in advance of the event will ensure that it will be a success. There is no outing associated with this adventure; the implementation takes place at the pack meeting.

The goal is to help the Cub Scouts take on as much of the responsibility for leading activities at the pack meeting as possible. Practicing in advance with simple and enjoyable games will prepare everyone for success.

Because this adventure culminates in a pack meeting event, you will need to coordinate with the Cubmaster. If your den is small, enlist the aid of parents and/or others to help at the pack meeting.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Gathering activity—Joking Around (See Meeting 1 Resources.)
- Games—materials as needed for games that the leader selects (See Meeting 1 Resources.)
- Coordinate the Cub Scout carnival theme with the Cubmaster and other den leaders.

GATHERING

Carry out the “Joking Around” activity. Print out the list of jokes and answers found in the Meeting 1 Resources. Cut them apart and invite Cub Scouts to pair each question with its corresponding answer.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- As part of the flag ceremony, have the denner lead the Cub Scouts in the Scout Oath.
- Sing “We’re Here for Fun,” or select a song from the Meeting 1 Resources or the *Cub Scout Songbook* to sing as your opening.

TALK TIME

- Carry out business items for the den.
- Introduce this month’s adventure: hosting the Cub Scout carnival at a pack meeting. Make these points:
 - We will play and practice games that the Cub Scouts will share at the pack meeting.
 - The den will work together to carry out the Cub Scout carnival.
- Allow some time for sharing among the den members. Ask the Bears to say what they like best about a carnival and list those things as possible ideas for the pack carnival.

ACTIVITIES

◆ Activity 1: Playing Games (Requirement 1)

- Play three or four games selected from the *Bear Handbook* or the Meeting 1 Resources. Remind everyone that Scouts are friendly to one another and kind during both competition and team-building exercises.
- Depending on the weather, you may elect to play inside games or outside games.
- At the end of this activity, discuss the problems they had to solve while playing, what they liked about the games, and how they could play them better in the future. Encourage the Bears to think about which games they would like to share with younger Cub Scouts in the pack and how they can help lead the younger members of the pack in playing the games. With the Bears, decide which games should be included in the carnival.

CLOSING

Scout Handshake Closing: Have the members of your den form a circle and pass the Scout handshake from one to another around the circle until it reaches the person who started it. As each Cub Scout receives the handshake, have that Scout make a wish and pledge to do their best.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 1.
- Have the denner and den chief lead cleanup.
- Share a note with parents to inform them about the Cub Scout carnival theme for the next pack meeting.

MEETING 1 RESOURCES

GATHERING: JOKING AROUND

Materials needed: Cut apart the questions and the answers. Have the Bears pair each question with the correct answer.

Questions

How can you tell if an elephant has been in your cupboard?	Why did the teacher draw on the window?
What's green and yells "Hi Ho, Silver"?	Why is $2+2=5$ like your left foot?
Why was it hot after a soccer game?	How did the grandmother knit a suit of armor?
What did the glue say to the teacher?	What's the difference between a train and a teacher?
Why did the clock in the cafeteria always run slow?	Why did the Cyclops close his school?
Why was the music teacher not able to open her classroom?	Where did the pencil go for vacation?
What flies around the kindergarten room at night?	When is a blue school book not a blue school book?
Why did the students study in the airplane?	Where do New York City kids learn their multiplication tables?



Why did the student bring scissors to class?	Why was the voice teacher so good at baseball?
Why is it dangerous to do math in the jungle?	What's the worst thing that can happen to a geography teacher?
What object is king of the classroom?	Why did the teacher go to the beach?

Answers

He leaves his footprints in the peanut butter.	To make the lesson very clear!
The Lo-o-o-o-o-n-e Pickle.	It's not right.
Because all the fans had left.	She used steel wool!
"I'm stuck on you."	The teacher says, "Spit your gum out," and the train says, "Choo-choo!"
At every lunch, it went back four seconds!	Because he only had one pupil.
Because her keys were on the piano.	To Pennsylvania.
The alpha-BAT.	When it is read!
Because they wanted higher grades.	Times Square.
She wanted to cut class!	Because she had the perfect pitch.
Because when you add four and four you get ate (eight).	Getting lost.
The ruler!	To test the water.

OPENING SONGS

We're Here for Fun

Tune: "Auld Lang Syne"

We're here for fun right from the start,
So drop your dignity;
Just laugh and sing with all your heart,
And show your loyalty.
May all your troubles be forgot,
Let this night be the best;
Join in the songs we sing tonight,
Be happy with the rest.

The More We Get Together

Tune: "Ach, du lieber Augustin"

The more we get together, together, together,
The more we get together, the happier we'll be.
For your friends are my friends, and my friends are your friends,
The more we get together, the happier we'll be.
The more we get together, together, together,
The more we get together, the happier we'll be.
For you know that I know, and I know that you know,
The more we get together, the happier we'll be.

If You're Happy

If you're happy and you know it, clap your hands. (clap, clap)
If you're happy and you know it, clap your hands. (clap, clap)
If you're happy and you know it, then you really ought to show it.
If you're happy and you know it, clap your hands. (clap, clap)
2nd verse: If you're happy and you know it, stamp your feet. (stamp, stamp)
3rd verse: If you're happy and you know it, shout "Amen." ("Amen!")

ACTIVITY 1 GAME OPTIONS

◆ BODY TAG

Needed: Large, level playing area, any number of players

The den leader chooses one of the Scouts to be "It" by touching that Scout. "It" must then place their right hand on the spot where they have been touched (arms, chest, back, ankle, etc.), and in this position they must tag another Scout, who becomes the new "It." Play until everyone has had a chance to be "It."

◆ ELBOW TAG

Needed: Large, level playing area, large number of players

All players get a partner and link elbows. (If you have an odd number of players, make one group of three.) Then all the linked pairs form a circle, and one pair is selected to run first. In the pair, one player is "It" and begins to chase the other, "the runner," around the outside of the circle. To be considered "safe," the runner must link elbows with a player in another pair before being tagged. The player in the new threesome who is not linked with the runner becomes the new runner. If the runner is tagged before linking with one of the pairs, that player becomes "It" and the former "It" becomes the runner.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Gathering: 12 toothpicks for each Cub Scout
- Materials as needed for the selected games (see the *Bear Handbook*)
- Continue working with the Cubmaster and other den leaders to coordinate the Cub Scout carnival theme.

GATHERING

Toothpick Puzzle: Give a dozen toothpicks to each Scout. Challenge the Bears to put their 12 toothpicks together to form the names of three states. Each state will take 11 or 12 toothpicks, so they will need to be created one at a time. (Hint: Each state's name has only four letters.)



OPENING

Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Carry out business items for the den.
- Review this week's plan for choosing games to lead during the Cub Scout carnival at the next pack meeting. Make these points:
 - We will play and practice games that the Cub Scouts will share at the pack meeting.
 - The den will work together to carry out the Cub Scout carnival.
- Share other notes about the upcoming pack meeting.
- Allow time for sharing among the den members.

ACTIVITIES

◆ Activity 1: Games (Requirement 1)

Play two more games, different from the games played during the previous den meeting. Later, reflect on the games and ask the Bears how they might help younger Cub Scouts play them at the pack meeting. (See the *Bear Handbook* for instructions.)

◆ Activity 2: Carnival Planning (Requirement 2)

Using a piece of chart paper, help the members of your den plan how they will get ready to lead games at the Cub Scout carnival. Make the tasks concrete and specific so the Bears know what to expect when they finish. If you can copy the plans and share them with parents the following week, it will help ensure that everyone is prepared.

Put the following questions at the top of each column on the paper and help everyone think through each activity in advance.

1. What do we need to do?
 - a. We need to decide which game to lead.
 - b. We need to make a sign for our game.
2. What do we need to bring?
3. Who needs to know our plans?
 - a. Be sure our parents or guardians know what we will do.
4. How will we help the younger Cub Scouts?
5. How will we know we have done a good job?

Have each Cub Scout select a game to lead during the Cub Scout carnival.

CLOSING

Form a circle. Each member of the den grasps the left hand of the person to their immediate left with their right hand, crossing their right arm over their left while doing so. This will form a continuous circle of crossed arms.

Den leader or den chief: May the Great Master of all Scouts be with us until we meet again.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Poster with the Scout Oath (or refer to the *Bear Handbook*)
- Materials for balloon animals
- Equipment for selected games
- Materials as needed to construct medallions or trophies
- Two sample awards prepared in advance to share as models
- Continue coordination of Cub Scout carnival theme with Cubmaster and other den leaders.

GATHERING

Balloon Animals: Provide balloons and pictures of balloon animals. Scouts may construct balloon animals as they wait for others to arrive. (See Meeting 3 Resources.)

OPENING

- Denner or den chief will lead members of the den in standing in a circle around the American flag and reciting the Pledge of Allegiance.

TALK TIME

- Carry out business items for the den.

- Review this meeting's adventure, noting these activities:
 - Playing and practicing games that the Cub Scouts will share at the pack meeting
 - Working together to organize the Cub Scout carnival
 - Creating tokens to show appreciation for those who helped run the carnival
- Allow some time for sharing among Cub Scouts.

ACTIVITIES

◆ Activity 1: Trying Carnival Games (Optional)

- Have one or more of the Bears lead the game that they will be responsible for leading at the pack meeting. Then reflect with the den on how the game went, and discuss how it will be played at the pack meeting. Be encouraging and supportive.

◆ Activity 2: Making a Cheer (Requirement 5)

Work together to develop a simple cheer for those who helped the den with the circus.

CLOSING

- **Den Leader's Minute:** Reflect with the Scouts that in Activity 2 of this meeting, they worked on appreciating others and giving recognition. Remind them that, while receiving recognition is a great feeling, a Scout should always be prepared to do their best in every situation whether or not they receive recognition for their actions.
- Recite the Scout Law.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 5. Requirements 2, 3, and 4 will be completed at the pack meeting.
- Work together to clean up the meeting place.

MEETING 3 RESOURCES

BALLOON ANIMALS

Materials needed: specialty balloons, air pump (if available), marker

Long balloons work best for making balloon animals. Share the pictures below to give the Bears ideas of what sort of balloon animals they can put together. There are many internet sites with helpful instructions.

Upon completion of the Grin and Bear It adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.



HOW TO MAKE A BALLOON DOG

Materials:

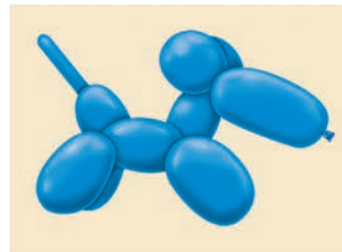
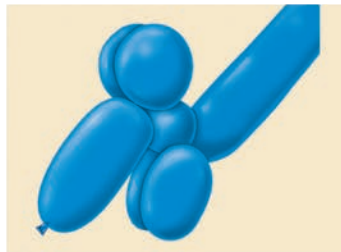
A selection of specialty 260 balloons

Marker

Small hand pump (optional)

Instructions:

1. Blow up the balloon. Leave about 2 inches at the end uninflated.
2. Starting from the left, create the first three twists. The first section of balloon should be about 2 inches long for the dog's nose. The second two sections should each be about 1 inch long. These will become the dog's ears.
3. Fold back the first section so it rests against the main part of the balloon. Create a lock twist by firmly twisting the two ear pieces around each other to lock them in place.
4. Then create three twists about 3 inches apart for the neck and front legs. Create a lock twist around the second and third sections to hold the legs in place. The balloon should form the front half of the dog.
5. Duplicate step 4 to create the body and back legs and lock them in place. The last section of balloon will become the dog's tail. You're finished!





MAKE IT MOVE



RATIONALE FOR ADVENTURE

This adventure teaches the members of the den about action and reaction. Using common objects, Bear Scouts will learn about chain reactions, pulleys, and levers. They will take all of the things that they learn and create a fun Rube Goldberg-type machine.

The term “Rube Goldberg” is defined in the Merriam-Webster dictionary as “doing something simple in a very complicated way that is not necessary.” The use of the term was inspired by the cartoons of Rube Goldberg, an engineer-turned-cartoonist who lived from 1883 to 1970. Goldberg’s cartoons depict humorous “inventions” that make use of many principles of physics that Bears will encounter in this adventure. This adventure is all about creating a chain reaction to accomplish a simple task—and having a lot of fun along the way!

TAKEAWAYS FOR CUB SCOUTS

- Learning about action and reaction
- Cooperating as a den to complete a task
- Encouraging your fellow Scouts
- Looking at common objects (such as dominoes, craft sticks, marbles, string, paper cups) from different perspectives and exploring how they balance, tip over, stack, and fall to create Rube Goldberg machines

ADVENTURE REQUIREMENTS

Bear Handbook, page 198

Complete all of the following:

1. Create an “exploding” craft stick reaction.
2. Make two simple pulleys, and use them to move objects.
3. Make a lever by creating a seesaw using a spool and a wooden paint stirrer. Explore the way it balances by placing different objects on each end.
4. Complete one of the following:
 - A. Draw a Rube Goldberg-type machine. Include at least six steps to complete your action.
 - B. Construct a real Rube Goldberg-type machine to complete a task assigned by your den leader. Use at least two simple machines and include at least four steps.

NOTES TO DEN LEADER

The cartoons of Rube Goldberg are intended to serve as inspiration for the spirit of fun and experimentation behind the activities in this adventure. As a leader, you will need to review any specific cartoons, drawings, or videos you might choose to share to ensure they are appropriate for Cub Scouts.

Remind Bears that safety is of the highest importance in all Scouting activities and that all of their inventions must align with age-appropriate guidelines for Scouts.

Between Meeting 2 and Meeting 3, Scouts will have a Do-at-Home Project for which they will be designing an imaginary Rube Goldberg machine (requirement 4A). This machine does not need to be something they can execute, so Bears can use their imaginations to create an invention on paper that would not be possible to create in reality. Bears will also need to bring materials to Meeting 3 to be used in the den’s creation of a simple Rube Goldberg machine (requirement 4B). See suggested items in the Meeting 3 Plan.

Consider searching online and previewing some sample videos of the “exploding” craft stick activity in Meeting 1 and the Rube Goldberg machines in Meeting 2 to share with the den and generate excitement. You can find a variety of creative machines featured in videos on the Rube Goldberg official site: <https://www.rubegoldberg.com/rube-tube/>

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Materials for Sticky Stop game
- Materials and an appropriate space for Activity 1, the “exploding” craft stick chain reaction investigation
- Prepare for the “exploding” craft stick activity by reviewing the instructions in advance and searching for sample videos online. You might choose to share a video with the Scouts if you feel they will benefit from seeing an example. Be sure to carefully preview any videos in advance.
- Materials for Knot Circle closing

GATHERING

Play the Sticky Stop game.

Materials:

- Table or other flat surface
- Double-sided tape
- Marbles (probably two per Scout)

Instructions:

Place the double-sided tape at one end of the table. Scouts with marbles are at the other end.

Each Scout must roll their marbles across the flat surface, trying to get the marbles to stick to the double-sided tape on the opposite end. The trick is to find the correct speed: If it's too slow, the marble won't make it; if it's too fast, the marble will fall off the table.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance.
- Have the Scouts gather in either a circle or a straight line, standing about arm's length apart. The den chief or Akela begins with the words “A Scout is ...” He or she then touches the shoulder of one Scout, who in turn says “Trustworthy” and then touches the next Scout's shoulder. That Scout in turn says “Loyal” and touches the next Scout's shoulder and so on, until all 12 points of the Scout Law have been recited.

Each Scout must signal the next Scout before the word is said, creating a chain reaction. This can be tied into the activity later in the meeting.

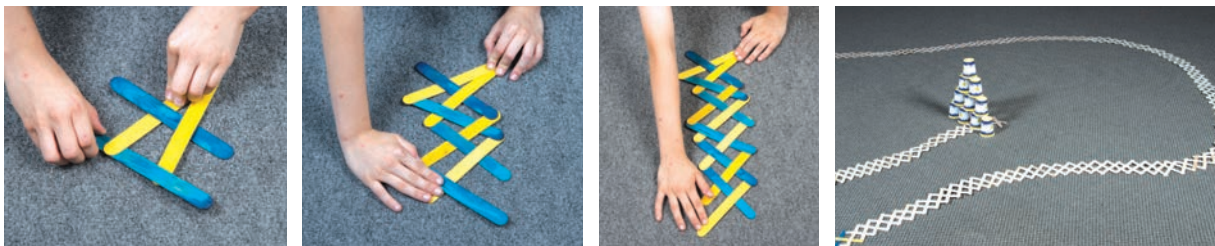
TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Introduce Scouts to Rube Goldberg machines and look at the sample cartoon in the *Bear Handbook*. Try to pick out different steps—both the logical ones and the funny or creative ones. Remind Scouts that the inventions in the machines were not intended to actually be made or tried out as they were drawn. However, many people in recent years have created amazing Rube Goldberg machines using their imaginations and science.

ACTIVITIES

◆ Activity 1: “Exploding” Craft Stick Reaction (Requirement 1)

- Review the steps for creating this investigation in advance. Perform a small test reaction to get a better understanding of the process and any challenges you may encounter.
- Using the steps in the *Bear Handbook*, work together as a den to create an “exploding” craft stick reaction.



NOTES TO DEN LEADER

This is a great opportunity for teamwork in your den. Be prepared for this to take the entire den activity time. To build a chain that is approximately 15 feet takes 20 minutes. If you have extra time, have the Scouts experiment with curves and inclines. Consider using two different colored craft sticks to help them keep their pattern straight. If you don't have two different colors, mark one set with a number or letter to set it apart. If you have a large den you may want to break Bears into smaller groups to stay within the time frame available for this activity.

- After completing the activity, discuss the reaction the Scouts had to their experiments. Ask questions such as the following:
 - How did the investigation go?
 - Where did your team come up against obstacles, and in what way did you solve them?
 - If you were to describe your reaction in sounds only, what would it sound like?
 - Did you notice how weaving the craft sticks held them together, but you had to use your hand to hold the end in place until you were ready to let them spring apart?
 - How many cups were you able to stack?
 - How long of a chain reaction were you able to make?
 - Was it easier to do this as a team?

CLOSING

Knot Circle

Materials:

Length of rope or string (6 to 8 inches) for each Cub Scout and each adult who might be in attendance

Instructions:

1. Begin with two Scouts, and have them tie their strings together at one end only. There should now be one longer piece of string with a knot in the middle.
2. Have another Scout tie their piece of string to one end of the longer piece, creating an even longer piece of string. All Scouts should hold on to their pieces of string as the process continues.
3. Continue until all those in attendance have tied on their pieces of string. (The type of knot is unimportant; however, you may ask for a Scout knot in order to teach and reinforce knot tying.)
4. Now the first person and the last person should come together and tie the two ends together to create a circle of string with everyone still holding on to it.

Explain that each piece of the string was needed to make one complete circle. Just as the strings make one circle, each member of the den plus the leaders and parents come together to make the den complete. Without everyone, the Bear den circle is incomplete. Also, you may add that their Bear den is a “string” in the pack—helping to form the circle with all the other dens—or that each member of each Bear’s family is a “string,” helping to make the family complete.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 1.
- Work together to clean up the meeting place.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Materials needed for Toppling Tower gathering activity
- Candles and matches (or flashlights, etc.) for Opening
- Materials needed for lever and pulley investigations (See Meeting 2 Resources.)
- Copy of the Do-at-Home Project for each Scout (See Meeting 2 Resources.)

GATHERING

Toppling Tower

Materials:

- Large bowl of water
- Plastic plate
- Five empty soda cans

Instructions:

Have Scouts try to stack all five cans on the plastic plate as it floats in the bowl—without tipping the cans over or sinking the plate.

OPENING

- **Bear Scout Light:** The den leader asks Bears to sit on the floor in a circle and then dims the lights. Have a small candle and larger candle, plus matches, on a table. Flashlights or battery-operated candles may be used instead of regular candles and matches.

DEN CHIEF: I will light this small candle. It represents the Scout spirit shown by one Bear Scout. See how it shines? The rays from several Bear Scouts make an even brighter light. Each Scout lets their light shine by doing their best and helping other people.

DEN LEADER: I'll light this large candle. This represents that there is a brighter light that leads us all. Let us always think first of God, second of others, and finally of ourselves.

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Explain the use of levers and pulleys, and ask the Scouts for examples that they see in their everyday life.

ACTIVITIES

◆ Activity 1: Pulley Investigations (Requirement 2)

Pulley #1 Materials:

- Rolling pin
- String
- Heavy book

Pulley #2 Materials:

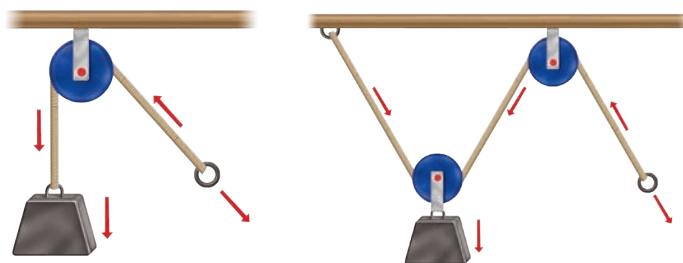
- Two large spools
- Two pencils or dowels (must be able to fit in the spool hole and move easily)
- 30 feet of string or strong yarn

Follow the steps in the *Bear Handbook* for the two different types of pulleys. Once the investigation is complete, ask leading questions rather than questions that can be answered with yes or no.

Suggestions include:

- For the first pulley, was it easier or harder with the rolling pin? Which pulley do you think takes more strength and why?
- Where did you come up against obstacles, and in what ways did you solve them?

(If you have a large den, you may want to break Bears into smaller groups to stay within the time frame needed for this activity.)



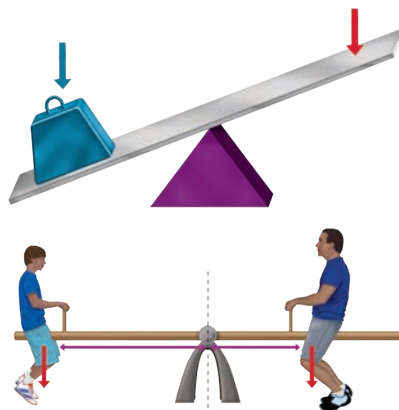
◆ Activity 2: Lever Investigations (Requirement 3)

A lever is a simple machine that has only two parts: a beam (this could be a piece of wood or metal) and a fulcrum (the support that the lever pivots on). You add energy when you use your hands to change the weights on each end. See what actions result.

Materials:

- Paint stirrer
- Pencil
- Spool (edges should be wider than the paint stirrer)
- Rubber band
- Small weights or other objects

Follow the instructions in the *Bear Handbook* to make a first-class lever. Similar levers you might see include a seesaw, a crowbar, a hammer pulling a nail, or a pair of scissors. (This last one uses two first-class levers put together.)



CLOSING

- Den yell
- Remind Scouts of the Do-at-Home Project for next week (requirement 4A). Hand out the project instructions page in the Meeting 2 Resources.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 2 and 3.
- Work together to clean up the meeting place.

MEETING 2 RESOURCES



Do-at-Home Project Reminder:

For the next meeting, you will be designing a Rube Goldberg machine to complete requirement 4A. This machine does not need to be possible to make. Instead, you can let your imagination run wild to come up with your “dream” invention!

Here’s how to create a Rube Goldberg machine:

1. Choose a simple task (such as drying your face, putting on a hat, or opening a door).
2. Decide what working elements you want to include in your design. These could include chain reactions, pulleys, levers, ramps, balls, and more.
3. Add your imagination! How could you use those elements in different ways? How could you include building blocks, toy cars, string, or other items in your design?
4. Have fun! Bring your design to the den meeting to share with everyone.

At that meeting, you will build a real Rube Goldberg machine with your den. Your den leader may ask you to bring several disposable household items that could be used in the creation of the group machine. Remember that all materials you bring must be safe. Check with your den leader or a parent or guardian to be sure items are OK to bring in.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Materials for the Ready, Set, Aim! gathering activity
- Miscellaneous items for constructing the Rube Goldberg machine. You may ask parents to assist you in furnishing items. Some examples are dominoes, Popsicle sticks, marbles, string, paper cups, etc.

GATHERING

Ready, Set, Aim!

Materials:

- Item with hollow center that is 1-3 feet in length (e.g., pool noodles, conduit, empty wrapping-paper rolls, etc.)
- Cups
- Marbles

Instructions:

1. You may want to have several lengths of hollow tube to allow for experimentation of how fast and far the marble can roll depending on which length of tube is used.
2. Secure the tube at an angle so the marble can make its exit. This can be done by leaning it against a wall or table or simply by having the Scout hold it.
3. Have each Bear drop a marble down the hollow tube, sending it rolling across the floor and into a cup that has been placed 2 feet away. When they are successful at that distance, Bears can try other distances as well.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Sing “Head, Shoulders, Knees, and Paws.” Bears should touch their heads, shoulders, and knees as they sing each of those words. For paws, Bears should hold their hands in front of them and wave. For fun, you can change the song to be sung fast, slow, or deep (like a growling bear).

Head, shoulders, knees, and paws

Knees and paws

Head, shoulders, knees, and paws

Knees and paws

Eyes and ears

And mouth and snout

Head, shoulders, knees, and paws

Knees and paws

TALK TIME (REQUIREMENT 4A)

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Share the Rube Goldberg drawings the Scouts brought from home. Talk about the different elements that they incorporated (requirement 4A).

ACTIVITIES

◆ Activity 1 (Requirement 4B)

- Build a Rube Goldberg machine using recycled materials brought from home.
- You may wish to break your den into small groups with different tasks to speed up the machine-building process.
- Choose a simple task that the Scouts' machine should complete. Or, if the Scouts already have some ideas, provide feedback and guidance as needed to encourage a positive outcome.
- Remind Scouts that they should use two simple machine types for their Rube Goldberg machine and have at least four steps. They can review the descriptions of pulleys and levers in their handbooks to help them as they build.
- Also remind Scouts that they are likely (almost certain) to experience some failures along the way. The best Rube Goldberg machines require many changes and lots of testing to make them work. The process of working together, sharing ideas, trying things out, and staying positive when changes are needed is far more important than making a successful machine.
- Have the Scouts explain and demonstrate their machine. If the machine is not finished, have them share what they completed and the vision for their machine.

There are some spectacular videos of Rube Goldberg machines available if you conduct a search on the internet. Be sure to preview the videos to ensure they are appropriate for the audience.

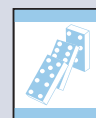
CLOSING

- Have Bear Scouts repeat the Cub Scout Motto in unison ("Do Your Best").
- **Akela's Minute:** Reflect with the den on the process of building the machine. Did their machine meet their expectations? What part of the process did they enjoy most or find the most challenging? What would they do differently next time? Reinforce the idea that, as long as they did their best, the Scouts were successful.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 4A and 4B.
- Work together to clean up the meeting place.

Upon completion of the Make It Move adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.






MARBLE MADNESS



RATIONALE FOR ADVENTURE

In this adventure, Bears will learn about a game that has entertained people since the time of ancient Egypt and has been an important part of Scouting since its early days. They will experience individual competition and teamwork, helping others, learning rules, and being a good sport.

TAKEAWAYS FOR CUB SCOUTS

- Using observation and listening skills
- Following instructions
- Working as a team
- Developing creativity
- Living the Scout Oath and Scout Law
- Helping others
- Practicing sportsmanship
- A Scout is friendly. 

Bear Handbook, page 212

ADVENTURE REQUIREMENTS

Complete requirements 1–4. Requirement 5 is optional.

1. Discuss with your family or den the history of marbles, such as where and when the game began. Talk about the different sizes of marbles and what they are made of and used for.
2. Learn about three different marble games, and learn to play one of them. Learn how to keep score. Learn and follow the rules of the game. Play the game with your family, friends, or your den.
3. Learn four or five words that are used when talking about marbles. Tell what each of the words means and how it relates to playing marbles. Share this information with your den.
4. Complete one of the following:
 - A. With your den or family, make a marble obstacle course or marble golf course. Share what you create. Invite everyone to go through your course.
 - B. Create your own game using marbles, and design rules for playing the game. Share the game you created with your den, family, or friends. Explain the rules and how to play the game.
 - C. With your den or family, create a marble race track. Have at least two lanes so you can race your favorite marbles against each other.
 - D. Make a marble maze.
5. With the help of an adult, make a marble bag to hold marbles.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. These den meeting plans, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Prior to Meeting 1, ask everyone to bring in a box lid for the marble maze activity. Most of the requirements for this adventure can be done with the den, but Bears will need to complete requirement 4B (creating a game using marbles) at home following Meeting 1. Bears will bring their games to Meeting 2 to share with the den.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Materials for each Cub Scout to make a bag to hold marbles (See Meeting 1 Resources.)
- Marbles
- Chalk to draw the playing ring on the ground
- Materials for each Cub Scout to make a marble maze (See Meeting 1 Resources.)
- Picture of Earth, the “Big Blue Marble” (See Meeting 1 Resources.)

GATHERING (REQUIREMENT 5)

As Scouts enter, provide materials for them to make their own bags to hold marbles. The den chief, assistant leader, parents, etc., can assist with this project. (See Meeting 1 Resources.)

OPENING

Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME (REQUIREMENTS 1, 2, AND 3)

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Begin this adventure by talking about marbles, including how long they have been around and how marbles have changed through the centuries (requirement 1). Ask the Scouts to name games that can be played with marbles, such as Chinese checkers or some board games.
- Talk about the different words (names of moves, marbles, games) associated with the game of marbles. (Requirement 3)
- Tell Scouts that they will complete requirement 4B at home before Meeting 2. Bears will create their own games using marbles and present the games at the next meeting.

ACTIVITIES

◆ Activity 1: Marble Games (Requirement 2)

Have the Scouts learn the marble game Ringer, which can be found in the *Bear Handbook*. Teach them both the game and the rules. Discuss the importance of following the rules and how a Scout is obedient when following the rules. (See Meeting 1 Resources.) You may choose another game to play if you or the members of your den prefer.

Lagging

Players start the first game by lagging to determine the order of play. In some games, having the first turn could decide the game—which makes lagging an important skill for players to learn. The 10-foot diameter playing ring should be set up correctly before lagging occurs.

Here are the steps to follow before each game:

1. Players draw a set of parallel lines on the ground on opposite sides of the ring (10 feet apart). One line is the pitch line, and the other line is the lag line.
2. Players should stand behind the pitch line on the edge of the empty ring.
3. Each player takes a turn tossing or shooting their “shooter” marble. The goal is to have the marble end up closest to the lag line—either in front of the line or past it.

◆ Activity 2: Build a Marble Maze (Requirement 4D)

Materials:

- One box lid or box for each Scout to use as the frame for their maze
- Plastic straws
- Paper rolls
- Tape or glue
- One marble for each Scout

Instructions:

1. Create a marble maze by taping or gluing barriers into the box.
2. The barriers should guide the marble through the box.
3. Mark one corner of the box or box lid as “Start” and the opposite corner as “Finish.”



CLOSING

- **Akela's Minute:** Ask if the Scouts have ever heard Earth called the “Big Blue Marble.” Tell them that the nickname is because, from space, Earth's atmosphere shows swirls of clouds similar to the patterns on marbles. Share a picture so they can see the resemblance. See visibleearth.nasa.gov for photos of Earth.
- Recite the Scout Oath together.



Do-at-Home Project Reminder:

Before Meeting 2, Bears need to create a marble game at home. They should consider the rules for playing the game and be ready to explain it at the den meeting.

Each Bear should also bring materials to Meeting 2 to contribute to the den's marble obstacle course. The list could include, but is not limited to: tape, scissors, paper plates, paper cups, cardboard rolls (paper towel and toilet paper size), card stock to make rolls, small cardboard boxes, blocks, PVC pipe, PVC elbows, or PVC T caps.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, 3, 4D, and 5.
- Work together to clean up the meeting place.

MEETING 1 RESOURCES

GATHERING: MARBLE BAG (REQUIREMENT 5)

Scouts may use the directions in the *Bear Handbook* or the simple directions below to create their marble bags.

Materials:

- A circle of material or vinyl, 10 to 12 inches in diameter.
 - A shoelace or string 18 to 20 inches in length. If using string, wind clear tape at the ends to keep the string from fraying.
1. Cut small slits around the circle about 1 inch from the edge and approximately $\frac{1}{2}$ inch apart.
 2. Weave the shoelace or string in and out of the slits around the circle, gathering the cloth as necessary to form the bag.
 3. Tie with a loose knot or place a bead over the strings/laces to hold them snug.



TALK TIME: BASIC TERMS FOR MARBLES

- **Aggies** are marbles that are made from agate or glass that resembles agate.
- **Bowling** occurs when a player rolls a shot on the ground.
- **Bumblebees** are yellow and black striped marbles.
- **Edgers** are marbles near the edge of the ring.
- **For Fair** means playing for the fun of the game. At the end of each game, the marbles are returned to their owners.
- **For Keeps** means each player keeps the marbles that he shoots out of the ring.
- **Histing** occurs when a player raises their hand from the ground while shooting.
- A **hit** occurs when a player shoots a marble out of the ring.
- **Hunching** occurs when a player moves their hand forward across the ring line when shooting from the line, or moves the hand forward from the spot where the shooter came to rest inside the ring.
- **Knuckling down** is a position in which at least one knuckle must touch the ground until the shooter has left the hand.
- **Lofting** (or **plunking**), a difficult shot, occurs when a player shoots in an arc through the air to hit a marble.
- **Marbles** should only be used as a term for the target marbles. These can also be called **mibs**, **miggs**, **ducks**, **kimmies**, or **hoodles**.
- A **miss** occurs when a player fails to knock a marble from the ring on a shot.
- **Roundsters** (or **circling**) is the act of selecting the best location outside the ring for knuckling down.
- A **shooter** is the attacking marble. It can also be called a **taw**, **glassy**, or **monny**.
- A **shot** is the act of snapping the shooter at a marble by a quick extension of the thumb.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Race track and/or obstacle course for marbles
- Marble racer pattern, 1 copy for each Bear
- Card stock for making racers
- Felt board race track
- Marbles

GATHERING (REQUIREMENT 4C)

Make marble racers to be used on the felt board marble race track. See the pattern in the Meeting 2 Resources.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Tell Scouts, *"When we create and play marble games as we will do today, we are helpful in working together to create games, we are courteous to other players when we compete, and we are obedient when we follow the rules."* Together, recite the Scout Law.

TALK TIME (REQUIREMENT 4B)

- Carry out business items for the den.
- Have the Scouts share with the den the games they made up at home (requirement 4B).

ACTIVITIES

If the den is large, separate the Scouts into two teams. Each team will make race track and an obstacle course.

◆ Activity 1: Marble Races (Requirement 4C)

- Have Scouts use the felt track to race the marble racers they made in the Gathering activity.

◆ Activity 2: Marble Obstacle Course (Requirement 4A)

- Have Scouts work together to build a marble obstacle course.

CLOSING

- **Akela's Minute:** Spend a few moments reflecting on the information shared with the Scouts and the games that they played. Ask each Bear to say one new thing they learned during this adventure.
 - If desired, you can incorporate a "Roses and Thorns" activity. Each Scout is to share one thing about the adventure that was difficult (the thorn), but they must also share something about the adventure that they really liked (the rose).
 - There may not be any thorns, which is terrific!
- Have the den stand and recite the Scout Oath.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 4A, 4B, and 4C.
- Work together to clean up the meeting place.

Upon completion of the Marble Madness adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.



MEETING 2 RESOURCES

MARBLE RACE CARS AND TRACK

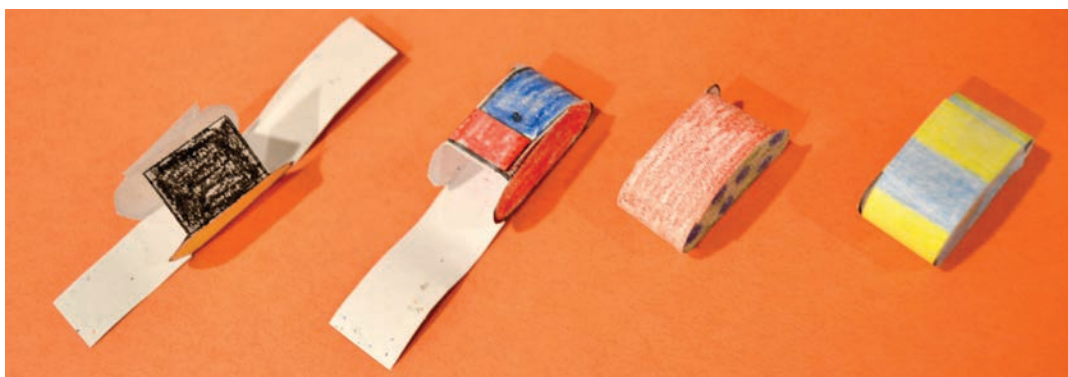
Materials needed:

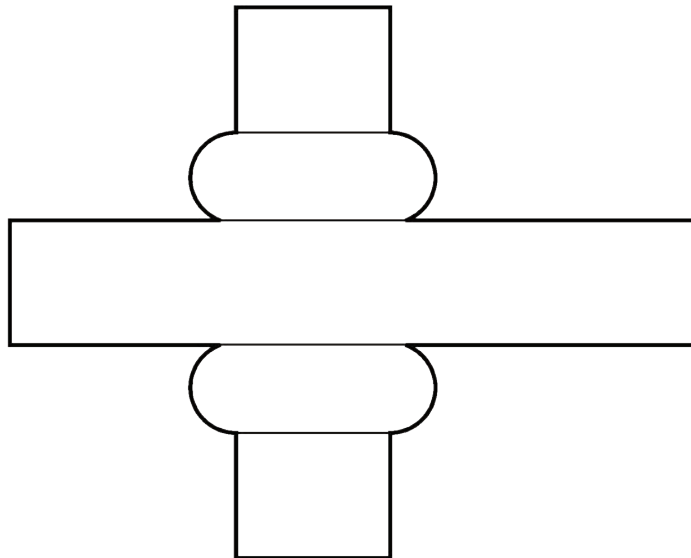
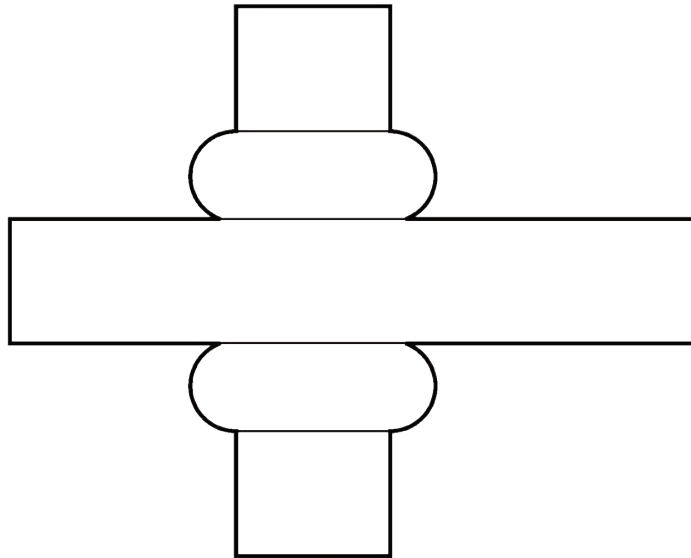
- Marbles, one for each Scout
- Race-car pattern, one copy for each Bear
- Markers or colored pencils
- Scissors
- Clear tape
- Felt board track
- 1-inch strips of poster board and tape for lanes

Instructions:

These race cars can be raced on a felt-covered board that is set at a downward angle (such as leaning against a chair). Create racing lanes by taping stiff paper on its edge to the felt board. The Scouts will be amazed to see their race cars tumble down the track!

1. Decorate the car as desired. (This is easier if done prior to cutting out the racer.)
2. Cut out pattern.
3. Fold tabs on thin lines, and tape short tabs together.
4. Tape long tab to short tabs.
5. Put the marble in, and tape last tab to long tab.
6. Have fun racing!





NOTES




ROARING LAUGHTER



RATIONALE FOR ADVENTURE

Laughing provides many health benefits. It also enhances teamwork and improves alertness, creativity, and memory. In this adventure, Bear Scouts will share laughter with others, strengthening their bond with family members and the den.

TAKEAWAYS FOR CUB SCOUTS

- Benefits of laughter (releases stress, relaxes muscles, helps your body stay healthy, boosts immune system, eases anxiety and fear)
- Learning social skills and how to diffuse conflict in a group
- Practicing respect for others, being courteous, and following directions
- A Scout is cheerful. 

Bear Handbook, page 226

ADVENTURE REQUIREMENTS

Complete at least four of the following:

1. Think about what makes you laugh. Write down three things that make you laugh.
2. Practice reading tongue twisters.
3. Create your own short story. Remove some nouns, verbs, adjectives, and adverbs from the story, leaving blanks. Without telling the story, have a friend insert his or her own nouns, verbs, adjectives, and adverbs in the story you created.
4. With a partner, play a game that makes you laugh.
5. Share at least two jokes with members of your den to make them laugh.
6. Practice at least two run-ons with your den, and perform them at a pack meeting or campfire program.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. These den meeting plans, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

This adventure includes two den meetings; it does not include a den outing.

The guidelines for each meeting include some options for jokes and funny stories, but you might choose to look at other BSA resources for additional ideas. You might visit <http://boyslife.org/section/jokes/> or look at www.scoutshop.org for additional resources.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Print out tongue twisters on slips of paper (see Meeting 1 Resources), and give one to each Scout (requirement 2)
- “Create a Story” text with blank lines to fill in (1 copy per Scout)
- Pencils (1 per Scout)
- 3 poster boards:
 - 1 with the song for the Opening written on it, large enough for Scouts to see and follow
 - 1 for listing things that make us laugh (Talk Time)
 - 1 for listing the 10 words in the “Create a Story” activity

GATHERING

Play the Whatever You Do, Don’t Smile or Laugh game (requirement 4). As Scouts enter, pair them up face to face and have them take turns trying to make their partner smile or laugh. They can make faces or sounds, but no touching is allowed. When those pairs have finished the game, pair each Scout with someone else until everyone has smiled or laughed.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have the entire den sing the S-M-I-L-E song (see Meeting 1 Resources).

TALK TIME (REQUIREMENT 1)

- Carry out business items for the den.
- Allow time for sharing among members of the den. As this is happening, listen for anything that makes the Cub Scouts laugh. Point out that sharing laughter brings us all together as a den.
- Introduce the Roaring Laughter adventure. Emphasize that laughter is contagious, as they found out in the Gathering time. Ask Bears what makes them laugh, and make a list of their answers on a sheet of poster board (requirement 1).

ACTIVITIES

◆ Activity 1: Tongue Twisters (Requirement 2)

Give each Scout a tongue twister printed on a piece of paper (see samples in Meeting 1 Resources). Allow time for each Scout to practice before reading aloud. Remind the Scouts that if they slip up on the tongue twisters and others in the den laugh, they are not making fun but just laughing *with* each other—because the words are really hard to say together. See how quickly each Scout can read their twister; the faster they go, the funnier it gets!

◆ Activity 2: Create a Story (Requirement 3)

Give each Scout a pencil and a copy of the short story with blank spaces to fill in. (See instructions in Meeting 1 Resources.)

CLOSING

- **Akela’s Minute:** *The Scout Law says that a Scout is friendly and cheerful. We proved that today, and we’ll have more cheer at the next meeting.*
- Join together in a den yell.



Do-at-Home Project Reminder:

Each Scout needs to write down a short story at home using blank spaces, like the ones they just filled in. Then the Scout should ask a friend who hasn't heard the story for some words to put in the blanks, and bring the finished story to the next meeting to share with the den (requirement 3).

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1 and 2.
- Work together to clean up the meeting place.

MEETING 1 RESOURCES

OPENING: S-M-I-L-E SONG

Print this song on poster board, large enough for everyone to read as they sing. (Tune: "John Brown's Body"/"The Battle Hymn of the Republic")

*It isn't any trouble just to S-M-I-L-E.
It isn't any trouble just to S-M-I-L-E.
If there's ever any trouble, it will vanish like a bubble,
If you'll only take the trouble just to S-M-I-L-E.
It isn't any trouble just to L-A-U-G-H.
It isn't any trouble just to L-A-U-G-H.
If there's ever any trouble, it will vanish like a bubble,
If you'll only take the trouble just to L-A-U-G-H.*

◆ Activity 1: Tongue Twisters

Here are some sample tongue twisters. Print these, and any others the Scouts might enjoy, on slips of paper for each Scout to read one aloud.

A big black bug bit a big black bear. But where is the big black bear that the big black bug bit?

How many yaks could a yak pack pack if a yak pack could pack yaks?

Cows graze in groves on grass which grows in grooves in groves.

Friendly Frank flips fine flapjacks.

How much wood would a woodchuck chuck if a woodchuck could chuck wood?

Kris Kringle carefully crunched on candy canes.

Silly Sally swiftly shooed seven silly sheep.

What noise annoys a noisy oyster? A noisy noise annoys a noisy oyster.

If Stu chews shoes, should Stu choose the shoes he chews?

Which witch wished which wicked wish?

◆ Activity 2: Create a Story

Write the numbers 1 through 10 on a poster board. One Scout at a time, have each of them think of a word to go with each number. (If fewer than 10 Bears are present, the den leader or adults can also play.)

1. Noun (a name)
2. Adjective (a describing word)
3. Noun (a place)
4. Noun (a name)
5. Noun (a name)
6. Verb (an action word)
7. Verb (an action word)
8. Noun (a thing)
9. Verb (an action word)
10. Noun (a place)

Pass out pencils and copies of the following story. Then read it aloud, stopping for each Scout to say their word when you reach that number.

Yesterday, my friend [1] _____ and I went to the [2] _____
[3] _____. We met [4] _____ and
[5] _____ and decided to [6] _____.
We were [7] _____ [8] _____ and
had a lot of fun. We hope to [9] _____ at the [10] _____
_____ again soon.

After you finish, go through the story a second time, stopping at each number for all the Scouts to write down the word. Ask them if they enjoyed the story. The fun was in the surprise that came with each word. Tell them each Scout will need to write their own story for the next den meeting, using the "What I Did at _____" story included with this adventure in the *Bear Handbook* (requirement 3).

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Sample run-ons (funny skits) the den can present at a campfire program or the next pack meeting
- Contact the Cubmaster to coordinate plans for the run-ons.

GATHERING (REQUIREMENT 3)

As the Scouts arrive, have each one share the story they created with another Bear, the den chief, or an adult (requirement 3).

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME (REQUIREMENT 5)

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts. Have each Bear tell a few jokes to make the others laugh (requirement 5; if anyone needs ideas, they can choose from the sample jokes included with this adventure in the *Bear Handbook*).
- Tell everyone that the den will be presenting run-ons (short, funny skits) at a campfire program or the next pack meeting. At this meeting, they will choose which run-ons they want to perform and practice their lines.

ACTIVITIES

◆ Activity 1: Run-ons (Requirement 6)

Help the Scouts look through possible run-ons and jokes for the pack meeting. Ask if anyone has a joke or run-on they would like to add to the list. Then vote on the ones to use and practice them as a group. Tell them these things to remember:

1. Most important, you want to tell a joke that you think is funny. If it doesn't seem funny to you, others will probably feel the same way.
2. Who are you telling the joke to? Don't forget who your audience is and how the joke will sound to them. For example, a younger brother or sister might not understand or laugh at a joke that you find funny.
3. What things should you do to present the joke in a funny way? Your facial expressions, body movements, and hand gestures all play a part in telling a joke. Also, be sure you know the joke really well, so you won't forget any of it. Some jokes require a setup—telling a story that leads to the punch line—but be sure the story doesn't go on too long. Remember, "Practice makes perfect!"
4. You can find more jokes in *Boys' Life* magazine or by visiting a library or bookstore to find a joke book.

CLOSING

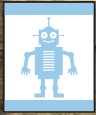
- Make a circle with everyone holding hands.
- **Akela's Minute:** *Laughter sparks enthusiasm, and it's contagious. Having a sense of humor and being able to laugh at yourself can help you be more creative. It even helps you to stay healthy. Share your laughter with your family and friends—that's a great way to bring everyone closer together and build stronger friendships.*
- Finish by passing a smile around the circle: Everyone squeezes the hand of the person to their right, and gives that person a smile.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 3, 5, and 6.
- Work together to clean up the meeting place.

Upon completion of the Roaring Laughter adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.





ROBOTICS



RATIONALE FOR ADVENTURE

Advances in science and technology have created a world of possibilities. Robots of many shapes and sizes can now perform tasks traditionally done by humans—from sensing the speed of a vehicle to sorting items based on color. In this elective adventure, Bear Scouts will learn how different types of robots are used and then create their own simple robotic figures.

TAKEAWAYS FOR CUB SCOUTS

- Developing their creativity and imagination
- Becoming more aware of the role robotics plays in our daily lives
- Having fun as they learn new things

ADVENTURE REQUIREMENTS

Bear Handbook, page 238

Complete at least four of the following:

1. Identify six tasks performed by robots.
2. Learn about some instances where a robot could be used in place of a human for work. Research one robot that does this type of work, and present what you learn to your den.
3. Build a robot hand. Show how it works like a human hand and how it is different from a human hand.
4. Build your own robot.
5. Visit a place that uses robots.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. These den meeting plans, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Meeting 3 in this adventure will be an outing to a place where robots are part of the daily routine. Besides businesses or factories that use robotics in their processes, you may also consider a local college or medical facility. If traveling to the site is not an option, look into the possibility of a virtual visit by checking out the institution's website. If the den does go to the location, make sure the staff knows the visitors will be Bear Scouts so they can plan an age-appropriate tour.

In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Building blocks or other building objects for gathering activity
- Collect pictures of six types of robots from magazines and the internet to share during Talk Time.
- If you have access to an actual robot, that would be great to show as well.
- Materials for the If I Were a Robot activity (brooms, boxes, books, etc.)
- Materials for the Build a Robot Hand activity (see Meeting 1 Resources)

GATHERING

- As Scouts arrive, have building blocks or other objects on hand so they can get creative, constructing what they think a robot should look like.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have each Scout answer the roll call by saying the name of a robot they know from movies, TV shows, books, or video games.

TALK TIME (REQUIREMENT 1)

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Have each Scout write down six tasks that can be performed by robots and show the pictures you collected to give them some ideas (requirement 1).
- To get the Scouts thinking about requirement 2, review the four categories into which jobs for robots usually fall (dangerous, dirty, dull, and difficult). You can find more information on these categories in the *Bear Handbook*.
- Ask Bears which of those four categories best fits the following types of robot technology.
 - **Industrial:** robots that do welding, painting, or packaging of materials
 - **Household:** vacuum cleaners, pool cleaners, sweepers, gutter cleaners, etc.
 - **Medical:** robots that are built much smaller than a human hand to assist with delicate medical procedures
 - **Research:** robots used for gathering data
 - **Military:** drones, as well as robots made for bomb disposal, transportation, or search-and-rescue operations
 - **Space:** robots used on the International Space Station, Mars rovers, etc.
- Finally, just for fun, lead a conversation about “entertainment robots” that are built as toys or for animatronics at amusement parks.

ACTIVITIES

◆ Activity 1: If I Were a Robot (Optional)

Help Bear Scouts see what life would be like if they were robots, designed for dull, repetitive tasks. Have at least two or three activity stations for them to rotate through. For example, in one area they can carry boxes or stacks of books across a room from one place to another. In another area, one Scout can sweep with a broom while a second Scout picks up the dust and a third Scout disposes of it. A large set of silverware could be laid out, and each Scout takes a turn counting the number of forks, knives, and spoons. When everyone has done each task, ask these questions:

1. Was it fun to do the same thing over and over?
2. Would they enjoy a job where they performed the same task every day, all day long?
3. Did they use mental skills (e.g., problem solving, math) while doing these repetitive tasks?

◆ Activity 2: Build a Robot Hand (Requirement 3)

Have Scouts build a robot hand from cardboard, drinking straws, nylon cord, and rubber bands (see instructions in the *Bear Handbook*). Once the activity is completed, ask these questions:

1. What items can you pick up with your robotic hand?
2. Why is it easier to pick up some items than it is to pick up others?
3. What would happen if you added more fingers?
4. How about if you added a thumb?

CLOSING

- **Akela's Minute:** *The use of robots in our world is a wonderful thing. Robots can keep us safe, obtain information from places we may not be able to get to, provide us with a fun hobby, and so much more. We should always remember, though, to take care of ourselves and those around us, and not let the use of robots make us lazy or too dependent. Now let's say the Scout Oath, and think about the words and what they mean.* (Lead Bears in reciting the oath.)
- Tell the Scouts to look for examples of robotics before the next meeting, whether they are out with their families, at school, or watching television. Possibilities can include common services like ATMs and automatic car washes, or anything that relies mainly on machines to accomplish the task. Which of the four categories they learned about—dangerous, dirty, dull, or difficult—do those tasks fall under?

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1 and 3.
- Work together to clean up the meeting place.
- Prepare thank-you notes for the Bears to sign at the next meeting. The notes should be given to anyone who helps with the outing.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items for the Scoutbot game (see Gathering)
- Materials for the Build a Robot activity. Whether the Scouts are using purchased kits or making their robots from household items, be sure to build a sample by yourself before the meeting so you know how much time and work it will involve. NOTE: You may need to schedule a longer meeting to allow enough time for the activity, or plan for Bears to do some of the building at home. In some kits, soldering wires onto motors is required; each Scout's parent or guardian should assist with this before the construction starts, or they can order pre-soldered kits from many companies.

GATHERING: SCOUTBOTS

Tell Scouts as they arrive to pretend they are "Scoutbots," built for repetitive activities. The idea is to see how many times they can repeat a particular motion without error. Tell everyone to keep up with their totals, and remind them: A "Scoutbot" is trustworthy. Possible activities include dribbling a basketball, performing yo-yo tricks, hopping on one foot, rotating a hula hoop, or tossing a small ball from one hand to the other.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have the Scouts sing "There Was a Scout Who Had a Bot" (see Meeting 2 Resources)

TALK TIME (REQUIREMENT 2)

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Review the robot hand construction from the last meeting and the repetitiveness of robot tasks.
- Have Bears talk about the different types of robots they've seen since the last meeting. (Requirement 2)
- Review plans for Meeting 3, an outing to a business or institution where robots are a part of daily operations.

ACTIVITIES

◆ Activity 1: Build a Robot (Requirement 4)

See suggestions in Meeting 2 Resources, and read the tips on safety for this activity in the *Bear Handbook*.

CLOSING

Recite the Scout Law. Then ask each Scout to answer: *If you had a robot friend, which one of the 12 points in the Scout Law would you most want the robot to follow, and why?*

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 2 and 4.
- Work together to clean up the meeting place.
- Pass out activity consent forms for Scouts to have signed by a parent or guardian before Meeting 3, the den outing to a business or other institution where robots are used. Confirm the location and transportation plans.
- Have the Scouts sign thank-you notes for anyone helping with the outing.

MEETING 2 RESOURCES

OPENING:

Song: There Was a Scout Who Had a Bot

“There Was a Scout Who Had a Bot” (Tune: “Bingo”)

There was a Scout who had a bot,

And Robbo was his name-o.

R-O-B-B-O

R-O-B-B-O

R-O-B-B-O, and Robbo was his name-o.

Repeat the verse five times, each time omitting one more letter from the end and replacing it by having everyone clap their hands (like the original song) or snap their fingers.

♦ Activity 1: Build a Robot (Requirement 4)

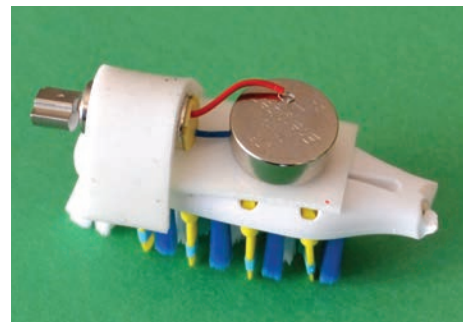
For Scouts who make their robots from purchased kits, here are some good sources.

Kits from *Bristlebots.org* come with everything needed to build a bristlebot, with no soldering required.

EvilMadScientist.com offers directions with a supply list for building a “brushbot” from a standard toothbrush head (www.evilmadscientist.com/2007/bristlebot-a-tiny-directional-vibrobot/). You can purchase pre-soldered pager motors from Evil Mad Scientist, gather the remaining items on your own, and construct the brushbot using their directions.

Other robotics kits can be found in your local Scout shop or from *DiscoverThis.com*, *ScientificsOnline.com*, *LEGO.com*, and many other internet sources. You might also find the kits at a local hobby store, toy store, or bookstore.

The most important thing to remember is safety first! Prep work may need to be completed ahead of time, and all Scouts should wear eye protection when constructing their robot.



MEETING 3 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Be sure all arrangements are made for the den to visit a business or institution that uses robots. Contact the location well in advance and confirm all plans with the staff member in charge.
- Confirm that transportation to and from the site is in place. Secure signed activity consent forms.

GATHERING

- Remind everyone of the importance of staying together and being on their best behavior.
- Use the buddy system.
- Review any questions the Scouts want to ask to make certain all are appropriate.
- If the members of your den are coming separately, play the Follow the Robot game (based on Follow the Leader) to keep them busy until everyone has arrived. First, select a leader—the den chief or an adult. The leader silently performs a repetitive action such as hopping on one foot, and the Scouts then imitate that action. The leader still doesn't say anything, but changes to a different repetitive action several times to keep the Scouts watching and playing the game. There is no winning or losing in this one—just having a good time!

OPENING

- Assemble the group, and review any conduct rules and the buddy system.
- Say the Pledge of Allegiance.
- Ask Scouts to name points of the Scout Law they will demonstrate during the outing (friendly, courteous, etc.).

TALK TIME

- Carry out business items for the den.

ACTIVITIES

◆ Activity 1 (Requirement 5)

- During the den's visit to the facility, have the Scouts ask the questions they prepared.
- Ask the professional guiding the tour to share about the different jobs available in the field of robotics. Perhaps the guide can tell the Scouts about educational requirements for those jobs and what classes in school might help prepare them for studying robotics.
- Ask the guide if he or she knows of a robotics club for young people in the area.
- After the visit, reflect with the Scouts on these questions:
 - What did they like most about the robots they saw?
 - If they saw more than one robot, which was their favorite?
 - How were these robots useful in doing jobs that could be dangerous, dirty, dull, or difficult for people?
 - Can the Scouts imagine how those jobs might have been accomplished before robotics technology?

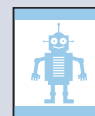
CLOSING

- Plan a cheer in advance to give to helpers at the facility, including the tour guide.
- Have Scouts give the thank-you notes prepared in advance.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 5.
- Ensure cleanup takes place, if needed.

Upon completion of the Robotics adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.






SALMON RUN



RATIONALE FOR ADVENTURE

This adventure will introduce Bear Scouts to swimming safety, boating safety, physical development and fitness, skill development, and fun in the water. Bears in nature like to swim and play in the water, and so can Bear Scouts.

TAKEAWAYS FOR CUB SCOUTS

- Learning confidence, knowledge, and skills in and around bodies of water
- Gaining knowledge and skills in boating safety
- A Scout is obedient, brave. 

ADVENTURE REQUIREMENTS

Bear Handbook, page 250

Complete requirements 1–4 plus two others.

1. Explain the importance of response personnel or lifeguards in a swimming area. Tell how the buddy system works and why it is important.
2. Visit a local pool or swimming area with your den or family. Go swimming or take a swimming lesson.
3. Explain the safety rules that you need to follow before participating in boating.
4. Identify the safety equipment needed when going boating.
5. Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.
6. Show how to do both a reach rescue and a throw rescue.
7. Demonstrate the front crawl swim stroke to your den or family.
8. Name the three swimming ability groups for the Boy Scouts of America.
9. Earn the BSA beginner swim classification.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. These den meeting plans, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

An overview of BSA swimming and water activities is included in the appendix. In preparation for any in-water activity, you should complete the BSA online training for Safe Swim Defense. This training outlines how to help lead a safe swimming activity. The training is available at my.scouting.org.

This adventure comprises two den meetings. The second meeting is a den outing to a pool or other swimming area for completion of requirements 1, 2, 6, 7, 8, and 9. Identify the location well in advance of the outing and make arrangements with the staff member in charge. Confirm plans with families, including place, time, and transportation. Make sure activity consent forms are distributed, signed, and collected.

You may want to request assistance from a local troop for one or both of the meetings. Troop members include Scouts who have earned different aquatics merit badges and can help teach the Bear Scouts about safety in and around the water. Many councils have an aquatics committee able to provide guidance, personnel, pool access, and other resources.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Boating equipment (e.g., life jackets, canoe paddles, rowboat oars, emergency equipment)
- Rope (several feet in length), extension devices (brooms, paddles, noodles), and a rescue flotation device (ring buoy, plastic jug, etc.) for the Reach Rescue game
- Take the Safety Afloat online training, if not current, and review Safety Afloat information.
- Invite troop leaders in your area to demonstrate aquatics information to the den.
- Identify experienced boaters in the pack or someone, such as the council aquatics committee, who can put you in touch with lifeguards or swimming/water safety instructors to help with this adventure.
- Write down the Safe Boating Rules for the Talk Time game (see Talk Time). Put each rule in a separate envelope.

GATHERING: SALMON SAYS

As Scouts arrive, have the den chief or assistant den leader supervise a game of Salmon Says (Simon Says), making sure to do some stretching exercises and swimming strokes as warm-ups for the Rowing and Paddling Strokes activity. Examples: Salmon says, “Row a boat”; “Paddle a canoe”; “Be a swimmer”; “Swim with your arms”; “Swim with your legs,” “Do 10 jumping jacks . . . five squat thrusts . . . five push-ups.”

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Call roll for the den, asking each Scout to answer by naming an activity people can do in or on the water.

TALK TIME (REQUIREMENTS 3 AND 4)

- Carry out business items for the den.
 - Allow time for sharing among Cub Scouts.
 - Review plans for Meeting 2, an outing to a local pool or other swimming area.
 - Say: *When we go swimming or boating, there is something very important that we need to know. Can anyone guess what it is?* Pause for answers, and continue: *How to stay safe!* It is important for everyone to understand that aquatic activities for Scouts must follow the rules of the BSA as well as the rules in the area where they are swimming or boating.
 - Write the safety rules for boating below on separate pieces of paper, and put each rule in an envelope. Then divide the Scouts into buddy teams and give each team an envelope. One at a time, have them read their rules aloud. Pause to lead a discussion about each rule (requirement 3).
1. Always wear a life jacket when you go boating.
 2. Check the weather. If it looks bad, keep your boat at the dock.
 3. Balance your boat to prevent it from tipping over.
 4. Remember to not overload the boat. Too much weight could sink it.
 5. Step into the center of the boat when you board or change seats, and always keep low.
 6. If your boat tips over, hang on to the boat until help arrives.
 7. Keep a lookout for other boaters and swimmers.
 8. Only go boating with adult supervision.

- Finish the Talk Time with a demonstration of equipment needed for boating (requirement 4). Explain to the Bear Scouts that this list—adapted from the BSA Safety Afloat guidelines at www.scouting.org—is for all Scout boating activities including those in Boy Scouting and Venturing. Not all of these activities are allowed at the Cub Scout level, but they need to know and understand the list, especially if their family participates in boating.
1. The **water craft** must be suitable for the activity, be seaworthy, and float if capsized. All craft and equipment must meet regulatory standards, be properly sized, and be in good repair.
 2. **Life jackets** must be sized to the participants.
 3. **Paddles** must be sized to the participants.
 4. Properly designed and fitted **helmets** must be worn when running rapids rated above Class II.
 5. **Emergency equipment** such as throw bags, signal devices, flashlights, heat sources, first-aid kits, radios, and maps must be ready for use.
 6. **Spare equipment, repair materials, extra food and water, and dry clothes** should be appropriate for the activity.
 7. All gear should be stowed to prevent loss and water damage.
 8. For float trips with multiple craft, the number of craft should be sufficient to carry the party if a boat is disabled, and critical supplies should be divided among the craft.

ACTIVITIES

◆ Activity 1: Rowing and Paddling Strokes (Requirement 5)

Have Scouts properly put on life jackets. As the Scouts are performing the strokes, instruct them on the proper way to enter, sit, and exit the craft as well as how to use the oars and the paddle. Having adults and older Scouts on hand to assist with this is helpful. If possible, provide a rowboat and a canoe for demonstration purposes.

Rowing: Show the Scouts an oar or set of oars. Have them simulate rowing the boat, using the strokes illustrated for this adventure in the *Bear Handbook*.

Paddling: Show the paddle and point out the differences between it and the oar. Explain that both have a purpose for the type of craft they are used with. Have the Scouts simulate paddling a canoe.

Ask the Scouts which muscles they felt moving as they completed both actions. This activity will help them learn that rowing and paddling exercise the muscles in your body.

◆ Activity 2: Boating Relay and Reach Rescue Games (Optional)

Scouts will use their imaginations and their new knowledge about rowing and paddling to complete the Boating Relay and Reach Rescue games. This activity will help them review life jackets, the buddy system, rowing a boat, paddling a canoe, and using both the throw and reach methods to help a stranded boater or swimmer.

Materials for each pair of Scouts: 1 life jacket; 2 sticks posted in two lines 20 feet apart; 1 piece of rope, about a foot long. Optional: 2 oars and 2 paddles for each pair.

Before you begin, demonstrate each challenge in the relay.

- Properly put on a life jacket.
- Untie the rope, put it in your pocket, and row the “boat”—using correct rowing form—toward the stick on the opposite side of the course. (Remind everyone that rowboats are propelled with the rower facing the back of the boat, so they will be walking backward for this portion of the relay.)
- Once you get to the other side, tie the rope to the stick. Then paddle a “canoe”—using correct paddling form—back toward the start line.
- Use the throw rescue method to save a buddy whose “canoe” has tipped over.

After the demonstration, divide the Scouts into teams of two (if you have an uneven number, one of the teams can have three players). Then the relay begins:

- Scout 1 in each team puts on the life jacket. The Scout lets an adult check it for proper fit, and then unties the rope.
- Scout 1 “rows a boat” (walking backward) to the opposite side, crossing an imaginary lake. An adult returns the rope to the starting line and reties it.
- Scout 1 switches to a “canoe” and “paddles” (walking forward) toward the starting line, but stops on the way back because the canoe has tipped over. Scout 2 performs a throw rescue to get Scout 1 “out of the water” and able to finish paddling home.
- Once finished, Scout 1 takes off the life jacket and hands it to Scout 2, who takes a turn completing the challenge with Scout 1 performing the throw rescue.

When the relay is over, lead a reflection: *What parts of the challenge were difficult? What parts were easy? When you row a boat, which end of the boat do you face? How about when you paddle a canoe? Besides the throw rescue, what’s another method to save someone from drowning (reach rescue)?*

Then the teams move on to the Reach Rescue game:

- Scout 1 lies down or kneels on both knees directly across from Scout 2 on the opposite side of a marked-off line.
- Remind everyone to use a “safe word” such as “Pineapple” instead of “Help” when practicing rescues that call for assistance. Also tell them that people who are really drowning, not just panicked, are not able to call for help.
- One Scout acts as a rescuer by reaching out to their buddy, first using an arm, then a leg while lying down, then using various objects such as a branch, a broom, etc.
- After each reach, the Scouts move a little farther apart and try again.
- Let this continue for a few minutes, and then have them switch roles.
- If a rescuer moves across the line (and would now be in the water), they must begin again.

CLOSING

- **Akela’s Minute:** Ask each Scout to show or tell one thing they learned about boating. Remind everyone that “a Scout is brave” in the face of an emergency, and while it might be scary, they need to try to be brave and wait for lifeguards and response personnel to help if an emergency situation arises.
- Repeat the Scout Oath in unison.
- Pass out activity consent forms for Scouts to have signed by a parent or guardian before Meeting 2, the den outing. Confirm the location and transportation plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 3, 4, and 5.
- Work together to clean up the meeting space.
- Prepare thank-you notes for Bears to sign at the next meeting. The notes should be given to anyone who helps with the outing, including lifeguards at the pool or swimming area.

MEETING 1 RESOURCES

Refer to the BSA publication *Aquatics Supervision* (No. 34346) as your primary resource. It contains details about all the activities and requirements for this adventure: rowing and paddling technique, how to do reaching and throwing rescues, learning to swim, and how to give the swim classification tests.

SAFETY AFLOAT

BSA groups shall use Safety Afloat for all boating activities and Safe Swim Defense for all swimming activities.

MEETING 2 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Noodles or towels to use for reach rescue
- Rope and an empty, closed plastic jug for throw rescue
- Swimming buddy tags to be issued after swimming ability checks
- This meeting, a den outing to a local pool or other swimming area, may necessitate more than one visit for all the Scouts to meet requirements 1, 2, 6, 7, 8, and 9. The size of your den may determine how you wish to proceed.
- You might also consider local schools, colleges, YMCAs, Boys & Girls Clubs, or the local Red Cross chapter for use of facilities but also for assistance in working with members of your den.
- Activities at the swimming area must be supervised by an adult with current Safe Swim Defense training. It is recommended that all leaders for this meeting take or renew that training. You may also want to invite a BSA Lifeguard.
- Confirm that transportation to and from the event is in place. Secure signed activity consent forms.
- The unit den leader should bring a copy of the *Guide to Safe Scouting*.

GATHERING

While waiting for everyone to arrive at the site, remind the Scouts of appropriate behavior including safety considerations. Point out any rules at the swimming area beyond the basic safety rules of the BSA. "A Scout is obedient" to the rules while visiting other places.

OPENING

- Assemble the group, and review the buddy system.
- Say the Pledge of Allegiance.
- Ask Scouts to name points of the Scout Law they will demonstrate during the outing (friendly, courteous, etc.).

TALK TIME (REQUIREMENT 1)

- Carry out business items for the den.
- Before anyone enters the water, have them do simple warm-up activities, including stretching the torso, arms, and legs. Remind Bears they must stay in the designated area during the activities—no more than chest deep.
- Remind them about always swimming with a buddy. A buddy is someone to help you if you get into trouble, and you can help them if they need it. Do a buddy check before allowing the Scouts to enter the water, and every 10 minutes throughout the session. You may want to assign this task exclusively to one adult.
- Introduce the response personnel and lifeguards who will assist with the outing. It is their job to oversee the swimming area and respond if someone gets into trouble. Always be very obedient to them; someone's life may depend on it. Make sure the Scouts know where the qualified adult supervisors will be located. Ask Bears why response personnel and lifeguards are important to everyone there.

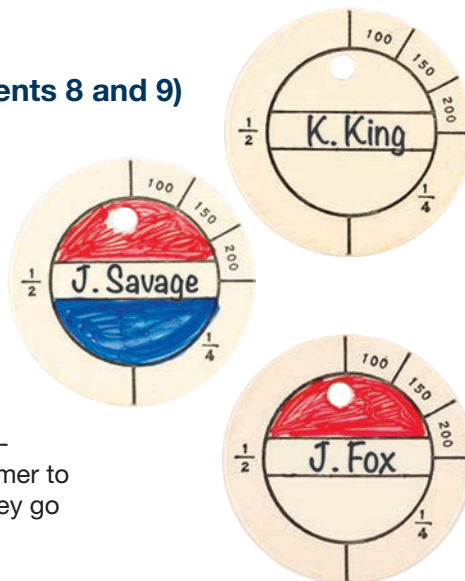
ACTIVITIES

◆ Activity 1: Swimming Ability Checks (Requirements 8 and 9)

Have all the Scouts gather at poolside and explain the three swimming classifications used in Scouting:

- Nonswimmer
- Beginner
- Swimmer

Show examples of buddy tags (pictures or actual blank tags), and explain that Scouts can move from one classification to another after passing the BSA swim tests, which must be taken once a year. When a Scout attempts the beginner's test (requirement 9 for this adventure) and passes it, they go from nonswimmer to beginner classification. Later, if a Scout passes the next test, they go from beginner classification to swimmer.



Assign one adult to each Scout who feels ready to attempt the beginner check.

In addition to understanding the testing procedure, each adult should be comfortable in the water and be able to perform a reaching assist. Lifeguards or response personnel are also required to monitor the tests. Each Scout taking the test will:

1. Jump feetfirst into water that is over their head in depth.
2. Level off and swim 25 feet on the surface.
3. Stop, make a sharp turn, and swim back to the starting place.

Before each Scout enters the water, ask first if they have ever jumped into water over their head. It is very important that you understand their comfort level. If a Scout seems nervous, allow them to first slide into the water or step into it using the ladder. If the Scout seems more comfortable after this, let them jump in and proceed with the swim check. By contrast, be aware that some members of the den may have swimming experience and will require less practice time.

◆ Activity 2: Front Crawl Swim Stroke (Requirement 7)

Have Scouts practice the front crawl stroke by standing waist deep in the water, bending at the waist, and reaching forward as far as they can while moving their arms in a circular motion. Then they can try to push off the pool with their feet, combining the arm motion with the flutter kick. (See the *Bear Handbook* for steps and illustrations.)

◆ Activity 3: Reach Rescue and Throw Rescue (Requirement 6)

After Scouts attempt the beginner check, have them move on to practicing these two rescue methods in the chest-high swimming area.

Reach

Divide Scouts into buddy pairs, and have one pretend to be in trouble in the water while their buddy outside the pool will be the rescuer. Since we are practicing rescues, the Scout in the water will use a "safe word" like "pineapple" instead of shouting for help. (They should only yell "Help!" in an actual emergency. Remind the Scouts that not every person in need will be able to call out for help, even though they may be briefly able to struggle to the surface.) First, the one in the water calls out "Pineapple!" The rescuer then lies down at the side of the pool and extends one arm to their buddy. Next, have the rescuer extend one leg while holding on to the side of the pool. Finally, have the Scout attempt the rescue with a pool noodle or a towel. Then let the buddies switch places and repeat the process.

Throw

In this method, have the rescuer, standing at poolside, throw one end of a rope tied to a closed plastic jug. The buddy can grab on to this and be pulled in.

◆ Activity 4: Water Fun Time (Optional)

When Scouts finish with the requirement activities, give them some time for water games like pool tag, pool volleyball, or water spud: Players scatter about the pool, and a starter throws a soft rubber ball high into the air, calling out a player's name. That player recovers the ball and throws it at one of the other Scouts. Each player must stay in the same spot but may duck underwater to keep from being hit. If a player is hit, that player picks up the ball and tries to hit someone else. If the ball goes wild, one "spud" is counted against the player who threw it. The player with the fewest spuds wins.

CLOSING

Circle up in the chest-high water. Take a moment to tell Scouts how well they did with their swimming. Then have everyone yell the Scout Water Safety chant. Tell them to splash in the middle of the circle on the last line.

S is "Someone's watching" Never swim alone.

C is "Check the rules." Know where you can roam.

O is "Only buddies" should go from the shore.

U is "Know what U can do"—don't do any more.

T is "Tell a grown-up" if someone is in need.

S-C-O-U-T shows safety. Now you take the lead!

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, 6, 7, 8, and 9.
- Have Scouts give their thank-you notes to anyone who helped with the outing.

Upon completion of the Salmon Run adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.



NOTES