

CUB SCOUT

BEAR

Handbook



BEAR



BOY SCOUTS OF AMERICA®

This is my **BEAR** Handbook



My name is _____

My den number is _____ My pack number is _____

My den leader's name is _____

My den leader's phone number is _____

YOU SHOULD USE THIS BOOK IF

You are a boy who has
completed the second grade
or you are 9 years old.



Welcome to the **BEAR** Handbook!



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Parent Guide

How to help your son follow the Bobcat, Bear, and Arrow Point trails

If you could give your son the greatest gift of all, what would it be? It wouldn't be money or anything money can buy. Whether you are rich or poor, the greatest gift is within your power because that gift is helping a boy become a person with a good feeling about himself and a genuine concern for others. Cub Scouting can help you provide this gift.



Your Son, Cub Scouting, and You

As a parent or guardian, you want your son to grow up to be self-reliant and dependable—a person of worth, a caring individual. Scouting has these same goals in mind for him.

Since 1910 we've been weaving lifetime values into fun and educational activities designed to help parents teach their sons how to make good decisions throughout their lives and give them confidence as they become the adult leaders of tomorrow.

In a society where your son is often taught that winning is every-thing, Cub Scouting teaches him to *do his best* and *be helpful to others* as expressed in the Cub Scout Promise, motto, and Law of the Pack.

The Bear den will involve your son in a group of boys his own age where he can earn status and recognition. There he will also gain a sense of personal achievement from the new skills he learns.

The Purposes of Cub Scouting

Cub Scouting is a year-round family-oriented part of the BSA program designed for boys who are in first through fifth grades (or are 7, 8, 9, and 10 years old). Parents, leaders, and organizations work together to achieve the 10 purposes of Cub Scouting:

1. Character Development
2. Spiritual Growth
3. Good Citizenship
4. Sportsmanship and Fitness
5. Family Understanding
6. Respectful Relationships
7. Personal Achievement
8. Friendly Service
9. Fun and Adventure
10. Preparation for Boy Scouts



Cub Scouting

Your Cub Scout is a member of a Bear Cub Scout den. Most dens have six to eight boys in them and meet once a week. Den meetings are a time for learning new things and having fun. Dens are led by a team of adult volunteers—the den leader and assistant den leader(s). Den leaders are usually adult family members of boys in the den.

Your Cub Scout is also a member of a pack. Packs consist of several dens. Most packs meet once a month. Pack meetings usually follow a suggested theme and are a time for boys to be recognized for their accomplishments during the month, to perform skits and songs they've learned in den meetings, and to have fun with the entire family.

Packs are led by a Cubmaster and pack committee. Like the den leaders, the Cubmaster and assistants are volunteers and are usually adult family members of boys in the pack. Most pack committees consist of adult family members and members of the pack's chartered organization. The pack committee makes plans for pack meetings and activities and takes care of the "business" items necessary for a quality pack program.

The pack is owned by a community organization that is granted a charter by the Boy Scouts of America to use the Scouting program. This chartered organization might be a school, service club, religious group, or other group interested in youth. The chartered organization approves the leadership of the pack, provides a meeting place, and operates the pack within the guidelines and policies of the organization and the Boy Scouts of America.

Akela's OK

As you look through this book, you'll see places for "Akela's OK." That usually means your okay. Akela (ah-KAY-la) is the boy's leader. At home, that is you; at den meetings, it is the den leader; at school, it is the teacher. Almost all electives and achievements are done by you and your Cub Scout at home, not in the den meeting. This book is filled with more than 200 pages of activities for you and your son to enjoy together. Once your Cub Scout has done his best, you can approve the completion of the requirement and the den leader will record his progress in the den records.



David Gilbreath

Akela's OK for the Bear trail

[date here]

Date

Karen Bass

Recorded by the den leader

Notes for Akela

Throughout the *Bear Handbook*, special notes for you are printed along with the requirements for special projects that require the supervision and participation of adults. Watch for these "Notes for Akela." They are printed in a smaller, different typestyle for your easy identification. This is an example:

NOTE for Akela: This is a note for the parent, guardian, or other adult helping a Bear Cub Scout along the trail.

Character Connections

Cub Scouting's Character Connections program helps your son *know*, *commit*, and *practice* Cub Scouting's 12 core values while enjoying fun and adventure in his Webelos den. This symbol identifies Character Connections throughout this book and in other Cub Scouting materials.

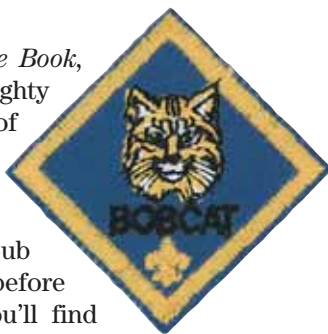


Cub Scouting's 12 Core Values

1. **Citizenship:** Contributing service and showing responsibility to local, state, and national communities.
2. **Compassion:** Being kind and considerate, and showing concern for the well-being of others.
3. **Cooperation:** Being helpful and working together with others toward a common goal.
4. **Courage:** Being brave and doing what is right regardless of our fears, the difficulties, or the consequences.
5. **Faith:** Having inner strength and confidence based on our trust in God.
6. **Health and Fitness:** Being personally committed to keeping our minds and bodies clean and fit.
7. **Honesty:** Telling the truth and being worthy of trust.
8. **Perseverance:** Sticking with something and not giving up, even if it is difficult.
9. **Positive Attitude:** Being cheerful and setting our minds to look for and find the best in all situations.
10. **Resourcefulness:** Using human and other resources to their fullest.
11. **Respect:** Showing regard for the worth of something or someone.
12. **Responsibility:** Fulfilling our duty to God, country, other people, and ourselves.

The Bobcat Trail

In Rudyard Kipling's story, *The Jungle Book*, the black panther Bagheera is the mighty hunter who teaches the cubs the skills of the jungle. In Cub Scouting we use the symbol of the Bobcat. The Bobcat rank is for all boys who join Cub Scouting. If your boy joined Cub Scouting as a Bear Cub Scout, he must earn the Bobcat badge before receiving any other award or rank. You'll find his trail (the requirements) on pages 12 through 23.



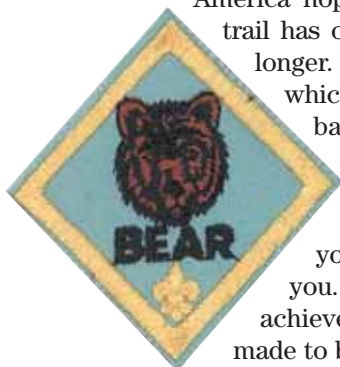
Along this trail are the Cub Scout Promise, the Law of the Pack, and the Cub Scout motto. These are the three most important things a boy must learn because they will help him through all of the trails of Scouting.

One part of the Bobcat trail is to read and complete the exercises in the booklet *How to Protect Your Children from Child Abuse*. Child abuse is a problem in our society, and this booklet will help you help your child to avoid potentially abusive situations. **Note:** The booklet is provided as a tear-out section in the front of this book. Please do tear it out (that makes the book easier to handle), read it carefully, and keep it for easy reference.

When you and your son have followed the eight tracks of the Bobcat, your son may wear his Bobcat badge. It will be presented at the pack meeting.

The Bear Trail

After your Cub Scout has earned his Bobcat badge, he can start along the Bear trail. This is a big adventure for a boy, one the Boy Scouts of America hopes all boys will complete. The Bobcat trail has only eight tracks; the Bear trail is much longer. The Bear trail has 24 achievements, 12 of which a boy must complete to earn the Bear badge.



Once you have okayed the proper achievements, he will have achieved the rank of Bear Cub Scout. How quickly your boy progresses is up to him—and you. He should do his best to complete each achievement. That's part of the promise he made to become a Bobcat, and it is the Cub Scout

motto—Do Your Best. Don't okay an achievement if you both know that he can do a better job. Go on to something else, and then go back and try again.

The important thing is to keep him interested by working on the trail with him as often as possible.

Progress Toward Ranks

Your son doesn't have to wait until he completes his entire Bear trail before being recognized for his work. When he completes any three achievements that are required for the Bear rank, his den leader can present the Progress Toward Ranks emblem to him (or if he was a Wolf, he can add to his current emblem). It's a diamond-shaped emblem with a plastic thong attached, and it's worn on the right pocket button of his uniform shirt. Each time he completes three achievements on the Bear trail, he will receive a red bead. After he gets his fourth red bead, he will be ready to receive his Bear badge at a pack meeting.



The Arrow Point Trail

Your Cub Scout can also search the Arrow Point trail. On the Bear trail, the main sections were called achievements, things that we would like all boys to do. On the Arrow Point trail, the main sections are called electives, choices that a boy can make on his own and with your guidance. Achievements that were not used to earn the Bear badge may be used as electives. However, note that unused parts of achievements that were used for the Bear badge may **not** be counted toward Arrow Points.



When your Bear Cub Scout has completed his first ten electives, he will be eligible for a Gold Arrow Point. For every ten additional electives he completes, the Bear Cub Scout qualifies for a Silver Arrow Point to wear

beneath the Gold. He can earn as many Silver Arrow Points as he wants until he completes the third grade (or turns 10). Arrow Points are presented at a pack meeting after he receives his Bear badge. Although a boy may work on his Bear Arrow Points at any time after joining the Bear den, they will not be presented until after he receives his Bear badge.

Because some Arrow Point electives may be earned more than once (in different ways), the place for signing “Akela’s OK” is different than it is for the Bear trail. Here is an example:

No.	Date	Akela’s OK	✓ Den Chart
23.			
23.			
23.			
23.			
23.			

When your Cub Scout completes an elective requirement, enter the letter for that requirement and the date he completed it, and add your signature for Akela’s OK. When the den leader has recorded it, check it off under “Den Chart.”

Your Cub Scout can keep track of the achievement and elective requirements he has earned on pages 288–290.

Do Your Best

When has a boy completed an elective or achievement? When he, in your opinion as Akela, has completed the skill to the best of his ability. In Cub Scouting, boys are judged against their own standard, not against other boys.

If your Cub Scout has a mental or physical disability that prevents him from attempting an achievement, talk to your Cubmaster about using an elective as an alternative.

The Boy Scouts of America hereby authorizes you, who have read this Parent Guide, to act as Akela. Indicate your willingness to serve by signing below.

**I/We will be Akela in this
Bear Handbook:**



Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Welcome to the Bear Trail!

Read the next few pages in your new *Bear Handbook*. Find out how Baloo helped Mowgli learn the Law of the Pack.

How Baloo Taught Mowgli the Law of the Pack

Long ago in the jungles of India a small boy was separated from his family when his village was raided by the fierce tiger Shere Kahn. He was found and protected by a family of wolves who lived in the jungle. They named him Mowgli and asked Akela, the leader, if he could join their pack. The pack council met once a month at full moon. Akela asked, "Who speaks for this cub?" At first there was no answer, but then Baloo, the wise old brown bear who taught the wolf cubs the Law of the Pack, stood up on his hind paws and said, "I speak for the man-cub. I will teach him."

Bagheera, the black panther, slipped into the council ring and said, "I, too, speak for the man-cub." Shere Kahn snarled in rage. This is how Mowgli came to live with the wolf family in the jungle and learned the ways of a wolf cub.



As Mowgli grew older, Baloo taught him the Law of the Pack and the secret master words that let him talk to the other jungle creatures—all except the Bandar-log, the monkey people who did not obey the Law of the Pack. They had decided to make their own law and thought it would be a fine idea to capture Mowgli and make him their leader. They were so thoughtless and silly the other animals paid no attention to them.



The Bandar-log grabbed Mowgli one day while he was taking a nap. They carried him high above the trees to a deserted village where none of the other jungle creatures lived. While he was being carried through the branches, Mowgli called for help. Chil, the kite (hawk), heard him call and flew swiftly to tell Baloo and Bagheera.

Baloo and Bagheera were furious. They could not follow through the treetops, but they set out on foot through the jungle to rescue Mowgli. Baloo knew that the Bandar-log's greatest fear was of Kaa, the 30-foot-long python. "He can climb as well as they can. Let us go to Kaa," Baloo said.

"What can he do?" asked Bagheera. "He is not of our tribe, and he has the most evil eyes."

“He is old and cunning. Above all, he is always hungry,” said Baloo hopefully.



Kaa agreed to help, and the three set off to find Mowgli. They reached the village at nightfall. Bagheera and Baloo moved in first. The Bandar-log swarmed over them, biting and scratching, for the monkey people are brave only when the odds are in their favor. Things were going badly for Baloo and Bagheera when Kaa appeared. Baloo was right; the Bandar-log were terribly frightened of Kaa. Some of them climbed the walls and towers of the city, trying to get as far away as possible; some froze in terror. Kaa battered through the wall of the ancient building where Mowgli was being held captive and set him free.

Kaa began weaving in his hunger dance, making all who watched—the Bandar-log, Baloo, and Bagheera—helpless to move. Mowgli shook his friends who were falling under Kaa’s spell and woke them just in time. The three made their escape back to their own part of the jungle.

Mowgli had learned to live as a wolf cub and had begun to learn the wisdom of the bear, but he needed older friends to teach him things that would protect him. Like Mowgli, you can call on parents and leaders to help you.



Bobcat Trail

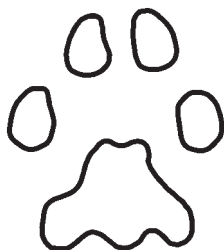
Welcome to Our Pack!

Say hi to my friend the Bobcat. He has eight things for you to do.



HE SAYS

"Follow my Bobcat Trail."



Fill in this track when you have completed all the Bobcat tracks. You may also mark the Trail Record on page 22. When you have filled in all eight tracks, you can wear the Bobcat badge.





Learn and say the Cub Scout Promise
and complete the Honesty Character
Connection.

Cub Scout Promise

I, ,
promise to do my best
To do my duty to God and
my country,
To help other people, and
To obey the Law of the Pack.



When you say you will do something,
that is a *promise*.

Duty to God means:

Put God first. Do what you know God
wants you to do.

And my country means:

Do what you can for your country.
Be proud that you are an American.

To help other people means:

Do things for others that would help them.

Obey the Law of the Pack means:

Do what Akela asks you to do. Be a good
Cub Scout. Be proud that you are one.

Honesty

Know. Discuss these questions with your family: What is a promise? What does it mean to “keep your word?” What does *honesty* mean? What does it mean to “do your best?”

Commit. Discuss these questions with your family. Why is a promise important? Why is it important for people to trust you when you give your word? When might it be difficult to keep your word? List examples.



Practice. Discuss with family members why it is important to be trustworthy and honest and how you can do your best to be honest when you are doing the activities in Cub Scouting.

When you can say the Cub Scout Promise and have completed the Honesty Character Connection, fill in my track.



Akela's OK

Date

Recorded by the den leader



2

Say the Law of the Pack. Tell what it means.

The Cub Scout follows Akela (say Ah-KAY-la).

- Akela is a good leader.
- Your mother or father or other adult member of your family is Akela.
- In the pack, your Cubmaster is Akela.
- Your den leader is Akela.
- At school, your teacher is Akela.

The Cub Scout helps the pack go.

Come to all the meetings.
Do what you can to help.
Think of others in the pack.

The pack helps the Cub Scout grow.

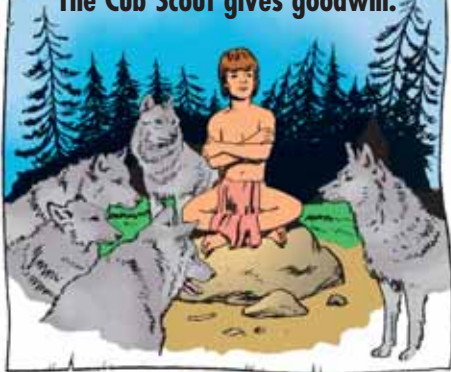
You can have fun when you are a part of the pack. Learn things from others. Do things with them.

The Cub Scout gives goodwill.

Smile. Be happy. Do things to help others. Little things make a big difference.

The Law of the Pack

**The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.**



When you can say the Law of the Pack and tell what it means, fill in my track.



Akela's OK

Date

Recorded by the den leader



3

Tell what *Webelos* means.

Webelos

Webelos (say WE-buh-lows) has a special meaning that Cub Scouts know. It is We'll Be Loyal Scouts.

We'll
Be
Loyal
Scouts



WeBeLoS

Being loyal means that you will keep the Cub Scout Promise.



The Webelos Arrow of Light points the right way to go every day of the week. That is why the sun has seven rays—one for each day.

When you know what *Webelos* means, fill in my track.



Akela's OK

Date

Recorded by the den leader



4

**Show the Cub Scout sign.
Tell what it means.**



**Make the Cub Scout sign with
your right hand. Hold with your
arm straight up.**

Cub Scout Sign

The two fingers stand for two parts of the Promise—"to help other people" and "to obey." They look like a wolf's ears ready to listen to Akela.

Give the Cub Scout sign when you say the Cub Scout Promise or the Law of the Pack.



**When you can give
the Cub Scout sign and
tell what it means, fill
in my track.**



Akela's OK

Date

Recorded by the den leader



5

**Show the Cub Scout handshake.
Tell what it means.**



Cub Scout Handshake

Here's how to shake hands with another Cub Scout. Hold out your right hand just as you always do to shake hands. Put your first two fingers along the inside of the other boy's wrist.

This means that you help and that you obey the Law of the Pack.

**When you can shake
hands as a Cub Scout and
tell what the handshake
means, fill in my track.**



Akela's OK

Date

Recorded by the den leader



6

**Say the Cub Scout motto.
A motto is a guiding principle.**

Cub Scout Motto

DO YOUR BEST is the Cub Scout motto.



It means

When you play a game, do your best to help your team.

When you study in school, do your best to learn from your teacher.

When you help at home, do your best to help your family.

Whatever you do, do your best.



**When you know the
motto and can tell
what it means, fill in
my track.**



Akela's OK

Date

Recorded by the den leader



7

**Give the Cub Scout salute.
Tell what it means.**

Cub Scout Salute

A salute is a way to show respect. We salute the flag to show respect to our country.

For the Cub Scout salute, use your right hand. Hold your fingers as you do for the Cub Scout sign. Keep the two straight fingers close together. Touch the tips of those fingers to your cap. If you are not wearing a cap, touch your right eyebrow.



**When you can give the
Cub Scout salute and
tell what it means, fill
in my track.**



Akela's OK

Date

Recorded by the den leader



8

With your parent or guardian, complete the exercises in the booklet *How to Protect Your Children from Child Abuse*.

Child Protection Exercises



When you have completed these exercises with your parent or guardian, fill in my track.



Akela's OK

Date

Recorded by the den leader

Bobcat Trail

Fill in eight tracks to earn the Bobcat badge.

**The Cub Scout
Promise**



**The Law
of the Pack**



**The Meaning of
Webelos**



**The Cub Scout
Sign**



**The Cub Scout
Handshake**



**The Cub Scout
Motto**



**The Cub Scout
Salute**



**Exercises in *How to Protect Your
Children from Child Abuse***



Your Den, Pack, and Uniform

A group of Cub Scouts, called a **den**, usually meets once a week in the same place. The dens all get together once a month for a pack meeting. Remember, as a Bear Cub Scout, you are a member of a pack.



Remember, too, the Law of the Pack: “The Cub Scout helps the pack go.” You should bring your whole family with you to each pack meeting. You will be proud not only to have them there to see you and your friends having fun but also to have them take part in the ceremony when you have earned a badge. The badge is given to an adult member of your family, and he or she will in turn give it to you in front of the whole pack. This is a way of saying “thank you” to your family for their help in earning your award.

Now that you are a Cub Scout in the Bear program, you have a blue neckerchief to wear with your Cub Scout uniform. Your Bear cap has a light blue front with the Bear emblem on it. If you don’t wear your uniform to den and pack meetings, and on outings and special events, no one will be able to tell that you are a Cub Scout and that you have earned all the badges on your uniform shirt. Be proud to wear the Cub Scout uniform. Did you know there are Cub Scouts all around the world? You are a member of a large group of boys your age.

There are service stars, temporary patches (such as the World Conservation Award), Summertime Pack Award pins, Quality Unit emblems, and lots of other awards you can earn and wear on your uniform. (Ask your den leader to help you earn them and show you where each is worn.)

Turn to the very back of this book, inside the back cover, to see where to put the badges on your uniform.

Now, follow my **Bear Trail**

You must complete twelve achievements to be a Bear Cub Scout. You can pick the ones you want to do from four different groups. You have a wide choice because there are twenty-four to pick from.



GOD (Do one.)

1. Ways We Worship
2. Emblems of Faith

COUNTRY (Do three.)

3. What Makes America Special?
4. Tall Tales
5. Sharing Your World with Wildlife
6. Take Care of Your Planet
7. Law Enforcement Is a Big Job

FAMILY (Do four.)

8. The Past Is Exciting and Important
9. What's Cooking?
10. Family Fun
11. Be Ready
12. Family Outdoor Adventures
13. Saving Well, Spending Well

SELF (Do four.)

14. Ride Right
15. Games, Games, Games!
16. Building Muscles

17. Information, Please
18. Jot It Down
19. Shavings and Chips
20. Sawdust and Nails
21. Build a Model
22. Tying It All Up
23. Sports, Sports, Sports!
24. Be a Leader

When you finish an achievement, you will need to have an adult member of your family sign and date your book. You will then take your book to the next den meeting, and your den leader will record it on the Cub Scout Den Advancement Chart and initial your book.

When you have done 12 Bear achievements, you become a Bear Cub Scout. You will get your Bear badge from an adult member of your family at the pack meeting. Achievements that were not used to earn the Bear badge may be used as electives. However, note that unused parts of achievements that were used for the Bear badge may **not** be counted toward Arrow Points.



1 Ways We Worship



The people who wrote and signed our Constitution were very wise. They understood the need of Americans to worship God as they choose. A member of your family will be able to talk with you about your duty to God. Remember, this achievement is part of your Cub Scout Promise:

I, _____, promise to do my best to do my duty to God and my country. . .”

Complete both requirements.

REQUIREMENT**1a**

Complete the Character Connection for Faith.



Faith



Know. Name some people in history who have shown great faith. Discuss with an adult how faith has been important at a particular point in his or her life.



Commit. Discuss with an adult how having faith and hope will help you in your life, and also discuss some ways that you can strengthen your faith.



Practice. Practice your faith as you are taught in your home, church, synagogue, mosque, or religious fellowship.

Many people throughout history have shown great faith while they worked to make our world a better world.

- It was Rabbi Menachem M. Schneerson's (the Rebbe's) faith that saved thousands of his people, their culture, and their religion in Europe in the 1900s.
- The Reverend Dr. Martin Luther King Jr. relied on his faith as he led the Civil Rights movement in the 1960s.
- Mother Teresa's faith led her to help the poorest people and inspired people around the world to do what they could to help others, too.
- His Holiness the Dalai Lama, spiritual leader of the Tibetan people since 1950, has always worked for worldwide peace.



 Akela's OK for the Bear Trail

 Date

 OR Akela's OK for the Arrow Point Trail

 Date

REQUIREMENT



1b

Make a list of things you can do this week to practice your religion as you are taught in your home, church, synagogue, mosque, or other religious community. Check them off your list as you complete them.

I worship

in song



in prayer

in study



and by kind and thoughtful acts toward others.



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

CUB SCOUT LEADER BALOO

SAYS: When you have done both of these requirements, have a parent or another adult sign here.



Akela's OK

Date

Recorded by the den leader



2 Emblems of Faith



Many signs remind us of God. Among them are a six-pointed star, a cross, and a dove. There are many other religious symbols. One of them might appear on a special emblem you may earn and wear on your uniform. Contact your den leader, religious leader, or BSA local council service center for information about how to earn the award of your faith.

Learn more about your faith from your rabbi, minister, priest, imam, elder, or other religious leader.

Complete the requirement.

REQUIREMENT



Earn the religious emblem of your faith.

The Cub Scout who has earned the religious emblem of his faith may wear the religious emblems square knot on his uniform, above the left pocket, and he may continue to wear it as he advances in Scouting.



ALEPH
for Cub Scouts
who are Jewish



BISMILLAH
for Islamic
Cub Scouts



DHARMA
for Cub Scouts
who are Hindu



GOD AND COUNTRY
for Cub Scouts who are Christian
Scientist



GOD AND ME
for Cub Scouts of some Protestant
faiths

FAITH IN GOD

Church of Jesus Christ of Latter-day Saints
(religious emblems square knot)



JOYFUL SERVANT

for Cub Scouts
of the
Churches of Christ



LOVE FOR GOD

for Cub Scouts
of the Meher
Baba faith



LOVE OF GOD

for Polish National
Catholic Cub Scouts



METTA

for Cub Scouts who
are Buddhist



UNITY OF MANKIND

for Cub Scouts of the
Baha'i faith



SAINT GEORGE

for Eastern Orthodox
Cub Scouts



SAINT GREGORY

for Cub Scouts who are
members of the
Diocese of the
Armenian Church
of America
(Eastern Diocese)



THAT OF GOD

for Cub Scouts of the
Religious Society of
Friends (Quakers)



PARVULI DEI

for Cub Scouts who
are Roman Catholic or
Eastern-Rite Catholic
(grades 3-5)



Ask your den leader, religious leader, or local council service center for more information on religious emblems available to Cub Scouts.

CUB SCOUT LEADER BALOO
SAYS: When you have done
 this requirement, have a
 parent or another adult
 sign here.



 Akela's OK for the Bear Trail

 Date

 Recorded by the den leader

 OR Akela's OK for the Arrow Point Trail

 Date

 Recorded by the den leader



3 What Makes America Special?



Americans believe everyone should be free and should control his or her own life. We have the right to own property and to worship any way we want.

People did not always live this way. How men and women got together and started our free way of life makes an interesting story.

The story is still being written. Probably your parents and grandparents and even your great-grandparents are a part of it. You can be part of it, too.

As a Cub Scout, you can be one of the reasons that America is special. Help others. Be a good citizen. Take part in the life of your country.

Do requirements *a* and *j* and any two of the other requirements.

REQUIREMENT



3a

Write or tell what makes America special to you.

America, the beautiful, is special because of its



Opportunities



People

Freedom



_____ Akela's OK for the Bear Trail _____ Date

_____ OR Akela's OK for the Arrow Point Trail _____ Date

**3b**

REQUIREMENT **With the help of your family or den leader, find out about two famous Americans. Tell the things they did or are doing to improve our way of life.**

Look for great Americans in

Books



Newspapers and magazines

TV programs about
real people



There might be a great American
living in your neighborhood or community.



_____ Akela's OK for the Bear Trail _____ Date

_____ OR Akela's OK for the Arrow Point Trail _____ Date

REQUIREMENT**3c**

Find out something about the old homes near where you live. Go to see two of them.



 Akela's OK for the Bear Trail

 Date

OR Akela's OK for the Arrow Point Trail

 Date
REQUIREMENT**3d**

Find out where places of historical interest are located in or near your town or city. Go to visit one of them with your family or den.

These might be battlefields, monuments, or buildings or a place where early settlers lived or a famous story or poem was written.



 Akela's OK for the Bear Trail

 Date

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REQUIREMENT**3e**

Choose a state; it can be your favorite one or your home state. Name its state bird, tree, and flower. Describe its flag. Give the date it was admitted to the Union.

Use a reference book or Web site to find this information:

State bird _____

State tree _____

State flower _____

Date admitted to the union _____



Sketch your
state flag.



_____ Akela's OK for the Bear Trail

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OR Akela's OK for the Arrow Point Trail

_____ Date

REQUIREMENT**3f**

Be a member of the color guard in a flag ceremony for your den or pack.

A color guard usually has four Cub Scouts. Numbers 1 and 4 are the guards. Number 2 carries the U.S. flag. Number 3 carries the den or pack flag.



_____ Akela's OK for the Bear Trail

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OR Akela's OK for the Arrow Point Trail

_____ Date

REQUIREMENT



3g

Display the U.S. flag in your home or fly it on three national holidays.

Memorial Day, the last Monday in May, honors those who died in defense of our country.



Flag Day, June 14, marks the day in 1777 when Congress adopted the Stars and Stripes as our flag.

Independence Day, July 4, celebrates the adoption of the Declaration of Independence, which marked the beginning of our nation's independence from Great Britain.



Veterans Day, November 11, honors the living veterans of all our wars. It is the anniversary of the end of World War I in 1918.

Labor Day, the first Monday in September, honors all working men and women.



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Date

REQUIREMENT



3h

Learn how to raise and lower a U.S. flag properly for an outdoor ceremony.



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date



REQUIREMENT



3i

Participate in an outdoor flag ceremony.



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Date

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Date

REQUIREMENT



3j

Complete the Character Connection for Citizenship.



Citizenship

Know. Tell ways some people in the past have served our country. Tell about some people who serve our country today. (Don't forget about "ordinary" people who serve our country.)

Commit. Tell something that might happen to you and your family if other people were not responsible citizens. Tell one thing you will do to be a good citizen.

Practice. Tell three things you did in one week that show you are a good citizen.



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

CUB SCOUT LEADER BALOO SAYS: When you have done requirements *a* and *j*, and two others, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader

4 Tall Tales



A modern-day tall tale might be a fisherman's story about "the big one that got away." What we mean by "tall tales" in the *Bear Handbook* are stories, customs, songs, and sayings from our American past. These are handed down by families or groups of people. They tell us about the life and spirit of our ancestors. American folklore is told in stories and songs, some true and some told in a way to make the story better. One thing you can count on about tall tales or folklore is they tell about the happiness, fears, dreams, and hopes of early Americans. American folklore is full of wonderful people and adventures.

Do all three requirements.

REQUIREMENT**4a**

Tell in your own words what folklore is. List some folklore stories, folk songs, or historical legends from your own state or part of the country. Play the Folklore Match Game on page 48.

**SASQUATCH or BIGFOOT**

A giant humanlike creature of the Pacific Northwest. Huge footprints and fleeting glimpses are all that anyone has seen of it.

PONY EXPRESS RIDERS

Between 1860 and 1861, riders carried the mail from Missouri to California. They rode at a gallop for 2,000 miles, changing horses every 10 miles.

**PAUL BUNYAN**

A tall-tales lumberman who leveled a forest with one swing of his ax. Then he trimmed the trees and stacked the logs for Babe, the blue ox, who swooshed them out of the woods in one haul.

PECOS BILL

A tall-tales cowboy who was raised by coyotes. He fought a 10-foot rattlesnake, tamed it, and used it as a whip. He caught and rode a mountain lion like a horse and he staked out New Mexico and dug the Grand Canyon.



RIP VAN WINKLE

The hero of Washington Irving's story about a man who went into the mountains to hunt. There he found a group of little men playing ninepins. He joined them and after the game laid down to take a nap, which lasted 20 years.



HIAWATHA

The main character of Longfellow's poem about an American Indian chief:

You shall hear how Hiawatha
Prayed and fasted in the forest,
Not for triumphs in the battle,
And renown among the warriors,
But for profit of the people
For advantage of the nations.

CHARLIE PARKHURST

A stagecoach driver before there were railroads. Charlie was unusual, because Charlie was a lady.



THE LOST DUTCHMAN

A mine, not a man, that is still lost. Somewhere in the Superstition Mountains of Arizona there is a hole in the ground loaded with gold.

JOHNNY APPLESEED

Jonathan Chapman was his real name. A Christian missionary who planted orchards in the wilderness, he was a friend of the American Indians and settlers. During the War of 1812 he saved the settlers from a surprise attack.



DANIEL BOONE

Hunter, pioneer, and trailblazer who led settlers over the Allegheny Mountains into Kentucky.

DAVY CROCKETT

Backwoods hero, member of Congress, and one of the defenders of the Alamo who died in its defense.



JOHN HENRY

A steel-driving champion whose record has never been equaled. In 35 minutes John Henry drove two 7-foot shafts into solid rock while a steam drill made only one 9-foot shaft.



ZORRO

A hero who lived on his father's hacienda (large ranch) in southern California when it was a colony of Mexico ruled by a governor who taxed and oppressed the people. Hiding his identity behind the mask of Zorro, Don Diego would ride to protect the cruel governor's victims.



EL DORADO

The American Indians told the Spaniards that somewhere in the West was a fabulous city of gold.

BARBARA FRITCHIE

Took up the flag hauled down by Confederate soldiers and defied Stonewall Jackson. "Shoot, if you must, this old gray head, but spare your country's flag," she said. A poem by John Greenleaf Whittier.



OLD STORMALONG

A tall-tales sailor who grew tired of the sea and said he was going to put his oar on his shoulder and walk west until someone asked: "What's that funny-looking stick on your shoulder?" There he vowed to settle down.

ICHABOD CRANE

An awkward schoolmaster in Washington Irving's "The Legend of Sleepy Hollow" who was scared out of town on Halloween night by the ghostly headless horseman (who was not really a ghost, but a jealous rival dressed as the horseman).



MOLLY BROWN

A tough frontier lady from the Colorado silver-mining town of Leadville who helped save some of the survivors of the *Titanic*.

KING KAMEHAMEHA

For 37 years, the ruler of Hawaii long before Hawaii was a part of the United States. He began his rule in 1782 and died in 1819.



CASEY JONES

A famous engineer who stayed with his train to warn others that it was going to crash. He died with one hand on the whistle and one hand on the brake. Old 638 crashed into a freight train that had not cleared the siding.

Folklore Match Game

- | | |
|-------------------------|--|
| 1. Sasquatch or Bigfoot | ___ Was of royal blood. |
| 2. Pony Express Riders | ___ Slept a long time. |
| 3. Paul Bunyan | ___ She drove a stagecoach. |
| 4. Pecos Bill | ___ Stood up to Stonewall. |
| 5. Johnny Appleseed | ___ Was frightened by some body. |
| 6. Daniel Boone | ___ Built of a precious metal. |
| 7. Davy Crockett | ___ Died in the Alamo. |
| 8. John Henry | ___ From Leadville to the Titanic. |
| 9. Zorro | ___ Got tired of the sea. |
| 10. El Dorado | ___ Beat a machine. |
| 11. Barbara Fritchie | ___ Protected victims of a cruel governor. |
| 12. Old Stormalong | ___ Warned the settlers of an attack. |
| 13. Molly Brown | ___ Is famous in Kentucky. |
| 14. Ichabod Crane | ___ A missing mine. |
| 15. Rip Van Winkle | ___ Leveled a forest with one swing of his ax. |
| 16. Hiawatha | ___ Rode a strange "horse." |
| 17. Charlie Parkhurst | ___ Longfellow's chief. |
| 18. Lost Dutchman | ___ Stayed with his train. |
| 19. King Kamehameha | ___ Isn't a man, but a something. |
| 20. Casey Jones | ___ Carried the mail. |



Akela's OK for the Bear Trail

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REQUIREMENT



4b

Name at least five stories about American folklore. Point out on a United States map where they happened.



REQUIREMENT



4c

Read two folklore stories and tell your favorite one to your den.

Den leader's initials_____



CUB SCOUT LEADER BALOO

SAYS: When you have done all three requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader

Sharing Your World with Wildlife



Every living creature has a place in this world, and there is room for all of us. Birds, fish, and animals need clean water, food, and air, just as Cub Scouts do.

You can help protect wildlife by following the fishing and hunting laws. Keep wildlife areas beautiful. Pick up trash along trails, streams, and lakeshores. Put it in trash barrels where it belongs.

This achievement is also part of the Cub Scout World Conservation Award (see page 282).

NOTE for Akela: Ask your son's den leader to show you "Cub Scout Academics: Wildlife Conservation" in the Cub Scout Academics and Sports Program Guide.

Do four of the requirements.

REQUIREMENT

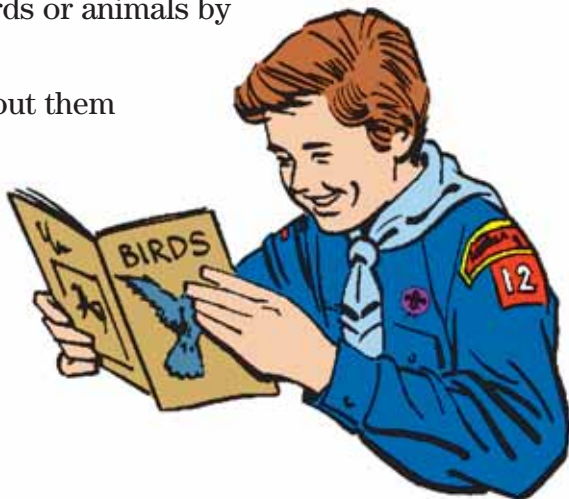


5a

Choose a bird or animal that you like and find out how it lives. Make a poster showing what you have learned.

Get to know birds or animals by

Reading about them



Watching them



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

REQUIREMENT**5b**

Build or make a bird feeder or birdhouse and hang it in a place where birds can visit safely.

Use white pine or cedar lumber. Do not use pressure-treated wood.

BIRDHOUSES

Birds that nest in the hollows of trees will nest in birdhouses. Six of the more common ones are bluebirds, chickadees, titmice, nuthatches, wrens, and house finches.

**Birdhouse Sizes**

BIRD	FLOOR	DEPTH	HOLE ABOVE FLOOR	HOLE SIZE	PLACE ABOVE GROUND
Bluebird	5x5 in.	8 in.	6 in.	1½ in.	5–10 ft.
Chickadee	4x4 in.	8–10 in.	6–8 in.	1½ in.	6–15 ft.
Titmouse	4x4 in.	8–10 in.	6–8 in.	1¼ in.	6–15 ft.
Nuthatch	4x4 in.	8–0 in.	6–8 in.	1¼ in.	12–20 ft.
Wren	4x4 in.	6–8 in.	4–6 in.	1–1¼ in.	6–10 ft.
House finch	6x6 in.	6 in.	4 in.	2 in.	8–12 ft.



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REQUIREMENT**5c**

Explain what a wildlife conservation officer does.

Contact a conservation officer from your state or federal fish and wildlife service. Look in your phone book. Tell the officer that you are a Cub Scout and are working on this achievement. The person you talk with might be one or more of these three things:

**RESEARCHER**

Studies the lives and habits of wild animals and birds. Finds out how wild things live, where they live, what they eat, what eats them, how they raise babies, and how they survive during the winter.

MANAGER

Helps provide wild animals with things they need—food, water, shelter, and living space.

**EDUCATOR**

Writes books or articles for newspapers about wildlife. He or she might be on radio or TV shows, make movies, or give talks to Cub Scout packs or school classes on wildlife.



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REQUIREMENT



5d

Visit one of the following:

_____ Zoo

_____ Wildlife refuge

_____ Nature center

_____ Game preserve

_____ Aviary

Find out if any of these places are near your home. Take a trip to one of them with your family or den.



_____ Akela's OK for the Bear Trail

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REQUIREMENT



5e

Name one animal that has become extinct in the last 100 years. Tell why animals become extinct. Name one animal that is on the endangered species list.

Talk with a conservation officer or librarian.



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Date

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CUB SCOUT LEADER BALOO
SAYS: When you have done
four requirements, have
a parent or another adult
sign here.



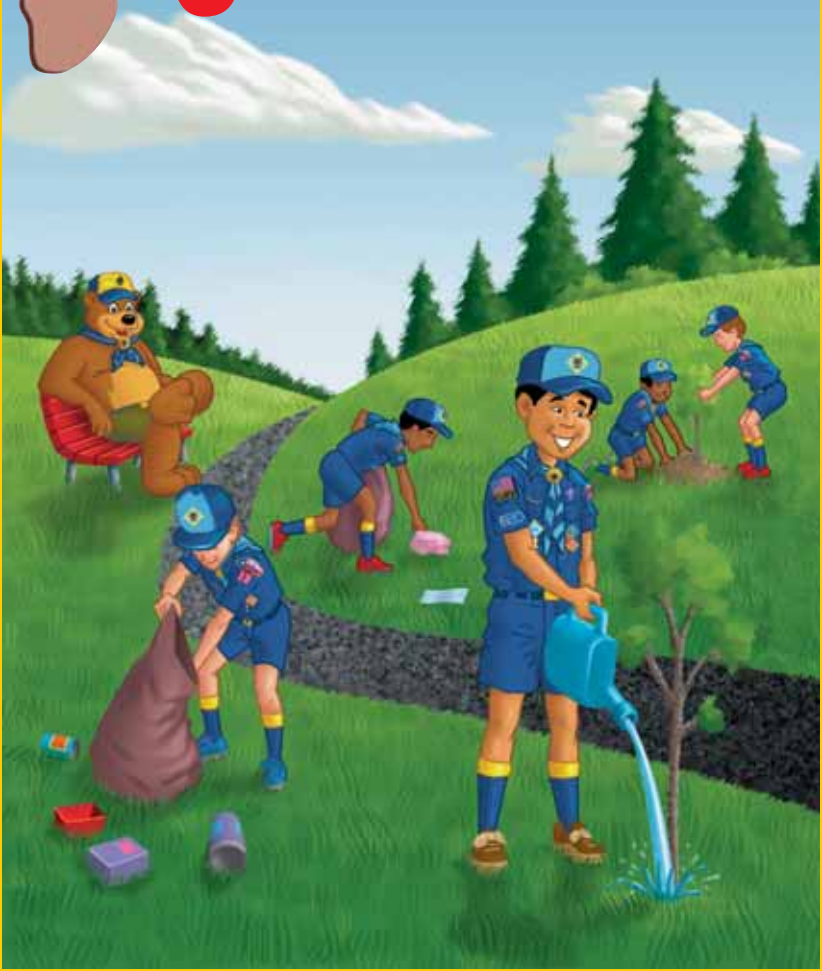
Akela's OK

Date

Recorded by the den leader



6 Take Care of Your Planet



The Earth is your planet. This means that you have to help take care of it. It's the only planet we have. Conserve energy. Save our natural resources. Plant trees and flowers.

Do three of the requirements.

REQUIREMENT



6a

Save 5 pounds of glass or aluminum or 1 month of daily newspapers. Turn them in at a recycling center or use your community's recycling service.



Stack and tie newspapers according to local recycling rules.

Separate your trash at home according to local recycling rules.



Find out if some bottles and cans may be returned for a cash deposit. Rinse bottles and cans to be recycled and crush cans to save space.



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REQUIREMENT



6b

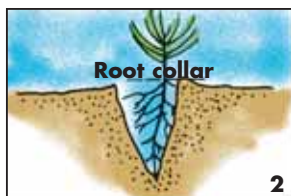
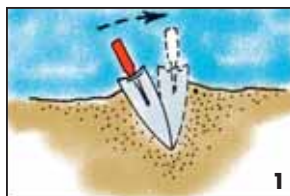
Plant a tree in your yard, on the grounds of the group that operates your Cub Scout pack, or in a park or other public place. Be sure to get permission first.



Trees make buildings more attractive and help them stay cooler in summer.

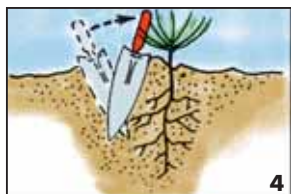
Planting Seedlings

1. Push the trowel into the ground, and then push the handle up straight.



2. Remove the trowel and place the seedling with its root collar at ground level.

3. Push the trowel into the ground 2 inches from the seedling. Push the handle away from the plant. This will firm the soil at the bottom of the roots.



4. Now pull the handle toward the plant to firm the soil at the top of the roots.

5. Fill in the trowel hole by scraping the soil with your foot.



6. Pack the soil firmly around the seedling with your foot.

Some seedlings will be taller than you are in 5 years. You will be able to sit in their shade in 10 years.



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REQUIREMENT



6c

Call city or county officials or your trash-hauling company and find out what happens to your trash after it is hauled away.

Is any of it

- Recycled?
- Burned to generate electricity?

If it is dumped and buried in a landfill, what will happen to the land afterward?



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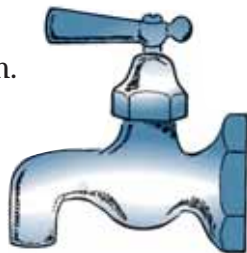
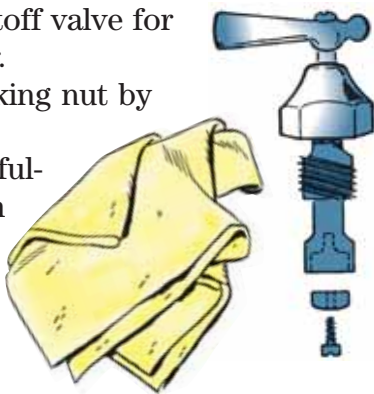
REQUIREMENT**6d**

List all the ways water is used in your home. Search for dripping faucets or other ways water might be wasted. With an adult, repair or correct those problems.

- | | |
|-------------------------|------------------------|
| _____ Cooking | _____ Garden |
| _____ Dish washing | _____ Shrubs and trees |
| _____ Laundry | _____ Swimming pool |
| _____ Showers and baths | _____ Drinking |
| _____ Toilets | _____ Fountains |
| _____ Lawn | _____ Hobbies |

How to Repair a Leaky Faucet

1. With an adult, locate the shutoff valve for the faucet. Turn off the water.
2. Protect the finish of the packing nut by wrapping it with a soft cloth.
3. Loosen the packing nut carefully. Turn and lift out the stem assembly.
4. Remove the screw at the bottom of the stem assembly. Pry out the old washer. Clean out the place where it was.
5. Replace the worn washer with one that fits. Insert flat side down. Replace the screw.
6. Wipe the valve seat clean. Replace the stem assembly. Wrap the soft cloth around the packing nut again, and then carefully tighten it. Turn on the valve. Test the faucet.



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REQUIREMENT**6e**

Discuss with an adult in your family the kinds of energy your family uses.

_____ Solar
 _____ Wind
 _____ Natural gas
 _____ Propane
 _____ Gasoline
 _____ Heating oil

_____ Diesel fuel
 _____ Electricity
 _____ Wood
 _____ Kerosene
 _____ Charcoal briquettes

_____ (other)



_____ Akela's OK for the Bear Trail

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_____ Date

REQUIREMENT**6f**

Find out more about your family's use of electricity.

Visit or call your power company for help in completing this requirement. Ask how electricity is generated for your home.



Check off the appliances your family has and underline the ones that use a lot of electricity:

- | | |
|-----------------------------|-----------------------|
| _____ Toaster | _____ Fan |
| _____ Stove | _____ Water heater |
| _____ Microwave | _____ Dishwasher |
| _____ Refrigerator | _____ Washing machine |
| _____ Heater | _____ Clothes dryer |
| _____ Radio | _____ Hair dryer |
| _____ TV | _____ Iron |
| _____ Clock | _____ _____ |
| _____ Computer | _____ (other) |
| _____ Air conditioning unit | _____ _____ |
| | _____ (other) |

To save electricity:



- Don't turn the thermostat too warm in winter or too cool in summer.

- Turn off lights when no one is using them.
- Turn off the TV when no one is watching.



Winter



Summer



_____ Akela's OK for the Bear Trail	_____ Date
_____ OR Akela's OK for the Arrow Point Trail	_____ Date

REQUIREMENT



6g

Take part in a den or pack neighborhood clean-up project.



Akela's OK for the Bear Trail

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Date

CUB SCOUT LEADER BALOO

SAYS: When you have done three of these requirements, have a parent or another adult sign here.



Akela's OK

Date

Recorded by the den leader

Law Enforcement Is a Big Job



Police officers need our help as they work to protect us. We need to understand ways of taking care of ourselves. Crime has always been a problem everywhere. But we can do something about it. This achievement will help you understand how the police and others fight crime. It will also show you ways that you can help.

Do all six requirements.

REQUIREMENT**7a**

Practice one way police gather evidence: by taking fingerprints, or taking shoeprints, or taking tire track casts.

Police look for fingerprints at the scene of a crime so that when they arrest someone, they can compare that person's prints against the ones found at the crime scene. If the prints match, it may prove that the person was there, because no one has prints just like anyone else's.

Make a set of your fingerprints and a set of an adult's fingerprints. Look at them closely. What differences do you see?

This is how to make a set of fingerprints:

Use an ink pad. Press your finger on the pad and then on a piece of paper. When you can get a good, sharp print, make your set of prints right here in the book.

Your Fingerprints

1. R. THUMB	2. R. INDEX	3. R. MIDDLE	4. R. RING	5. R. LITTLE
6. L. THUMB	7. L. INDEX	8. L. MIDDLE	9. L. RING	10. L. LITTLE

Adult's Fingerprints

1. R. THUMB	2. R. INDEX	3. R. MIDDLE	4. R. RING	5. R. LITTLE
6. L. THUMB	7. L. INDEX	8. L. MIDDLE	9. L. RING	10. L. LITTLE

A shoe or tire track print can be evidence, too. Police make casts of prints found at the scene of the crime and then compare them to brands of shoes or tires; if suspects own that brand, it shows they *might* have been there. If there is something unique—such as a cut across the sole or a bit of tread missing—it can prove they *were* there.

Here is how you can work with an adult to make a shoe or tire track print:

Make a plaster cast of a shoeprint.

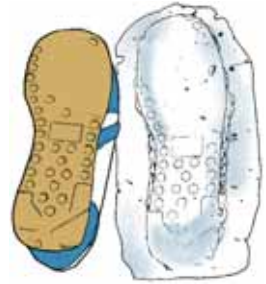


Make a good, clear track in sand or soft earth. Put a cardboard ring around it.



Mix water with plaster of paris until it's like thin pudding. Pour it over the track and let it harden.

Pick up the hardened plaster. Clean off any dirt that has stuck to it. Compare the sole of the shoe or tire that made the track to the plaster shoeprint.



_____ Akela's OK for the Bear Trail

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_____ Date

REQUIREMENT



7b

Visit your local sheriff's office or police station or talk with a law enforcement officer visiting your den or pack to discuss crime prevention.



Meet a deputy sheriff or police officer who patrols your neighborhood.



_____ Akela's OK for the Bear Trail

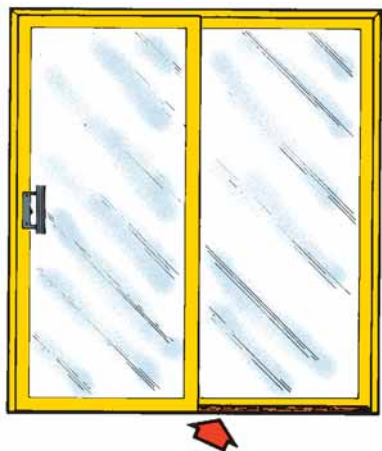
_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

REQUIREMENT**7c****Help with crime prevention for your home.**

With an adult in your family, check to be sure you have tight, strong locks on your doors and windows.



Until you can install a lock, place a board in the frame to keep a sliding door or window from being forced open.

A deadbolt should be more than 1 inch long.



Akela's OK for the Bear Trail

Date

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Date

REQUIREMENT**7d****Be sure you know where to get help in your neighborhood.**

With your parent or guardian, get to know the people in your neighborhood who can help you in an emergency. Make a list of those people and their phone numbers.

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

_____
Akela's OK for the Bear Trail_____
Date_____
OR Akela's OK for the Arrow Point Trail_____
Date

REQUIREMENT**7e**

Learn the phone numbers to use in an emergency and post them by each phone in your home.



Check your phone book to see if your community has 911 service. If it does, learn when you should and when you should not call 911 and check to see if there are other emergency service numbers that you should know. If you don't have 911 service, find the numbers for law enforcement, fire, and other emergency services.

Make a list of your community's emergency phone numbers and post it (and your neighborhood emergency help list) near all phones in your house. Memorize these numbers and practice dialing them with your eyes closed.

Police _____

Fire _____

Medical _____

Poison control center _____

Other _____



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT**7f****Know what you can do to help law enforcement.**

If you see a crime being committed or some dangerous activity, tell an adult or call the police.

Get the facts:

- Where is it happening?
- What's happening?
- Who is doing it?
 - Can you describe the people and their clothes?
 - Did you get the license number?

Don't put yourself in danger!**Get all the information you can,
then tell an adult or call the police.**

Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

CUB SCOUT LEADER BALOO
SAYS: When you have done
all six requirements, have
a parent or another adult
sign here.



Akela's OK

Date

Recorded by the den leader

The Past Is Exciting and Important



Something that happened 100 years ago can seem as exciting and interesting as something that happened yesterday.

You learn about America's past in school. Your family has a history, too; so has your community and your Cub Scout pack.

Do requirement g and two other requirements.

REQUIREMENT**8a**

Visit your library or newspaper office. Ask to see back issues of newspapers or an almanac.

What was happening in the world

- When you were born?

- On July 20, 1969?

- When you were 5 years old?



Akela's OK for the Bear Trail

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REQUIREMENT



8b

Find someone who was a Cub Scout a long time ago. Talk with him about what Cub Scouting was like then.

What did he do at

- Den meetings?

- Pack meetings?



What kind of uniform did he wear?



_____ Akela's OK for the Bear Trail

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REQUIREMENT



8C

Start or add to an existing den or pack scrapbook.

You might add a

- Picture
- Pack meeting program in which you took part
- Newspaper from your school
- Report on a Good Turn or service project done by your den or pack



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REQUIREMENT

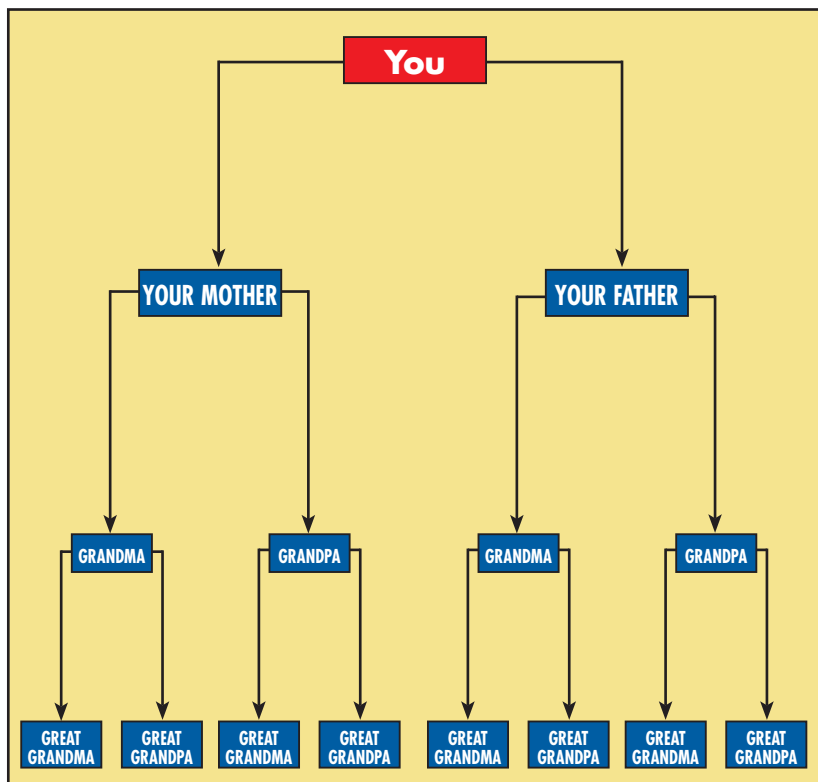


8d

Trace your family back through your grandparents or great-grandparents; or talk to a grandparent about what it was like when he or she was younger.

What did he or she do

- At school?
- During holidays?
- At home to help around the house?



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REQUIREMENT**8e**

Find out some history about your community.

Perhaps you can talk to someone who has lived in your community for a long time or visit a local museum to learn things like:

- How did people heat their homes?
- Where was the first school?
- Where was the fire station?
- Where were the places of worship?

You might find some books about the history of your community in your library.



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REQUIREMENT**8f**

Start your own history: keep a journal for 2 weeks.

Jot down some of the things you do each day. When you grow up, you can share what it was like when you were a Cub Scout.



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REQUIREMENT



8g

Complete the Character Connection for Respect.



Respect

Know. As you learn about what Cub Scout-age life was like for adults you know, does what you learn change what you think about them? Tell how it might help you respect or value them more.

Commit. Can you think of reasons others might be disrespectful to people or things you value? Name one new way you will show respect for a person or thing someone else values.

Practice. List some ways you can show respect for people and events in the past.



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CUB SCOUT LEADER BALOO
SAYS: When you have done
requirement **g** and two other
requirements, have a parent
or another adult sign here.



Akela's OK

Date

Recorded by the den leader



9 What's Cooking?



We all like to eat good things. Good things seem to taste even better when we make them ourselves. In this achievement you will want to work with someone who knows how to cook. You and that person can cook up some great food.

Do not try to do any of these requirements unless an adult is helping you!

Do four requirements.

REQUIREMENT



9a

With an adult, bake cookies.

How to Make Oatmeal Cookies

Preheat oven to 350°F.

- $\frac{3}{4}$ cup vegetable shortening
- 1 cup firmly packed brown sugar
- $\frac{1}{2}$ cup granulated sugar
- 1 egg
- $\frac{1}{4}$ cup water
- 1 teaspoon vanilla
- 3 cups uncooked oatmeal
- 1 cup all-purpose flour
- 1 teaspoon salt (optional)
- $\frac{1}{2}$ teaspoon baking soda



Beat together the shortening, sugars, egg, water, and vanilla until creamy. Combine the remaining ingredients, add to the first mixture, and mix well. Drop by rounded teaspoonfuls onto a greased cookie sheet. Bake at 350°F for 12 to 15 minutes. For variety, add chopped nuts, raisins, chocolate chips, or coconut. Makes about 60 cookies.

If you don't like oatmeal cookies, use another recipe from a cookbook. Or use a packaged mix and follow the directions on the package.



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REQUIREMENT**9b**

With an adult, make snacks for the next den meeting.

HARD-BOILED EGGS

Place eggs in a cooking pot or pan. Cover with cold water. Bring the water to a full boil. Reduce the heat and simmer for 15 minutes. Drain the hot water and replace it with cold. Drain and let the eggs dry. Put them in the refrigerator until you're ready to eat them. The egg is perfectly packaged by nature for picnics.

**CARROT AND CELERY STICKS**

Brush carrots and celery clean. Pare off dark spots. Cut off tops and bottoms. Cut in half lengthwise. Cut the half strips in quarters. Then cut into sticks.

**POPCORN**

Under the supervision of an adult, make popcorn. You might want to make it the "old-fashioned" way: Pour enough cooking oil into a large pan to cover the bottom. Add corn, spreading it so that each kernel is touching the bottom. Place the pan on medium-high heat and cover it with a tight-fitting lid. Gently shake the pan throughout popping so the corn won't burn. When the popping stops, remove the pan from the heat and pour the popcorn into a bowl. Add melted butter or margarine. Salt to taste.



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REQUIREMENT**9c**

With an adult prepare one part of your breakfast, one part of your lunch, and one part of your supper.

JUICE

Squeeze fresh oranges, or you can use frozen orange juice or a mix. Follow the directions on the can or the package.

**COOKED CEREAL**

Follow the directions on the package.

**SANDWICHES AND SOUP**

This combination makes a good lunch any time of the year. Use canned soup or a mix. Follow the directions on the can or package. Make your sandwiches with whatever you have. Luncheon meat, cheese slices, sliced tomatoes, lettuce, and mayonnaise make a super sandwich. You don't need to have all of that in one sandwich. You could make three different kinds. Peanut butter and jelly also make a good sandwich. Spread peanut butter on one slice of bread and jelly on the other. Put the two together and slice in half. Replace the jar covers and clean the spreading knife.



BOILED POTATOES

Scrub enough potatoes for your family. (One for each person is about right.) Some families peel their potatoes, but others like the flavor of the whole potato. Do this the way your family likes. Cut them in quarters. Put the potatoes in a pan and add enough water to cover them. Add $\frac{1}{4}$ teaspoon of salt. Cover the pan. Bring the water to a boil, and then reduce the heat. Cook for 20 minutes or until you can easily push a fork into a potato. Remove from the heat. Drain the water, using the cover to keep the potatoes from spilling out. Replace on the heat for about 10 seconds to dry. Serve with butter, margarine, or gravy.

TASTY VEGETABLES

Most vegetables taste best when steamed or cooked with only a little water. Clean green beans, broccoli, carrots, or asparagus well, then with an adult, steam them or cook them in a pan with a few tablespoons of water, just until they are done.



SPAGHETTI

Follow the directions on the package. Heat bottled sauce to eat with your spaghetti.



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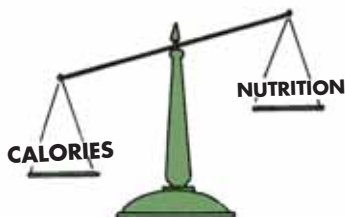
_____ OR Akela's OK for the Arrow Point Trail

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REQUIREMENT**9d**

Make a list of the “junk foods” you eat. Discuss “junk food” with a parent or teacher.

Junk foods have too many calories and too few nutrients. Foods with a lot of sugar might not have the vitamins and minerals you need.



- Soft drinks
- Candy
- Ice cream
- Chips



_____ / _____ Date and teacher's signature



_____ Akela's OK for the Bear Trail

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REQUIREMENT



9e

Make some trail food for a hike.

NUTS AND BOLTS

Mix peanuts and raisins together with some dry cereal.



Note: If preparing trail mix for a hike, check to be sure that there are no food allergies among den members, especially to peanuts.



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REQUIREMENT

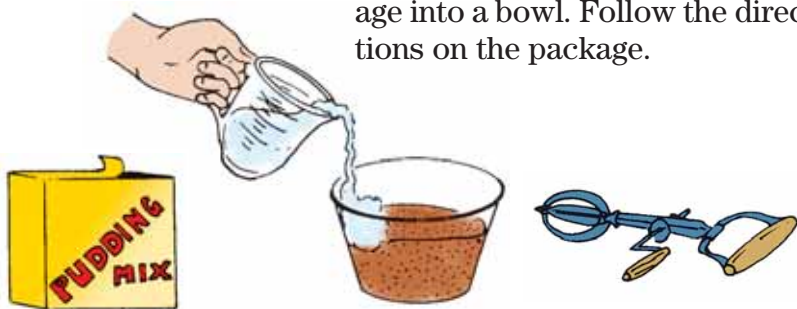


9f

With an adult, make a dessert for your family.

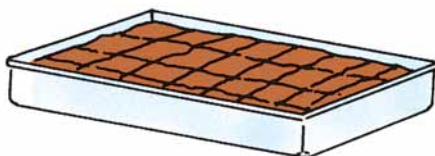
INSTANT PUDDING

Empty the contents of the package into a bowl. Follow the directions on the package.



BROWNIES

Follow the directions on the package.



FLAVORED GELATIN

Follow the directions on the package. It's even better if you add some fruit!



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REQUIREMENT**9g****With an adult, cook something outdoors.**

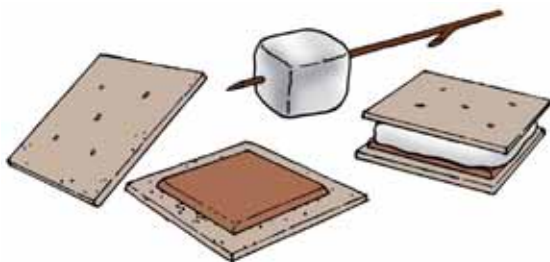
Work on your outdoor cooking skills with a family favorite, or try one of these:

Pigs in Blankets

Wrap a hot dog in biscuit dough (from a can or a mix). Wrap in foil and place over coals on a grill. Turn every 3 or 4 minutes. It will be done in about 15 minutes.

**S'Mores**

For each person, place a piece of chocolate bar on a graham cracker. Put a marshmallow on a long-handled fork or stick and toast it over coals or a fire. When golden brown, put the marshmallow on the chocolate and top with another graham cracker.



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CUB SCOUT LEADER BALOO

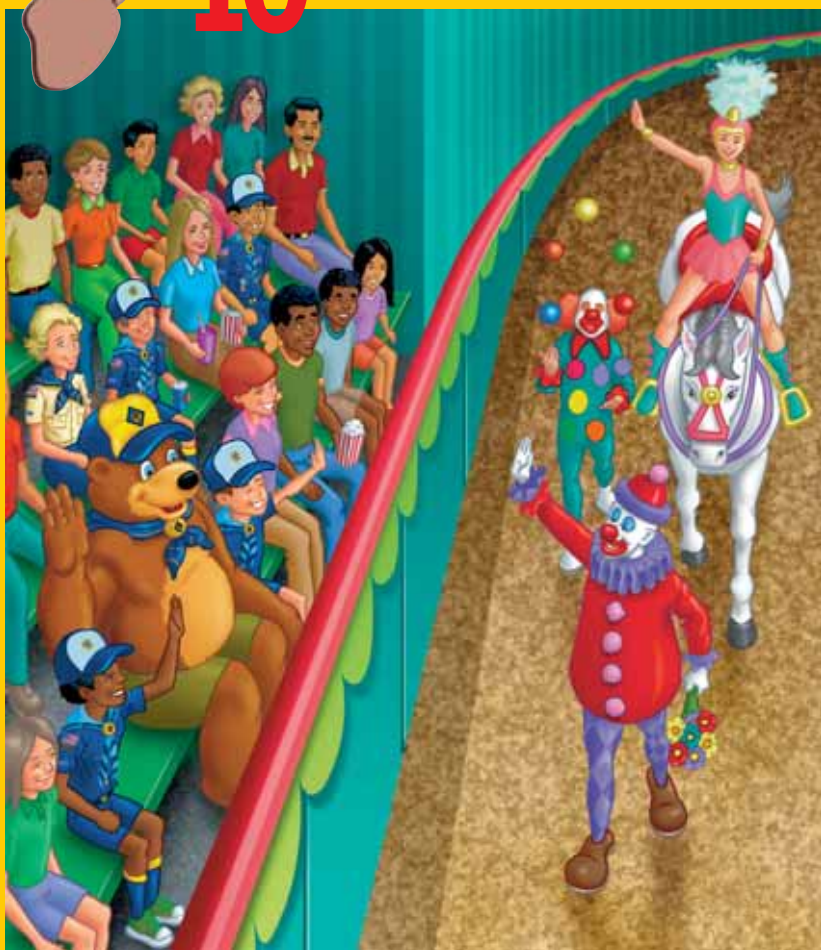
SAYS: When you have done four of these requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



A family is people who care for each other, and have fun together. Plan a day trip or an evening out. Have a family night at home to plan your outing.

A parent or guardian is like Baloo, a Cub Scout leader who can show you many useful and interesting things.

Do both requirements.

REQUIREMENT**10a****Go on a day trip or evening out with members of your family.**

You could visit one of the following:

_____ Park _____ Airport _____ Farm or
_____ Museum _____ Seashore ranch

BEFORE YOU GO.

Think of the things that you might need, and pack them in a handy bag. Your needs might differ according to how you are traveling (by car, train, bus, subway, ferry, or bicycle or on foot).

TRAVEL BEHAVIOR AND SAFETY.

If your trip will be by car, an adult family member should make sure the car is safe to drive before the trip begins.

You will be expected to get yourself ready and agree to

- Buckle yourself in with a seat belt. Urge others to use theirs; in many states, it's the law. Make sure infants and small children ride in approved car seats and that only adults ride in front.
- Change seats only at roadside stops. Don't climb from one seat to another while the car is moving.
- Keep your hands and arms inside the car.
- Keep doors locked at all times.
- Keep all windows closed whenever possible. Never drive with a rear window open.
- Save paper and trash for roadside barrels. Don't litter.
- Pack everything in the trunk or carrier except snacks, game bag, and books.



- Don't be noisy or shout inside the car. Noise can bother the driver and could cause an accident.

If your trip includes travel on a bus, train, subway, ferry, or other public means of transportation, follow these simple rules to keep your trip a safe and fun one:

- Use good manners and be considerate of others.
- Always stay with an adult in your group.
- Before you go, learn the rules for this kind of travel. Obey them and all posted signs.
- Don't be noisy or shout inside the vehicle.

WHAT TO DO FOR A TRIP IN TOWN

Find out what time tours are given at a museum or other place of interest. Ask if a reservation is required. Arrive on time. Stay with your group. (But know what you should do if separated from the group.) Treat your guide with respect. Listen to what he or she says. Keep the noise down—be polite.



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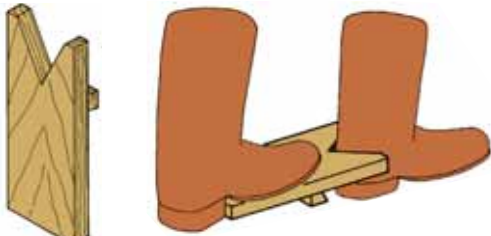
REQUIREMENT**10b****Have a family fun night at home.**

Play a favorite game with your family, and practice good sportsmanship. Or you could get together to make a home-made game, something useful for your house, or holiday decorations.



BOOT JACK

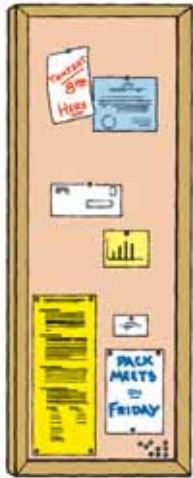
Make it easy to take off your boots or overshoes. Any piece of 1-inch-thick scrap wood that is 1 foot long and 3 inches wide will do. Cut a V in one end.



Then nail a short piece of wood beneath the point of the V.

BULLETIN BOARD

A long narrow bulletin board is easy for all members of the family to read. Put the grown-ups' notices at the top and the children's at the bottom. Start with a panel from a corrugated box. Cover it with plain cloth. Tack it to a narrow wooden frame.



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CUB SCOUT LEADER BALOO

SAYS: When you have completed both requirements, have a parent or another adult sign here.



_____ Akela's OK

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_____ Recorded by the den leader



You can expect firefighters, police officers, and paramedics to help and protect you in an emergency. Sometimes, though, you have to take care of yourself or someone else until help arrives. You should be ready to do the right thing if this happens.

Fires and accidents can be frightening, and it is natural to be scared. That is why we think about what to do before an emergency happens.

In a very serious case, there is little time to stop and figure out what to do. That is why we must be ready. If someone's clothes are on fire, or breathing has stopped, you must act at once. In other emergencies there might be time to stop a few seconds and think about what to do.

Your best way to handle most emergencies is to get help from an adult.

A good way to be ready is to carry enough change for a pay phone. Some pay phones don't require money to reach an operator—you just press "0." In some areas you can dial 911 for help. Find out if you can do that where you live.

Do requirements a through e and requirement g. Requirement f is recommended, but not required.

REQUIREMENT



11a

Tell what to do in case of an accident in the home. A family member needs help. Someone's clothes catch on fire.

What should you do if you are at home with a family member and he or she falls down the stairs or off of a ladder and gets hurt? Talk it over with an adult and think about these things:

1. Be calm and make the person as comfortable as possible without moving him or her. Don't try to move an injured person. You might make the injury worse if you do.
2. GET HELP! If there is someone in the yard or nearby, send that person to get a neighbor or call for an ambulance. Do it yourself if no one else is around.



3. Stay with the injured person. Use a blanket to keep him or her warm.

What should you do if someone's clothes catch on fire? Find out. Talk it over with an adult.



1. Usually a person panics and starts to run—stop him! Running fans the flames and makes them spread.
2. If the person can be caught, force him or her to the ground or floor. Roll the victim over and over to smother the flames. Wrap them with a rug, blanket, or sweater, working from the neck down. If you can't catch the victim, yell "Stop! Stop! Stop!," and then throw yourself on the ground and roll so the victim can see you and do what you do. **Cover your face so the victim will, too.**
3. As soon as you can, help the person get to a place where the burned parts of the body can be covered with clean dressings and treated by a doctor.

What should you do if your own clothes catch on fire?



1. **Stop** where you are. **Don't run!**
2. Drop to the floor or ground.
3. Roll and cover your face.
4. If you are indoors, grab a rug, blanket, or coat and wrap yourself as you roll. Start at your neck.

What should you do if your house catches on fire?



1. First, get everyone out of the house! Crawl along the floor to avoid breathing smoke.
2. Don't try to put the fire out yourself.
3. Call the fire department from a neighbor's house.
4. When the firefighters arrive, let them know everyone is out of the house.

Remember: Never go back into a burning building for any reason.



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REQUIREMENT



11b

Tell what to do in case of a water accident.

A boat overturns and you are in it. What do you do?

1. **Don't panic.** Grab the boat and stay with it.
2. Help the other passengers to find a place where they can hold on. **No one should try to swim ashore.** Stay with the boat; it will support you. Wait for rescuers.



3. If the boat can be turned right side up, get inside and sit as low as possible on the bottom.

Someone slips off a bank into the water. What do you do?



1. Reach the person, if possible, with your hand or leg. Take off your sweater or shirt and toss one end to the person. You can also extend a stick, fishing pole, branch, or anything that is handy.
2. Throw something to the person that will float, such as a cushion, inner tube, plank, or a ring buoy, if available.

Someone falls through the ice. What do you do?



1. Remember, if you get too close, you might break through, too.
2. Find something to throw to the person.
3. Look around for a ladder, along branch, or anything you can use to reach toward the person. Lie flat on safe ice and push the item toward the person until he or she can grab it. Then you can pull him or her out.
4. When the person is out of the water, get him or her to someplace warm.

See "Boats," elective 5 on the Arrow Point trail (page 196), for more information about water safety.



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REQUIREMENT**11c****Tell what to do in case of a school bus accident.**

1. Always know where emergency exits are whenever you get on a bus.



2. In case of an accident, follow directions from the driver. If the driver is injured, stay calm. Tell others to take it easy and get out of the bus through the emergency exits. Move to the side of the road, away from traffic.
3. Help the bus driver get everyone out without pushing.



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REQUIREMENT**11d****Tell what to do in case of a car accident.**

1. Be calm. Help the adults by doing what you are told.
2. Suggest to the driver that the car be left where it is until the police come. Ask an adult to direct traffic around it.

3. Don't go out into the road yourself. Watch for other cars. All passengers should get out of the car on the side away from traffic.



4. Don't move anyone who might be badly injured.



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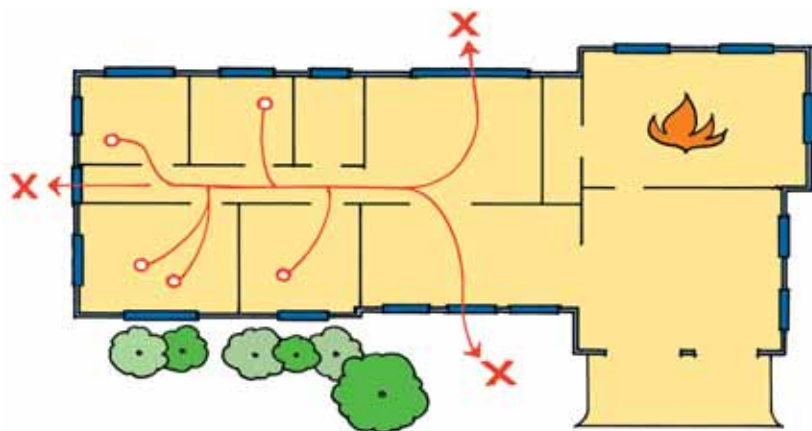
REQUIREMENT



11e

With your family, plan escape routes from your home and have a practice drill.

Be sure everyone in the family knows how to escape from every room in the house!



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REQUIREMENT



11f

Have a health checkup by a physician (optional).

RECOMMENDED, BUT NOT REQUIRED. A health checkup is a good thing to have each year. It will show you what to do for your health's sake.



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REQUIREMENT



11g

Complete the Character Connection for Courage.



Courage

Know. Memorize the courage steps: Be brave, Be calm, Be clear, and Be careful. Tell why each courage step is important. How will memorizing the courage steps help you to be ready?

Commit. Tell why it might be difficult to follow the courage steps in an emergency situation. Think of other times you can use the courage steps. (Standing up to a bully is one example.)

Practice. Act out one of the requirements using these courage steps: Be brave, Be calm, Be clear, and Be careful.



_____ Akela's OK for the Bear Trail

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CUB SCOUT LEADER BALOO SAYS:
When you have done requirements **a** through **e** and requirement **g**—requirement **f** is recommended, but not required—have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



12

Family Outdoor
Adventures

You might live in a state that has snow in winter, or you might live where it is warm all the time. No matter where you live, being outside and doing things with your family is great. You can have fun together and get to know one another better.

Do three requirements.

NOTE for Akela: This achievement is required for both the Cub Scout Leave No Trace Awareness Award and the Cub Scout Outdoor Activity Award. See pages 283–285 for the requirements for both awards.

REQUIREMENT**12a****Go camping with your family.****CAMPING**

When you spend time outdoors and stay overnight in a tent, camper, trailer, or motor home, that's camping. Be sure to help your family pack for the trip. You will need to be ready for changes in the weather. It can get cold at night or rain suddenly. Pack things that keep you warm and dry.

_____
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REQUIREMENT**12b****Go on a hike with your family.****HIKING**

A hike is more than a walk. When you hike, you go exploring to find out something. You can hike in the city; forest preserves; county, state, or national parks; or even the zoo. **Never hike alone.**

KEEPING DRY

When you are far from shelter, what will you do when it rains? Some smart outdoor families have





solved that problem. Each family member carries a plastic trash-bag poncho. When it rains, just slip it over your head and wear it like a sleeveless sweater. You can also make a rain cap from a plastic food-storage bag.

Keep away from hilltops and trees that could draw lightning.



SUN SAFETY

Too much sun can be dangerous. Follow these tips from the American Academy of Dermatology to stay safe in the sun:

- Try to stay out of the sun between 10 A.M. and 4 P.M. when the sun's rays are the strongest.
- Use lots of sunscreen with a sun protection factor (SPF) of at least 15. Put on more every two hours when you're outdoors, even on cloudy days.
- Wear protective, tightly woven clothing, such as a long-sleeved shirt and pants.
- Wear a 4-inch-wide broad-brimmed hat and sunglasses with lenses that protect you against the sun's ultraviolet rays (called UV protection).
- Stay in the shade whenever you can.
- Stay away from reflective surfaces, which can reflect up to 85 percent of the sun's damaging rays.

DON'T GET LOST!

Stay with your family. Don't wander off by yourself. Carry a police whistle to signal for help if you get lost. Three sharp blasts on your whistle means "Emergency!"

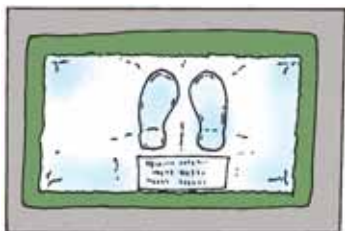


LEAVE YOUR TRACKS.

Even with careful planning and with clear instructions to follow the buddy plan, sometimes a hiker can become separated from the group. When hikers are lost, searchers need to know what their tracks look like. Before setting out on a hike into the woods, have the hikers in your group leave their tracks. Here's how to leave your tracks: Fold a soft towel until it is roughly the size of your hiking shoes. Place the folded towel on a newspaper and cover it with a piece of aluminum foil. Stand on the foil and step off. The print you make can help searchers find you if necessary. Write the color of your clothes on a slip of paper and leave it with your footprint.



Tell someone where your group is going and when you will return. Give that person the aluminum foil tracks of all the hiking shoes. If someone gets separated from the group or if the group doesn't get back on time, that person can alert the authorities and give them the information they need for their search.



STAY WHERE YOU ARE.

If you ever think you are lost, sit down and wait in the open where people can see you. Searchers will find you. **Don't try to find your way back.**



_____ Akela's OK for the Bear Trail

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_____ OR Akela's OK for the Arrow Point Trail

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REQUIREMENT



12c Have a picnic with your family.



How about a breakfast picnic?



How about an all-star favorite-food roundup? That's when everyone brings his or her favorite food to share with others.



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REQUIREMENT



12d Attend an outdoor event with your family.

A hot-air balloon race



A bird count



A fish derby



A craft fair



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REQUIREMENT



12e Plan your outdoor family day.

Think of some things you would like to do outdoors. Explain these ideas to your family. Listen carefully to the ideas other family members have.



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CUB SCOUT LEADER BALOO SAYS:

When you have done three of these requirements, have a parent or another adult sign here.



Akela's OK

Date

Recorded by the den leader



People can do a lot of things with money. They can buy or build a house. Cars, clothes, food—almost everything we need or use takes money. We can make some things. We can raise or grow some foods. When we do that we save money.

You might have an allowance, or you might earn money for the things you need each week. Money is going to be important to you all of your life. Now is a good time to learn how to manage it.

Do four requirements.

REQUIREMENT**13a****Go grocery shopping with a parent or other adult member of your family.**

Compare the prices of different brands of the same item.
Check the prices at different stores.

Read the ads in your newspaper.



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REQUIREMENT**13b****Set up a savings account.**

When you put your money in a bank or credit union, your money goes to work for you. The bank or credit union loans your money to people who need it, charging a fee (called *interest*) to the borrower for the use of your money. This interest is then added to your account. You may withdraw your money whenever you need it.

A savings account helps you save your money. The interest adds to the balance, and you may add more money as it becomes available to you. This makes it easier for you to save money for something special.



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13c

Keep a record of how you spend money for 2 weeks.

[illegible]

When you have finished the record, look over each line. Did you spend that money wisely? Did you buy some things you didn't need? What can you do to manage your money better from now on?



Akela's OK for the Bear Trail

Date _____

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Date _____

REQUIREMENT**13d**

Pretend you are shopping for a car for your family.

Look through car ads in the newspaper. Compare the prices of cars. Are the cars large enough for your family? How about miles per gallon? Pick one that you think is best for your family. Report your choice to your parent or guardian. Tell why you picked that car.



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REQUIREMENT



13e

Discuss family finances with a parent or guardian.

Find out how you can help with family finances.



_____ Akela's OK for the Bear Trail

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REQUIREMENT



13f

Play a board game with your family that involves the use of play money.

Does the person who wins most of the time take fewer chances? Or more chances? Are you getting better at the game?



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

REQUIREMENT



13g

With an adult, figure out how much it costs for each person in your home to eat one meal.

Before the meal is prepared, jot down the cost of each of the foods used.



Cost per meal

People

Food cost

Divide the total cost of the food by the number of people who will be eating the meal.

Is this more or less than what it would cost to eat out?



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CUB SCOUT LEADER BALOO

SAYS: When you have done four requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



Bicycle motocross (BMX), road bikes and mountain bikes, bike hikes—there are all kinds of bicycles and things to do with them today. Boys and girls and grown-ups, too, are riding bikes more and more.

Bicycling is fun, it's good for you, and it's interesting. But bicycling can be dangerous if you are not careful. Be sure you know the safety rules for bicycling, and be sure you and your family always keep your bikes in good shape.

The requirements to complete your Ride Right achievement are on the next page.

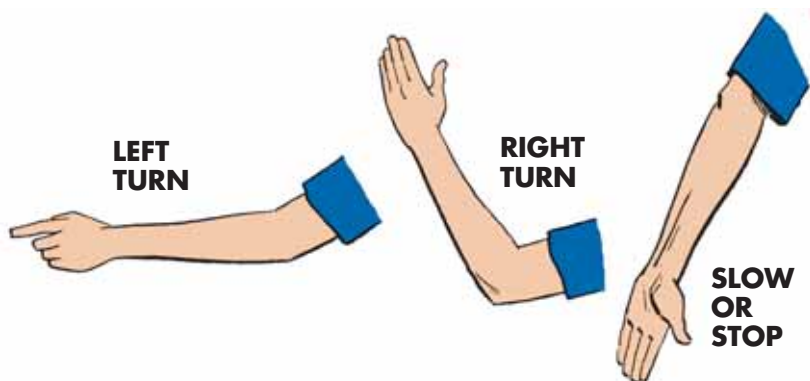
Do requirement a and three other requirements.



Know the rules for bike safety. If your town requires a bicycle license, be sure to get one.

Rules for Bike Safety

1. Obey all traffic signs and signals.
2. Ride single file on streets and highways and keep to the right, with the flow of traffic.
3. Ride in a straight line. Don't do stunts or weave in and out of traffic.
4. Use proper hand signals when in traffic.



5. Slow down and look carefully before you cross any intersection.
6. Be alert for other vehicles, especially for cars pulling out from the curb.
7. Don't shoot out of alleys and driveways.
8. Give pedestrians the right-of-way.
9. Don't carry another rider.
10. Don't hitch onto cars and trucks.
11. Be sure your bike has good brakes and a warning bell or horn.

12. If you must ride at night, be sure to wear light-colored clothing and to have a headlight on the front of your bike and a red reflector on the rear.
13. Always wear a helmet.



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REQUIREMENT



14b

Learn to ride a bike, if you haven't by now. Show that you can follow a winding course for 60 feet doing sharp left and right turns, a U-turn, and an emergency stop.



Note: Using a Snell- or ANSI-approved bike helmet is recommended.



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REQUIREMENT**14c**

**Keep your bike in good shape.
Identify the parts of a bike that
should be checked often.**

_____ Brakes
_____ Spokes
_____ Pedals

_____ Seat
_____ Chain
_____ Tires

_____ Reflectors
_____ Lights

Which of these parts should be repaired by an expert only?



Explain and show how you protect your bike from bad weather. Always keep your bike under shelter when it is not in use. If it gets wet from rain or snow, wipe it dry. Keep the moving parts well lubricated. Have someone help you learn how to work with any parts that need adjusting.



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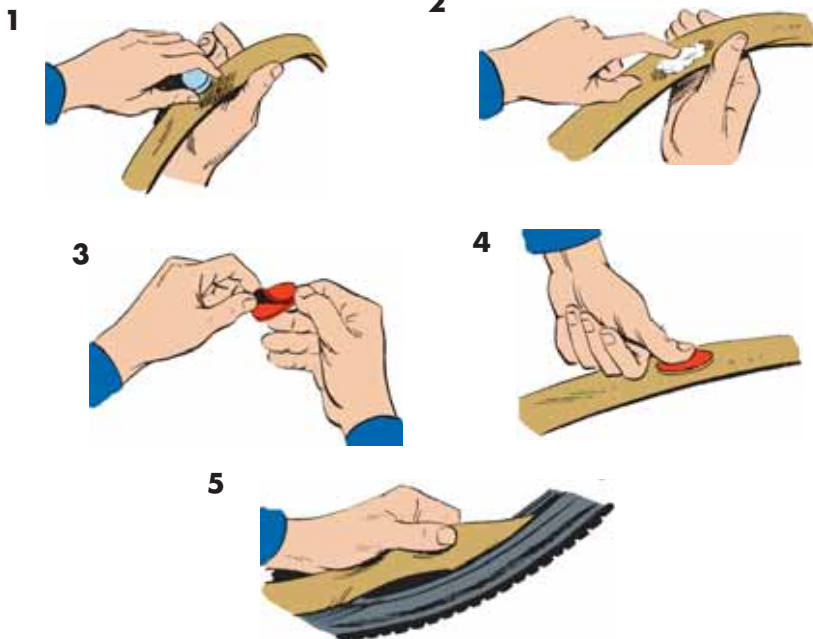
_____ Date

REQUIREMENT



14d Change a tire on a bicycle.

How to fix a puncture:



1. Scrape the tube over the hole.
2. Apply cement. Rub it in with your finger and let it dry.
3. Remove the cover from the patch.
4. Apply the patch with pressure.
5. Put a little air in the tube. Insert the tube into the tire and place it on the rim. Finish filling the tube with air. Check the air pressure.



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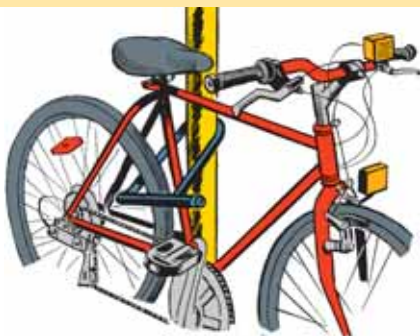
Date

REQUIREMENT



14e

Protect your bike from theft. Use a bicycle lock.



Write down your bicycle's serial number and keep it in a safe place. Have your name engraved somewhere on your bike.



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REQUIREMENT



14f

Ride a bike for 1 mile without rest. Be sure to obey all traffic rules.



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REQUIREMENT



14g

Plan and take a family bike hike.



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CUB SCOUT LEADER BALOO

SAYS: When you have done requirement *a* and three other requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



Let's play a game! Everybody likes games, especially outdoor games. Here are some game ideas. You might have played some of them, but you will probably find new ones. Games are fun and they teach you how to think before you act.

Do two requirements.

REQUIREMENT



15a

Set up the equipment and play any two of these outdoor games with your family or friends.

- | | |
|-----------------------------|------------------|
| _____ Backyard golf | _____ Kickball |
| _____ Badminton | _____ Softball |
| _____ Croquet | _____ Tetherball |
| _____ Sidewalk shuffleboard | _____ Horseshoes |
| | _____ Volleyball |



NOTE for Akela: Ask your son's den leader to show you "Cub Scout Sports: Badminton," "Cub Scout Sports: Softball," and "Cub Scout Sports: Volleyball," in the *Cub Scout Academics and Sports Program Guide*.



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REQUIREMENT



15b

Play two organized games with your den.

Pick games that everyone can play.



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REQUIREMENT



15c

Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.

Did they understand your explanation? Do you think they will want to play it again?



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CUB SCOUT LEADER BALOO SAYS: When you have done two requirements, have a parent or another adult sign here.



Akela's OK

Date

Recorded by the den leader



Games, stunts, and contests with other Cub Scouts help you become physically fit and alert. Den and pack activities are aimed at keeping you healthy.

This achievement will develop your speed, balance, and reactions. The more you practice, the stronger you will become. A strong body is important to you now, and it will be even more important to you as you grow older.

Do all three requirements.

REQUIREMENT



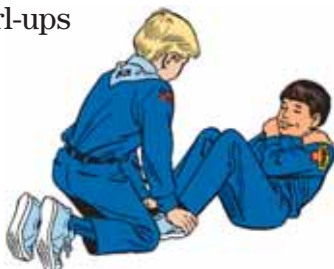
16a

Do physical fitness stretching exercises. Then do curl-ups, push-ups, the standing long jump, and the softball throw.

Stretching exercises



Curl-ups



Standing long



Push-ups



Softball throw



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REQUIREMENT**16b**

With a friend about your size, compete in at least six different two-person contests.

ONE-PERSON PUSH OVER LINE.

Face your opponent. Grasp his shoulders. On the word “Go,” try to push him across the line. Your goal line is 10 feet in front of you; your opponent’s is 10 feet behind you. Only pushing is permitted.

**PULL OVER.**

Indicate a circle on the ground, 15 or 20 feet across. Stand back-to-back, lean forward, place your hands on the floor. Now grab your opponent’s right hand between your legs. On the signal “Go,” try to pull your friend out of his half of the circle.

**ONE-PERSON PULL OVER LINE.**

Face your friend 3 feet away from him. Grasp his wrists and try to pull him across the goal line 10 feet behind you. Only pulling is allowed.

**SEATED BACK-TO-BACK**

PUSH. Sit back-to-back. Fold your arms across your chest. Using your feet on the floor, try to push your friend over a line. Don’t push or butt with your head!



-
- FOOT PUSH.** Sit facing your friend. Have the soles of your feet touching with your knees bent. Try to push your friend out of a circle or over a line. Feet must always be touching. Push on the floor with your hands.



-
- ONE-LEGGED HAND WRESTLE.** Hold your left ankle with your left hand. Take your friend's right hand. On the word "Go," try to get him to let go of his foot or lose his balance.



-
- STAND UP BACK-TO-BACK PUSH.** Stand back-to-back with your elbows linked. Try to push your friend across a line 10 feet away. Only pushing is allowed.



-
- HAND WRESTLE.** Grasp your friend's right hand. Stand with the outside of your right foot braced against his. Spread your feet so that you are well balanced. On the signal "Go," try to throw your friend off balance. The first player to move a foot or touch the ground with a hand is the loser.



ELBOW WRESTLE. Lie on your stomach, facing your friend (who is lying on his stomach). Place your right elbow on the floor and clasp your friend's right hand. Try to force his hand to the floor at the command "Go." Elbows must not leave the floor. Try it with left hands.



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REQUIREMENT



16c

Compete with your den or pack in the crab relay, gorilla relay, 30-yard dash, and kangaroo relay.

CRAB RELAY



30-YARD DASH

KANGAROO RELAY



GORILLA RELAY



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Note to parents: If a licensed physician certifies that the Cub Scout's physical condition for an indeterminable time doesn't permit him to do three of the requirements in this achievement, the Cubmaster and the pack committee may authorize substitution of any three Arrow Point electives.

CUB SCOUT LEADER BALOO SAYS: When you have done all three of these requirements, have a parent or another adult sign here.



Akela's OK

Date

Recorded by the den leader



Information is a big word with a simple meaning. It means *facts*, and telling someone a fact is communication. We can also get information from newspapers, books, magazines, radio, TV, and computers.

As you complete this achievement, you might be surprised to find out all of the ways we can give and get information.

Do requirement a and three more requirements.

REQUIREMENT**17a**

With an adult in your family, choose a TV show. Watch it together.

After the show, talk about it.

- What did you like?
- What did you learn?
- What didn't you like?
- What would you have changed?



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REQUIREMENT**17b**

Play a game of charades at your den meeting or with your family at home.

Charades is a guessing game. During the game, you give information without talking, and your friends guess what you mean. Each part of a word is acted out. Suppose the word is "football." You might point to your foot. When your team yells "foot," you could pretend to kick a ball. Don't use your voice at all during this game.



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REQUIREMENT



17c

Visit a newspaper office or a TV or radio station and talk to a news reporter.

- Where does the reporter get the news?
- How does the reporter put the story together?
- Where does the story go after the reporter finishes it?



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REQUIREMENT



17d

Use a computer to get information. Write, spell-check, proofread, and print out a report on what you learned.

Most computers are used to store or get information. If you have a computer at home, ask a parent or other adult family member to show you some of the information that it can help you find.

Computers are a part of our daily lives. They are a source of information, games, messages, and fun.

Software companies have different programs with various formats. Be sure the one you are going to use will work with your brand of computer.

Pictures that appear on your computer screen are called *graphics*. They can be used to make story illustrations, games, certificates, and many other useful things.



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REQUIREMENT**17e**

Write a letter to a company that makes something you use. Use e-mail or the U.S. Postal Service.

Tell them what you like about their product. Ask them if they offer company tours, free samples, or catalogs.



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REQUIREMENT**17f**

Talk with a parent or other family member about how getting and giving facts fits into his or her job.

How do they get the facts they need?

- Does someone tell them directly, or over the phone?
- Do they read it on paper, in books, or from a computer screen?
- What do they do with the facts?
 - Do they pass the facts along to others?



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CUB SCOUT LEADER BALOO SAYS:
When you have done requirement a and three others, have a parent or another adult sign here.



 Akela's OK

 Date

 Recorded by the den leader



Writing is one of the most important things humankind has learned to do. Writing lets us send messages to faraway places, make a lasting record of things we want to remember, and read what others have done or thought in the past. Being able to write clearly is a useful and satisfying skill. Do this achievement to learn more about it.

Do requirement *h* and four other requirements.

REQUIREMENT



18a

Make a list of the things you want to do today. Check them off when you have done them.

Before you go to bed, make a list of the things you should do tomorrow. Put the list on the bulletin board or someplace where you will see it often so you won't forget anything.



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REQUIREMENT



18b

Write two letters to relatives or friends.

Tell them what you have been doing in Cub Scouting.



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_____ Date

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_____ Date

REQUIREMENT



18c

Keep a daily record of your activities for 2 weeks.

Time yourself. When do you:

TIME

Get up in the morning?

Eat breakfast?

Go to school?

Eat lunch?

Get home from school?

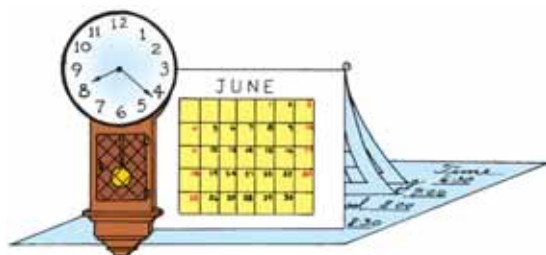
Eat supper?

Do homework?

Watch TV?

Go to bed?

Time yourself like this for 3 or 4 days. For the rest of the days, write what you did in the mornings, afternoons, and evenings.



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REQUIREMENT



18d

Write an invitation to someone.

Do you know a boy who could be a Cub Scout? Invite him to your den meeting.

Has your teacher ever come to a pack meeting? Send your teacher an invitation to your next pack meeting. Make your teacher an honorary member of your den.

Do you know what RSVP on an invitation means? It stands for words in the French language that mean "Please reply."



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REQUIREMENT



18e Write a thank-you note.

When someone gives you a present, it's time to write a thank-you note. There are other times, too, such as when someone invites you to eat dinner, to see a movie, or to go swimming with them.

A thank-you note is always appreciated.



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REQUIREMENT



18f

Write a story about something you have done with your family.



You can tell your story just the way it happened or you can pretend you have your own time machine. Set the controls to any time in history from the Stone Age to the Space Age. One story could be about meeting Robin Hood and Little John in Sherwood Forest.



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REQUIREMENT



18g

Write about the activities in your den.

Your pack might have its own newspaper, and its editor would like to have your story for the paper. If there isn't a pack paper, post your story on the bulletin board.



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REQUIREMENT



18h

Complete the Character Connection for Honesty.



Honesty

Know. Tell what made it difficult to be clear and accurate as you wrote details and kept records, and tell what could tempt you to write something that was not exactly true. Define honesty.

Commit. Tell why it is important to be honest and trustworthy with yourself and with others. Imagine you had reported something inaccurately and tell how you could set the record straight. Give reasons that honest reporting will earn the trust of others.

Practice. While doing the requirements for this achievement, be honest when you are writing about real events.



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CUB SCOUT LEADER BALOO SAYS: When you have done requirement **h** and four other requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



Your Cub Scout knife is an important tool. You can do many things with its blades. The cutting blade is the one you will use most of the time. With it you can make shavings and chips and carve all kinds of things.

You must be very careful and alert when you whittle or carve. Take good care of your knife. Always remember that a knife is a tool, not a toy. Use it with care so that you don't hurt yourself or ruin what you are carving.

Knives are usually used as tools, but they can be weapons, too. Many places, such as schools, prohibit knives. To be sure you never take a knife where they are banned, always keep your knife at home unless your parent or guardian and den leader tell you otherwise.

Do all four requirements.

REQUIREMENT



19a

Know the safety rules for handling a knife.

Safety Rules

- A knife is a tool, not a toy.
- Know how to sharpen a knife. A sharp knife is safer because it is less likely to slip and cut you.
- Keep the blade clean.
- Never carry an open pocketknife.
- When you are not using your knife, close it and put it away.
- Keep your knife dry.
- When you are using the cutting blade, do not try to make big shavings or chips. Easy does it.
- Make a safety circle: Before you pick up your knife to use it, stretch your arm out and turn in a circle. If you can't touch anyone else, it is safe to use your knife.



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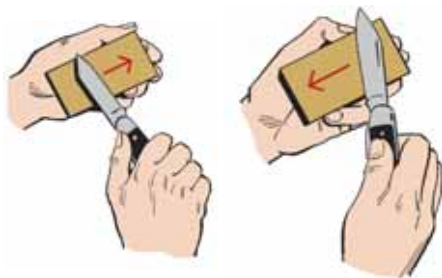
REQUIREMENT



19b

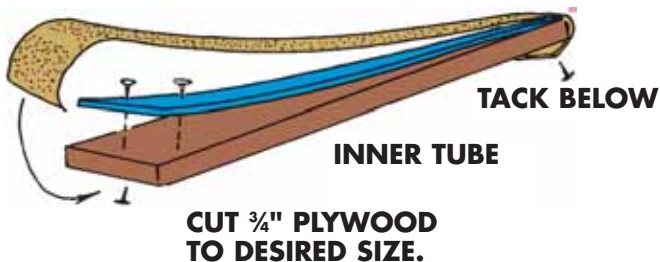
Show that you know how to take care of and use a pocketknife.

SHARPENING A KNIFE. Lay the blade on a sharpening stone as though you were going to shave a thin sliver from the stone. Push the blade forward. Turn the blade over and shave the stone toward you. It is not necessary to push down hard. Continue this back-and-forth action until the edge is sharp along its whole length.



SHARPENING STICK

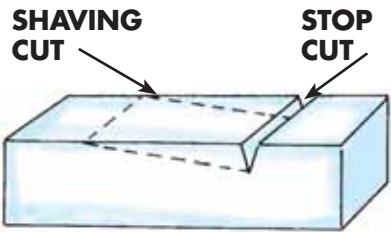
If you don't have a sharpening stone, you can use a sharpening stick. Look at the picture to see how to make one. Cover a piece of plywood with a piece of inner tube. Tack it down. Cover the inner tube with emery cloth and tack it down as shown. **EMERY CLOTH**



SHAVINGS AND CHIPS

You don't have to be strong to whittle and carve, but you do have to be smart. Take it easy. Make a lot of small shavings and cuts. Here is the secret: Before you make a shaving cut, make a stop cut. At the place you want the shaving to stop, cut straight down with your knife. Press down and rock

the blade back and forth until the cut is as deep as you want the shaving to go. Then make the shaving cut into it and lift away the shaving.



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REQUIREMENT



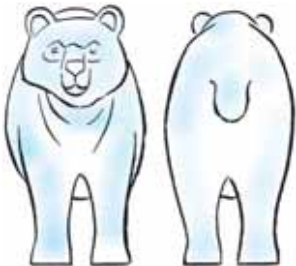
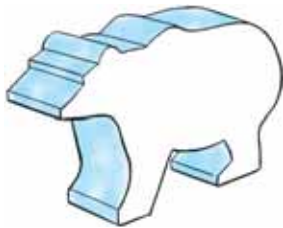
19c

Make a carving with a pocketknife. Work with your den leader or other adult when doing this.



TRACE THE PATTERN.

Eskimos carve beautiful animals from walrus ivory. They make seals, bears, dogs, and people. You can make a carving of a bear that looks like an Eskimo carving. Carve it out of soap.



FRONT AND BACK VIEWS



**MAKE
BOTH
SIDES
THE SAME.**



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REQUIREMENT



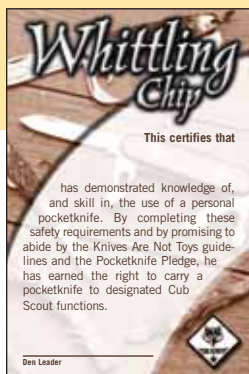
19d

**Earn the Whittling
Chip card.**

To earn the Whittling Chip you will need to read, understand, and promise to abide by the Knives Are Not Toys guidelines and the Pocketknife Pledge.

Knives Are Not Toys

- Close the blade with the palm of your hand.
- Never use a knife on something that will dull or break it.
- Be careful that you do not cut yourself or any person nearby.
- Never use a knife to strip the bark from a tree.
- Do not carve your initials into anything that does not belong to you.



Pocketknife Pledge

In return for the privilege of carrying a pocketknife to designated Cub Scout functions, I agree to the following:

1. I will treat my pocketknife with the respect due a useful tool.
2. I will always close my pocketknife and put it away when not in use.
3. I will not use my pocketknife when it might injure someone near me.
4. I promise never to throw my pocketknife for any reason.
5. I will use my pocketknife in a safe manner at all times.

POCKETKNIFE PLEDGE

In return for the privilege of carrying a pocketknife to designated Cub Scout functions, I agree to the following:

1. I will treat my pocketknife with the respect due a useful tool.
2. I will always close my pocketknife and put it away when not in use.
3. I will not use my pocketknife when it might injure someone near me.
4. I promise never to throw my pocketknife for any reason.
5. I will use my pocketknife in a safe manner at all times.

Signature _____



_____ Akela's OK for the Bear Trail

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CUB SCOUT LEADER BALOO SAYS: When you have done four of the requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



When you can cut wood to the right length and fasten it together with nails, you're a handyman, but there are more tools than just a hammer and saw. You will need something to hold the wood in place while you work on it. Sometimes you will need to make a curved cut or put a hole through the wood.

A good way to learn how to use tools is to watch someone using them. When you need to make something with wood, ask your parent or another adult to show you how to use the tools safely.

NOTE to Akela: Boys are not allowed to use power tools on any Cub Scout project. If power tools must be used, you should do that part of these projects.

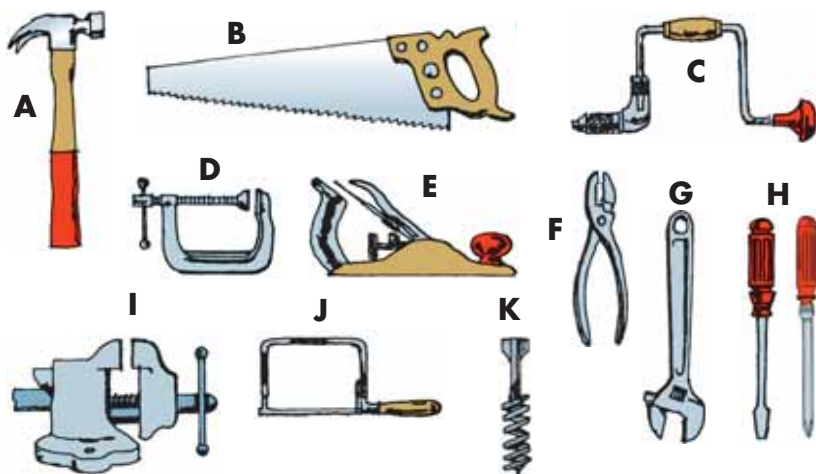
Do all three requirements.

REQUIREMENT



20a

Show how to use and take care of four of these tools.



- _____ **HAMMER (A).** Used for driving nails, for prying boards apart, and for pulling nails.
- _____ **HAND SAW (B).** There are two kinds: one for cross-cutting, and another for ripping lengthwise along the grain of the wood.
- _____ **HAND DRILL (C).** Uses drill bits to bore holes in wood and metal.
- _____ **C-CLAMP (D).** Holds pieces of wood together after gluing.
- _____ **WOOD PLANE (E).** Smooths rough boards.
- _____ **PLIERS (F).** Slip-joint pliers have wide and normal jaw openings to grip things of different sizes. (Don't use pliers on nuts—use a crescent wrench instead.)
- _____ **CRESCENT WRENCH (G).** This open-end wrench can be adjusted to fit many sizes of nuts.

_____ **SCREWDRIVER (H).** Sets screws.

_____ **BENCH VISE (I).** Holds wood in place for sawing or planing.

_____ **COPING SAW (J).** Lets you cut curves.

_____ **DRILL BIT (K).** Corkscrew-shaped drills are called drill bits. They are used to drill holes in wood.



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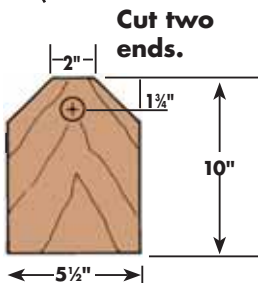
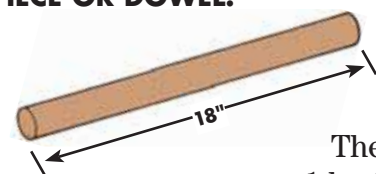
REQUIREMENT



20b Build your own toolbox.

You will need five 1-by-6-inch pieces of wood. The two side pieces are 17½ inches long. The bottom piece is 16 inches long.

THE HANDLE IS A BROOMSTICK PIECE OR DOWEL.

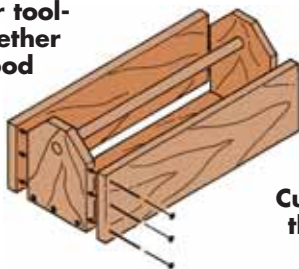


The ends are made of the same 1-by-6-inch wood and are 10 inches long. Cut off the corners and drill a hole large enough for the broomstick piece. (The parts can also be cut from ¾-inch plywood.)

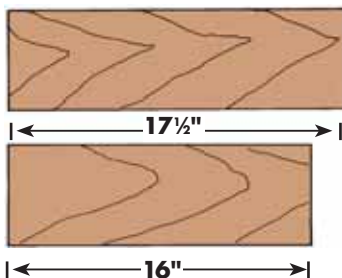
Did you know that wood sizes are measured when boards are still rough? When the rough edges are

cut off, the board measures smaller. Your 1-by-6-inch board is really only $\frac{3}{4}$ inch thick and $5\frac{1}{2}$ inches wide.

Put your tool-box together with wood screws.



1" X 6" BOARDS



Cut two pieces 17½ inches long for the sides and one 16 inches long for the bottom.



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REQUIREMENT



20c

Use at least two tools listed in requirement *a* to fix something.



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OR Akela's OK for the Arrow Point Trail

Date

NOTE for Akela: It is best to use only simple hand tools and avoid power equipment when working with Cub Scout-age boys. Ask your son's den leader to show you Chapter 13, "Health and Safety," of the *Cub Scout Leader Book*.

CUB SCOUT LEADER BALOO SAYS:
When you have completed all three requirements, have a parent or another adult sign here.



Akela's OK

Date

Recorded by the den leader



Model kits can be fun to put together. You can be proud of your model when it is finished. Most boys like to build models. Did you know that you might still be building models when you grow up?

Many grown-ups like to build models as a hobby. They build ships out of wood or large model train layouts they call *pikes*.

Models are also used by companies for serious purposes. Automakers build small models of their new cars before they actually start making them. Companies that build

airplanes do the same things. People who design and build shopping centers and other buildings often build models to see what the building will look like. Model building can be serious business for grown-ups. As you can see, model building can be more than just going to the hobby shop and buying a kit.

Do requirement g and two other requirements.

REQUIREMENT



21a Build a model from a kit.

This can be any kind of model. Follow the directions, and feel free to change it any way you want to make it your own.



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

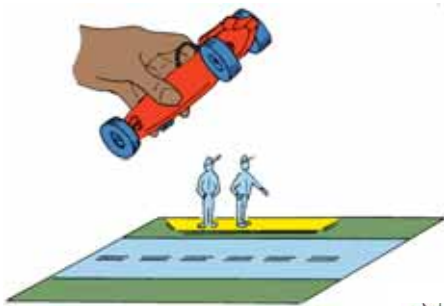
REQUIREMENT



21b Build a display for one of your models.

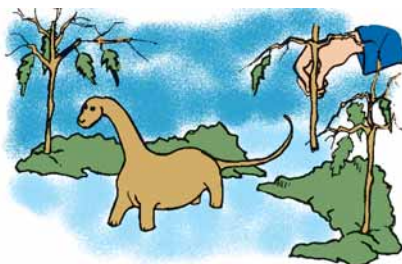
If your model is a boat, mold soft clay into “waves” around the boat up to the water line. Remove the boat. After the clay has hardened, paint it blue and white to make it look like water with waves and whitecaps.





If your model is a race car, draw a short piece of the race track on paper or cardboard. Set up your crew in the “pits.”

If your model is a dinosaur, give it a natural setting by using clay, leaves, and twigs.



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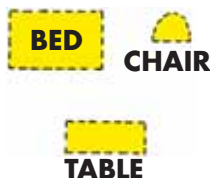
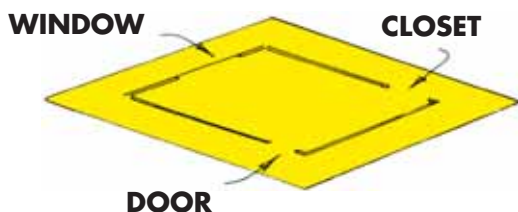
REQUIREMENT



21c

Pretend that you are planning to change the furniture layout in one of the rooms in your home.

Draw the outline of the room on a piece of paper. On another piece of paper draw the outlines of the furniture and cut them out. Draw your room and furniture cutouts to the scale of $\frac{1}{2}$ inch = 1 foot. Use the paper cutouts on your room drawing to plan the changes. See how much easier it is to move your cutouts around than it is to move the furniture. Models let us see what the real thing will look like before it is made.



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REQUIREMENT



21d

Make a model of a mountain, a meadow, a canyon, or a river.

Use dirt, sand, stones, sticks, twigs, and grass cuttings.



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT



21e

Go and see a model of a shopping center or new building that is on display somewhere.

That model might have been built to help plan the construction. It might also have been used to show the project to community leaders.



Akela's OK for the Bear Trail

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OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT**21f**

Make a model of a rocket, boat, car, or plane.

Use whatever you want to make it.



 Akela's OK for the Bear Trail

 Date

OR Akela's OK for the Arrow Point Trail

 Date
REQUIREMENT**21g**

Complete the Character Connection for Resourcefulness.



Resourcefulness

Know. Review the requirements for this achievement and list the resources you would need to complete them. Then list the materials you could substitute for items that you do not already have. Tell what it means to be resourceful.

Commit. After you complete the requirements for this achievement, list any changes that would make the results better if you did these projects again. Tell why it is important to consider all available resources for a project.

Practice. While you complete the requirements for this achievement, make notes on which materials worked well in your projects and why.



 Akela's OK for the Bear Trail

 Date

OR Akela's OK for the Arrow Point Trail

 Date

CUB SCOUT LEADER BALOO

SAYS: When you have done requirement **g** and two other requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



22

Tying It All Up



Sailors, cowboys, and mountain climbers all use good strong rope. Their lives sometimes depend on their ropes and the knots that hold them in place.

Do five requirements.

REQUIREMENT



22a Whip the ends of a rope.

Ropes are made of twisted fibers. As long as the rope is in one piece, the fibers stay in place, but when the rope is cut, the fibers in the two ends begin to straighten out. Whip them in place with string or wrap them with tape.

1.



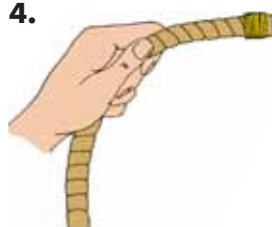
2.



3.



4.



WHIP A ROPE.

Start with a 2-foot length of twine or cotton fishing line. Form it into a loop and place it at one end of the rope. Wrap the twine tightly around the rope, starting $\frac{1}{4}$ inch from the rope end. When the whipping is as wide as the rope is thick, pull out the ends hard and trim off the twine or fishing line.



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT**22b**

Tie a square knot, bowline, sheet bend, two half hitches, and slip knot. Tell how each knot is used.

SQUARE KNOT. A common knot made with two overhand knots. Square knots are used in first aid to tie bandages and to join two pieces of rope of the same thickness.



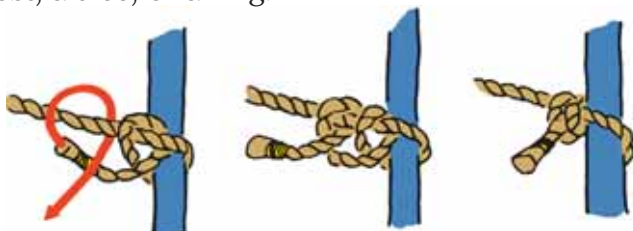
BOWLINE. A knot to make a nonslip loop at the end of a rope. It is a rescue knot when tied around the waist.



SHEET BEND. This knot looks like a bowline, but instead of making a loop, it joins ropes of different sizes.



TWO HALF HITCHES. This knot is used to tie a rope to a post, a tree, or a ring.



SLIP KNOT. This knot slips easily along the rope around which it is made. The knot itself is a simple overhand knot. It can be used to tie a rope to a post.



Akela's OK for the Bear Trail

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OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT



22c

Learn how to keep a rope from tangling.

Before you put a rope away, lay the rope out straight on a dry surface. Be sure there are no kinks or knots in it. Hold the end of the rope in one hand and coil the rope around your forearm from hand to elbow. Loop it around as many times as necessary to take up all of the rope. Take it off your elbow, hold the coil in your hand and take off the last loop with your other hand. Make a few turns around the coils with this end and pass it through the top of the coil held by your hand.



Akela's OK for the Bear Trail

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REQUIREMENT

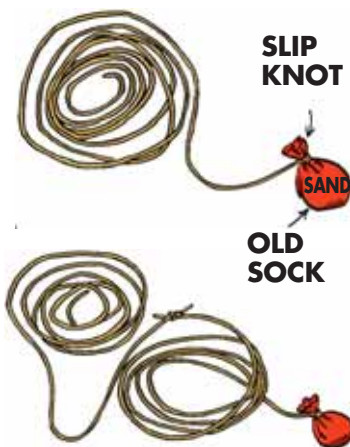


22d

Coil a rope. Throw it, hitting a 2-foot-square marker 20 feet away.

Put a weight on the end of your rope, heavy enough to carry your line out when you throw it.

Coil your rope in 1-foot loops. Hold half the loops and the weighted line in your throwing hand. Hold the other loops in your other hand.



Face the marker and swing the line toward it. Keep trying until you can hit the mark. It is important that you become good at this in case someday you need to rescue a person from drowning.



Akela's OK for the Bear Trail

Date

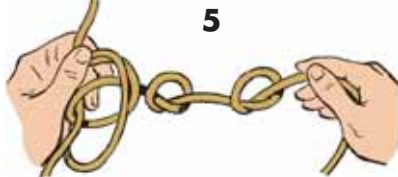
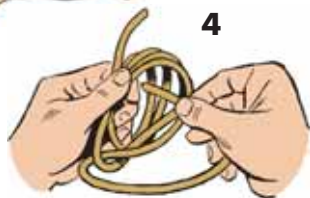
OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT**22e****Learn a magic rope trick.**

Fold your arms across your chest, lean forward, and pick up one end of a rope in each hand. Unfold your arms and you have tied an overhand knot.

MAN OVERBOARD. Hold one end of a rope in your left hand with your thumb up. With your right hand thumb down, grasp the rope and turn your left hand thumb up to match your left hand. Transfer the loop from your right hand to your left. Continue to make loops in this way until you get near the end of the rope. Then pass the end of the rope through all of the loops. Ask someone to pull the end of the rope while you hold the loops loosely in both hands. As the rope runs out, overhand knots will appear in a chain of knots.



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT



22f

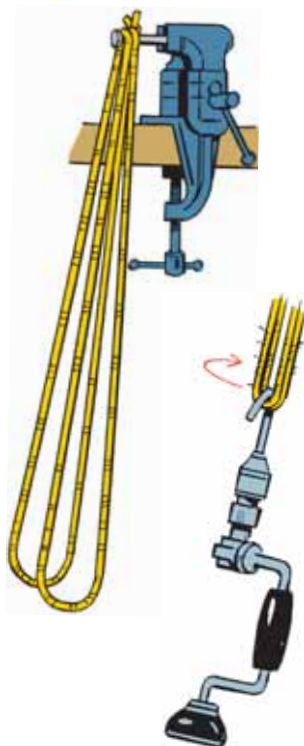
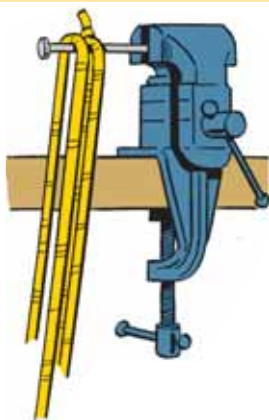
Make your own rope.

Use 24 feet of twine. Put the ends alongside each other and tie them in an overhand knot.

Soak the twine thoroughly before you start. Clamp a large nail in a bench vise and loop the knotted end of the twine over the nail.

Pull the twine loop out straight until you get to the end of the loop. Take the end of the loop back to the nail and place it over the nail and on top of the knotted end of the twine. Now pull back on the two loops to their ends.

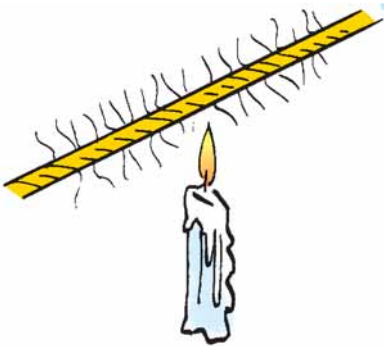
Put the two loops on a hook that you have placed in a carpenter's drill brace. Using the brace and pulling back slightly to keep the twine tight, twist the four strands of twine together tightly until they choke up around the nail and the hook. Keep the twisting twine straight by pulling back on the brace.



Place a chair or stool where you are standing and rest the brace on the seat. The weight of the brace will keep your new rope straight.

Now for the hard part: Let the rope dry for 24 hours. Then remove the nail and hook and whip each end.

With an adult's help, singe the loose fibers from the rope.



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

CUB SCOUT LEADER BALOO SAYS:
When you have done five of the requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



Sports make for great times. They help us stay healthy and in good shape. They are fun to watch and fun to play.

Do all five requirements.

REQUIREMENT**23a**

Learn the rules of and how to play three team sports.

**Soccer****Basketball****Volleyball****Ultimate****Baseball or softball**

NOTE for Akela: Ask your son's den leader to show you the pages in *Cub Scout Academics and Sports Program Guide* for each of the sports listed.



 Akela's OK for the Bear Trail

 Date

OR Akela's OK for the Arrow Point Trail

 Date
REQUIREMENT**23b**

Learn the rules of and how to play two sports in which only one person is on each side.

Tennis, bowling, marbles, table tennis, badminton, and golf are examples of individual sports.

NOTE for Akela: Ask your son's den leader to show you the pages in *Cub Scout Academics and Sports Program Guide* for each of the sports listed.



 Akela's OK for the Bear Trail

 Date

OR Akela's OK for the Arrow Point Trail

 Date

REQUIREMENT



23c

Take part in one team and one individual sport.

Team Sport

Individual Sport



Akela's OK for the Bear Trail

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Date

REQUIREMENT



23d

Watch a sport on TV with a parent or some other adult member of your family.



Discuss the rules and how the game was played.



Akela's OK for the Bear Trail

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Date

REQUIREMENT



23e

Attend a high school, college, or professional sporting event with your family or your den.

Did the players show good sportsmanship?

Did the spectators?



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

CUB SCOUT LEADER BALOO SAYS:

When you have done five of the requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



Leadership means more than just telling others what to do. It means doing the right things. It also means listening to everyone's ideas before going ahead.

It's hard to be a good leader, but you feel good if you do your job well.

Your community and country need good leaders. In these requirements you will find some ways to be a good leader.

Do requirement f and two other requirements.

REQUIREMENT**24a**

Help a boy join Cub Scouting or help a new Cub Scout through the Bobcat trail.

Do you know any boys your age who are not Cub Scouts?
Being interested in others is the mark of a leader.

_____
Akela's OK for the Bear Trail_____
Date_____
OR Akela's OK for the Arrow Point Trail_____
Date**REQUIREMENT****24b**

Serve as a denner or assistant denner.

Denner _____ from _____ to _____

Assistant

Denner _____ from _____ to _____

*NOTE for Akela: The denner is elected by the den for a short period, usually one or two months. Ask your son's den leader to show you "The Wolf and Bear Programs" in the *Cub Scout Leader Book* for more information.*

_____
Akela's OK for the Bear Trail_____
Date_____
OR Akela's OK for the Arrow Point Trail_____
Date

REQUIREMENT



24c

Plan and conduct a den activity with the approval of your den leader.

Den activity _____

Den leader's signature _____

Date _____



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

REQUIREMENT



24d

Tell two people they have done a good job.

For example:

- A Cub Scout leads a good ceremony.



- A parent helps your den with an outing.



- A classmate does well on an assignment.



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT**24e**

Leadership means choosing a way even when not everybody likes your choice.

Talk about these hard choices with a parent or another adult. What would you do if it were up to you?

- It is time to go home, but you are having a good time with your friends and they don't have to be home until 30 minutes later. What do you do?
- Your friends are going to ride their bikes to the other side of town, and they ask you to go with them. You know you are not allowed to do that. What do you say to them?
- A new boy has moved into the neighborhood. How do you become his friend?
- While your class is taking a test, the teacher leaves the room. Some of the students start trading test answers. Do you?
- What if another student asks you for an answer?
- Is it hard to keep from cheating?



Akela's OK for the Bear Trail

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OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT



24f

Complete the Character Connection for Compassion.



Compassion

Know. Tell why, as a leader, it is important to show kindness and concern for other people. List ways leaders show they care about the thoughts and feelings of others.

Commit. Tell why a good leader must consider the ideas, abilities, and feelings of others. Tell why it might be hard for a leader to protect another person's well-being. Tell ways you can be kind and compassionate.

Practice. While you complete the requirements for this achievement, find ways to be kind and considerate of others.



_____ Akela's OK for the Bear Trail

_____ Date

OR Akela's OK for the Arrow Point Trail

_____ Date

CUB SCOUT LEADER BALOO SAYS: When you have done requirement **f** and two other requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



Bicycle motocross (BMX), road bikes and mountain bikes, bike hikes—there are all kinds of bicycles and things to do with them today. Boys and girls and grown-ups, too, are riding bikes more and more.

Bicycling is fun, it's good for you, and it's interesting. But bicycling can be dangerous if you are not careful. Be sure you know the safety rules for bicycling, and be sure you and your family always keep your bikes in good shape.

The requirements to complete your Ride Right achievement are on the next page.

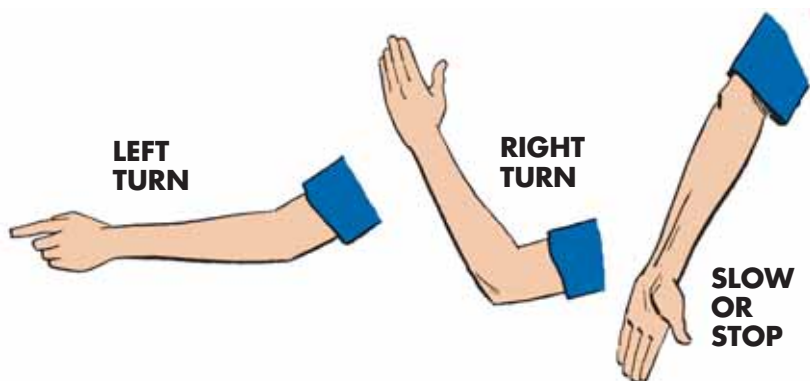
Do requirement a and three other requirements.



Know the rules for bike safety. If your town requires a bicycle license, be sure to get one.

Rules for Bike Safety

1. Obey all traffic signs and signals.
2. Ride single file on streets and highways and keep to the right, with the flow of traffic.
3. Ride in a straight line. Don't do stunts or weave in and out of traffic.
4. Use proper hand signals when in traffic.



5. Slow down and look carefully before you cross any intersection.
6. Be alert for other vehicles, especially for cars pulling out from the curb.
7. Don't shoot out of alleys and driveways.
8. Give pedestrians the right-of-way.
9. Don't carry another rider.
10. Don't hitch onto cars and trucks.
11. Be sure your bike has good brakes and a warning bell or horn.

12. If you must ride at night, be sure to wear light-colored clothing and to have a headlight on the front of your bike and a red reflector on the rear.
13. Always wear a helmet.



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT



14b

Learn to ride a bike, if you haven't by now. Show that you can follow a winding course for 60 feet doing sharp left and right turns, a U-turn, and an emergency stop.



Note: Using a Snell- or ANSI-approved bike helmet is recommended.



Akela's OK for the Bear Trail

Date

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Date

REQUIREMENT**14c**

**Keep your bike in good shape.
Identify the parts of a bike that
should be checked often.**

_____ Brakes
_____ Spokes
_____ Pedals

_____ Seat
_____ Chain
_____ Tires

_____ Reflectors
_____ Lights

Which of these parts should be repaired by an expert only?



Explain and show how you protect your bike from bad weather. Always keep your bike under shelter when it is not in use. If it gets wet from rain or snow, wipe it dry. Keep the moving parts well lubricated. Have someone help you learn how to work with any parts that need adjusting.



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

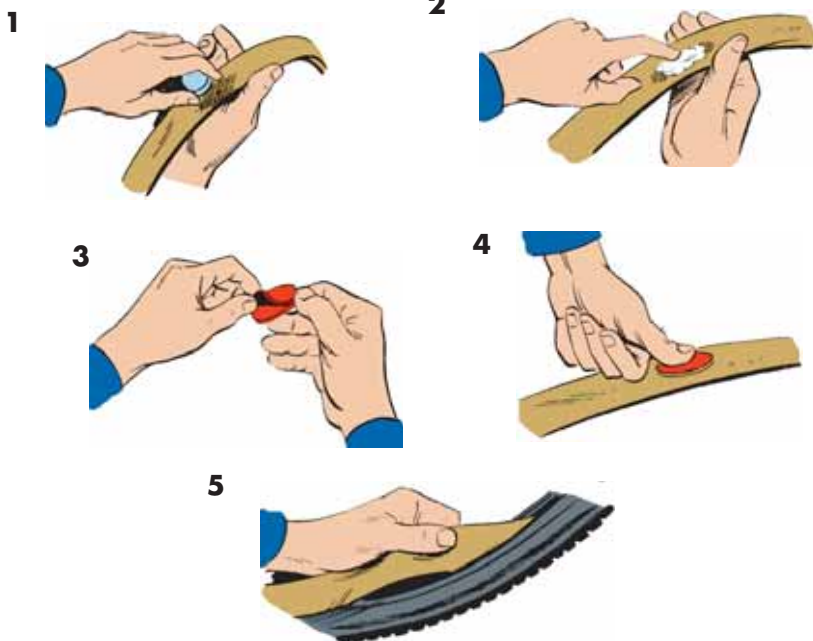
_____ Date

REQUIREMENT



14d Change a tire on a bicycle.

How to fix a puncture:



1. Scrape the tube over the hole.
2. Apply cement. Rub it in with your finger and let it dry.
3. Remove the cover from the patch.
4. Apply the patch with pressure.
5. Put a little air in the tube. Insert the tube into the tire and place it on the rim. Finish filling the tube with air. Check the air pressure.



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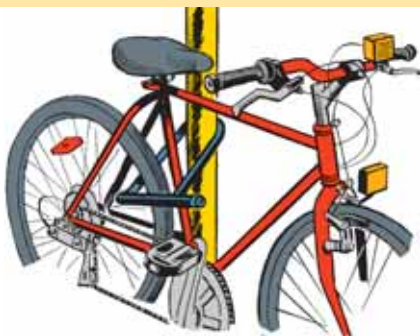
Date

REQUIREMENT



14e

Protect your bike from theft. Use a bicycle lock.



Write down your bicycle's serial number and keep it in a safe place. Have your name engraved somewhere on your bike.



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

REQUIREMENT



14f

Ride a bike for 1 mile without rest. Be sure to obey all traffic rules.



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

REQUIREMENT



14g

Plan and take a family bike hike.



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

CUB SCOUT LEADER BALOO

SAYS: When you have done requirement *a* and three other requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



Let's play a game! Everybody likes games, especially outdoor games. Here are some game ideas. You might have played some of them, but you will probably find new ones. Games are fun and they teach you how to think before you act.

Do two requirements.

REQUIREMENT



15a

Set up the equipment and play any two of these outdoor games with your family or friends.

- | | |
|-----------------------------|------------------|
| _____ Backyard golf | _____ Kickball |
| _____ Badminton | _____ Softball |
| _____ Croquet | _____ Tetherball |
| _____ Sidewalk shuffleboard | _____ Horseshoes |
| | _____ Volleyball |



NOTE for Akela: Ask your son's den leader to show you "Cub Scout Sports: Badminton," "Cub Scout Sports: Softball," and "Cub Scout Sports: Volleyball," in the *Cub Scout Academics and Sports Program Guide*.



_____ Akela's OK for the Bear Trail

_____ Date

OR _____ Akela's OK for the Arrow Point Trail

_____ Date

REQUIREMENT



15b

Play two organized games with your den.

Pick games that everyone can play.



Akela's OK for the Bear Trail

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Date

REQUIREMENT**15c**

Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.

Did they understand your explanation? Do you think they will want to play it again?



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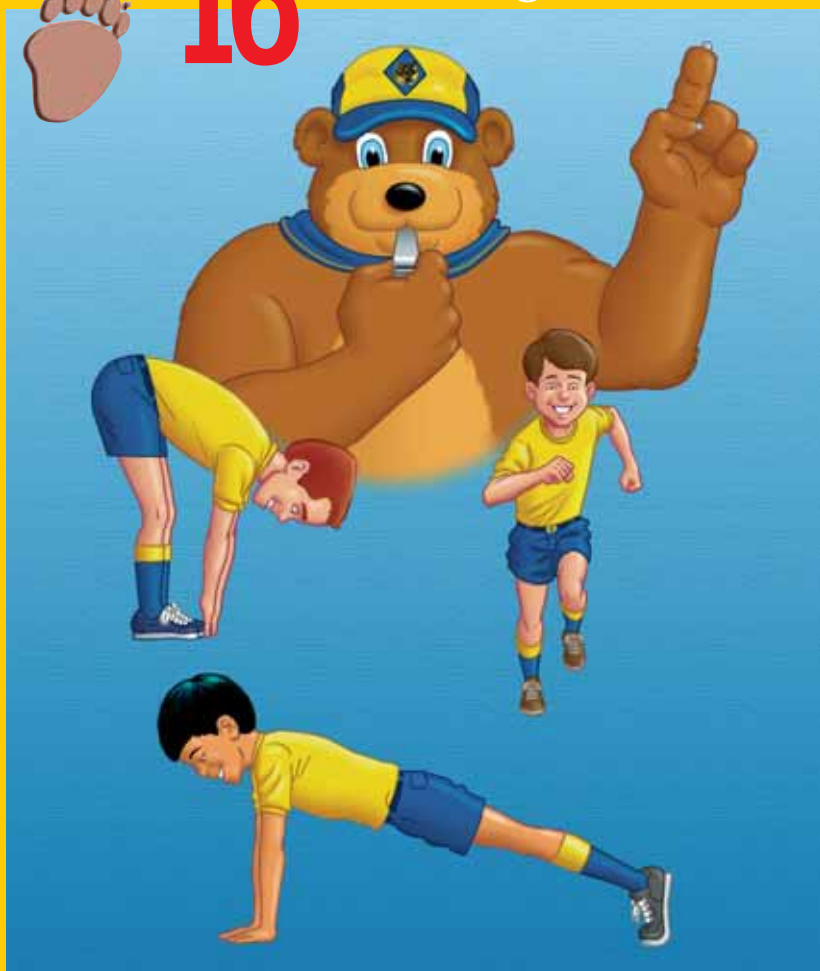
CUB SCOUT LEADER BALOO SAYS: When you have done two requirements, have a parent or another adult sign here.



Akela's OK

Date

Recorded by the den leader



Games, stunts, and contests with other Cub Scouts help you become physically fit and alert. Den and pack activities are aimed at keeping you healthy.

This achievement will develop your speed, balance, and reactions. The more you practice, the stronger you will become. A strong body is important to you now, and it will be even more important to you as you grow older.

Do all three requirements.

REQUIREMENT



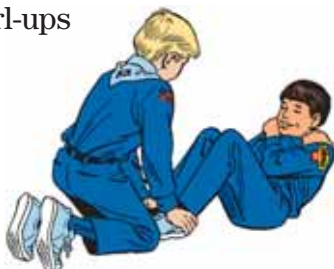
16a

Do physical fitness stretching exercises. Then do curl-ups, push-ups, the standing long jump, and the softball throw.

Stretching exercises



Curl-ups



Standing long



Push-ups



Softball throw



Akela's OK for the Bear Trail

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Date

REQUIREMENT**16b**

With a friend about your size, compete in at least six different two-person contests.

ONE-PERSON PUSH OVER LINE.

Face your opponent. Grasp his shoulders. On the word “Go,” try to push him across the line. Your goal line is 10 feet in front of you; your opponent’s is 10 feet behind you. Only pushing is permitted.

**PULL OVER.**

Indicate a circle on the ground, 15 or 20 feet across. Stand back-to-back, lean forward, place your hands on the floor. Now grab your opponent’s right hand between your legs. On the signal “Go,” try to pull your friend out of his half of the circle.

**ONE-PERSON PULL OVER LINE.**

Face your friend 3 feet away from him. Grasp his wrists and try to pull him across the goal line 10 feet behind you. Only pulling is allowed.

**SEATED BACK-TO-BACK PUSH.**

Sit back-to-back. Fold your arms across your chest. Using your feet on the floor, try to push your friend over a line. Don’t push or butt with your head!



-
- FOOT PUSH.** Sit facing your friend. Have the soles of your feet touching with your knees bent. Try to push your friend out of a circle or over a line. Feet must always be touching feet. Push on the floor with your hands.



-
- ONE-LEGGED HAND WRESTLE.** Hold your left ankle with your left hand. Take your friend's right hand. On the word "Go," try to get him to let go of his foot or lose his balance.



-
- STAND UP BACK-TO-BACK PUSH.** Stand back-to-back with your elbows linked. Try to push your friend across a line 10 feet away. Only pushing is allowed.



-
- HAND WRESTLE.** Grasp your friend's right hand. Stand with the outside of your right foot braced against his. Spread your feet so that you are well balanced. On the signal "Go," try to throw your friend off balance. The first player to move a foot or touch the ground with a hand is the loser.



ELBOW WRESTLE. Lie on your stomach, facing your friend (who is lying on his stomach). Place your right elbow on the floor and clasp your friend's right hand. Try to force his hand to the floor at the command "Go." Elbows must not leave the floor. Try it with left hands.



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Date

REQUIREMENT



16c

Compete with your den or pack in the crab relay, gorilla relay, 30-yard dash, and kangaroo relay.

CRAB RELAY



30-YARD DASH

KANGAROO RELAY



GORILLA RELAY



Akela's OK for the Bear Trail

Date

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Date

Note to parents: If a licensed physician certifies that the Cub Scout's physical condition for an indeterminable time doesn't permit him to do three of the requirements in this achievement, the Cubmaster and the pack committee may authorize substitution of any three Arrow Point electives.

CUB SCOUT LEADER BALOO SAYS: When you have done all three of these requirements, have a parent or another adult sign here.



Akela's OK

Date

Recorded by the den leader



Information is a big word with a simple meaning. It means *facts*, and telling someone a fact is communication. We can also get information from newspapers, books, magazines, radio, TV, and computers.

As you complete this achievement, you might be surprised to find out all of the ways we can give and get information.

Do requirement a and three more requirements.

REQUIREMENT**17a**

With an adult in your family, choose a TV show. Watch it together.

After the show, talk about it.

- What did you like?
- What did you learn?
- What didn't you like?
- What would you have changed?



 Akela's OK for the Bear Trail

 Date

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 Date
REQUIREMENT**17b**

Play a game of charades at your den meeting or with your family at home.

Charades is a guessing game. During the game, you give information without talking, and your friends guess what you mean. Each part of a word is acted out. Suppose the word is "football." You might point to your foot. When your team yells "foot," you could pretend to kick a ball. Don't use your voice at all during this game.



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REQUIREMENT



17c

Visit a newspaper office or a TV or radio station and talk to a news reporter.

- Where does the reporter get the news?
- How does the reporter put the story together?
- Where does the story go after the reporter finishes it?



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REQUIREMENT



17d

Use a computer to get information. Write, spell-check, proofread, and print out a report on what you learned.

Most computers are used to store or get information. If you have a computer at home, ask a parent or other adult family member to show you some of the information that it can help you find.

Computers are a part of our daily lives. They are a source of information, games, messages, and fun.

Software companies have different programs with various formats. Be sure the one you are going to use will work with your brand of computer.

Pictures that appear on your computer screen are called *graphics*. They can be used to make story illustrations, games, certificates, and many other useful things.



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REQUIREMENT**17e**

Write a letter to a company that makes something you use. Use e-mail or the U.S. Postal Service.

Tell them what you like about their product. Ask them if they offer company tours, free samples, or catalogs.



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REQUIREMENT**17f**

Talk with a parent or other family member about how getting and giving facts fits into his or her job.

How do they get the facts they need?

- Does someone tell them directly, or over the phone?
- Do they read it on paper, in books, or from a computer screen?
- What do they do with the facts?
 - Do they pass the facts along to others?



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CUB SCOUT LEADER BALOO SAYS:
When you have done requirement a and three others, have a parent or another adult sign here.



 Akela's OK

 Date

 Recorded by the den leader



Writing is one of the most important things humankind has learned to do. Writing lets us send messages to faraway places, make a lasting record of things we want to remember, and read what others have done or thought in the past. Being able to write clearly is a useful and satisfying skill. Do this achievement to learn more about it.

Do requirement *h* and four other requirements.

REQUIREMENT



18a

Make a list of the things you want to do today. Check them off when you have done them.

Before you go to bed, make a list of the things you should do tomorrow. Put the list on the bulletin board or someplace where you will see it often so you won't forget anything.



_____ Akela's OK for the Bear Trail

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_____ Date

REQUIREMENT



18b

Write two letters to relatives or friends.

Tell them what you have been doing in Cub Scouting.



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

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REQUIREMENT



18c

Keep a daily record of your activities for 2 weeks.

Time yourself. When do you:

TIME

Get up in the morning?

Eat breakfast?

Go to school?

Eat lunch?

Get home from school?

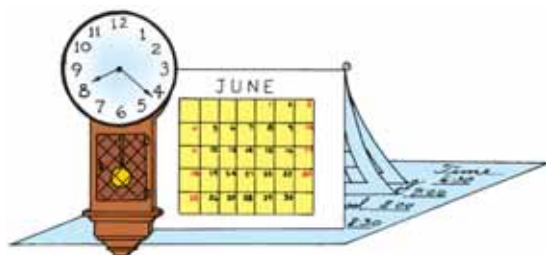
Eat supper?

Do homework?

Watch TV?

Go to bed?

Time yourself like this for 3 or 4 days. For the rest of the days, write what you did in the mornings, afternoons, and evenings.



_____ Akela's OK for the Bear Trail

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REQUIREMENT



18d

Write an invitation to someone.

Do you know a boy who could be a Cub Scout? Invite him to your den meeting.

Has your teacher ever come to a pack meeting? Send your teacher an invitation to your next pack meeting. Make your teacher an honorary member of your den.

Do you know what RSVP on an invitation means? It stands for words in the French language that mean “Please reply.”



Akela's OK for the Bear Trail Date

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REQUIREMENT

18e Write a thank-you note.

When someone gives you a present, it's time to write a thank-you note. There are other times, too, such as when someone invites you to eat dinner, to see a movie, or to go swimming with them.

A thank-you note is always appreciated.



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REQUIREMENT**18f**

Write a story about something you have done with your family.



You can tell your story just the way it happened or you can pretend you have your own time machine. Set the controls to any time in history from the Stone Age to the Space Age. One story could be about meeting Robin Hood and Little John in Sherwood Forest.



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REQUIREMENT**18g**

Write about the activities in your den.

Your pack might have its own newspaper, and its editor would like to have your story for the paper. If there isn't a pack paper, post your story on the bulletin board.



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REQUIREMENT



18h

Complete the Character Connection for Honesty.



Honesty

Know. Tell what made it difficult to be clear and accurate as you wrote details and kept records, and tell what could tempt you to write something that was not exactly true. Define honesty.

Commit. Tell why it is important to be honest and trustworthy with yourself and with others. Imagine you had reported something inaccurately and tell how you could set the record straight. Give reasons that honest reporting will earn the trust of others.

Practice. While doing the requirements for this achievement, be honest when you are writing about real events.



_____ Akela's OK for the Bear Trail

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_____ Date

CUB SCOUT LEADER BALOO SAYS: When you have done requirement **h** and four other requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



Your Cub Scout knife is an important tool. You can do many things with its blades. The cutting blade is the one you will use most of the time. With it you can make shavings and chips and carve all kinds of things.

You must be very careful and alert when you whittle or carve. Take good care of your knife. Always remember that a knife is a tool, not a toy. Use it with care so that you don't hurt yourself or ruin what you are carving.

Knives are usually used as tools, but they can be weapons, too. Many places, such as schools, prohibit knives. To be sure you never take a knife where they are banned, always keep your knife at home unless your parent or guardian and den leader tell you otherwise.

Do all four requirements.

REQUIREMENT



19a

Know the safety rules for handling a knife.

Safety Rules

- A knife is a tool, not a toy.
- Know how to sharpen a knife. A sharp knife is safer because it is less likely to slip and cut you.
- Keep the blade clean.
- Never carry an open pocketknife.
- When you are not using your knife, close it and put it away.
- Keep your knife dry.
- When you are using the cutting blade, do not try to make big shavings or chips. Easy does it.
- Make a safety circle: Before you pick up your knife to use it, stretch your arm out and turn in a circle. If you can't touch anyone else, it is safe to use your knife.



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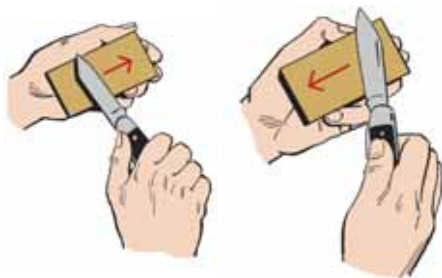
REQUIREMENT



19b

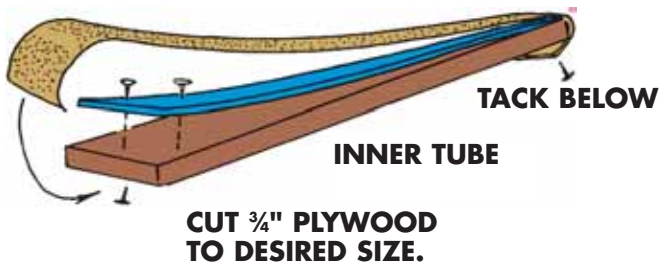
Show that you know how to take care of and use a pocketknife.

SHARPENING A KNIFE. Lay the blade on a sharpening stone as though you were going to shave a thin sliver from the stone. Push the blade forward. Turn the blade over and shave the stone toward you. It is not necessary to push down hard. Continue this back-and-forth action until the edge is sharp along its whole length.



SHARPENING STICK

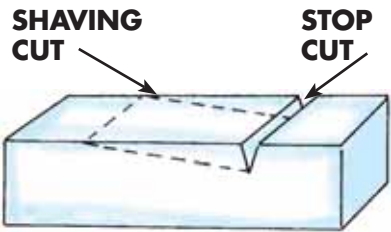
If you don't have a sharpening stone, you can use a sharpening stick. Look at the picture to see how to make one. Cover a piece of plywood with a piece of inner tube. Tack it down. Cover the inner tube with emery cloth and tack it down as shown. **EMERY CLOTH**



SHAVINGS AND CHIPS

You don't have to be strong to whittle and carve, but you do have to be smart. Take it easy. Make a lot of small shavings and cuts. Here is the secret: Before you make a shaving cut, make a stop cut. At the place you want the shaving to stop, cut straight down with your knife. Press down and rock

the blade back and forth until the cut is as deep as you want the shaving to go. Then make the shaving cut into it and lift away the shaving.



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REQUIREMENT



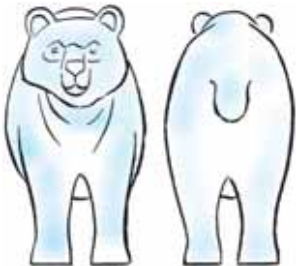
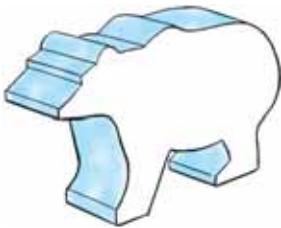
19c

Make a carving with a pocketknife. Work with your den leader or other adult when doing this.



TRACE THE PATTERN.

Eskimos carve beautiful animals from walrus ivory. They make seals, bears, dogs, and people. You can make a carving of a bear that looks like an Eskimo carving. Carve it out of soap.



FRONT AND BACK VIEWS



**MAKE
BOTH
SIDES
THE SAME.**



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REQUIREMENT



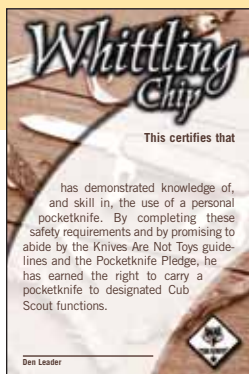
19d

**Earn the Whittling
Chip card.**

To earn the Whittling Chip you will need to read, understand, and promise to abide by the Knives Are Not Toys guidelines and the Pocketknife Pledge.

Knives Are Not Toys

- Close the blade with the palm of your hand.
- Never use a knife on something that will dull or break it.
- Be careful that you do not cut yourself or any person nearby.
- Never use a knife to strip the bark from a tree.
- Do not carve your initials into anything that does not belong to you.



Pocketknife Pledge

In return for the privilege of carrying a pocketknife to designated Cub Scout functions, I agree to the following:

1. I will treat my pocketknife with the respect due a useful tool.
2. I will always close my pocketknife and put it away when not in use.
3. I will not use my pocketknife when it might injure someone near me.
4. I promise never to throw my pocketknife for any reason.
5. I will use my pocketknife in a safe manner at all times.

POCKETKNIFE PLEDGE

In return for the privilege of carrying a pocketknife to designated Cub Scout functions, I agree to the following:

1. I will treat my pocketknife with the respect due a useful tool.
2. I will always close my pocketknife and put it away when not in use.
3. I will not use my pocketknife when it might injure someone near me.
4. I promise never to throw my pocketknife for any reason.
5. I will use my pocketknife in a safe manner at all times.

Signature _____



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CUB SCOUT LEADER BALOO
SAYS: When you have done
four of the requirements,
have a parent or another
adult sign here.



Akela's OK

Date

Recorded by the den leader



When you can cut wood to the right length and fasten it together with nails, you're a handyman, but there are more tools than just a hammer and saw. You will need something to hold the wood in place while you work on it. Sometimes you will need to make a curved cut or put a hole through the wood.

A good way to learn how to use tools is to watch someone using them. When you need to make something with wood, ask your parent or another adult to show you how to use the tools safely.

NOTE to Akela: Boys are not allowed to use power tools on any Cub Scout project. If power tools must be used, you should do that part of these projects.

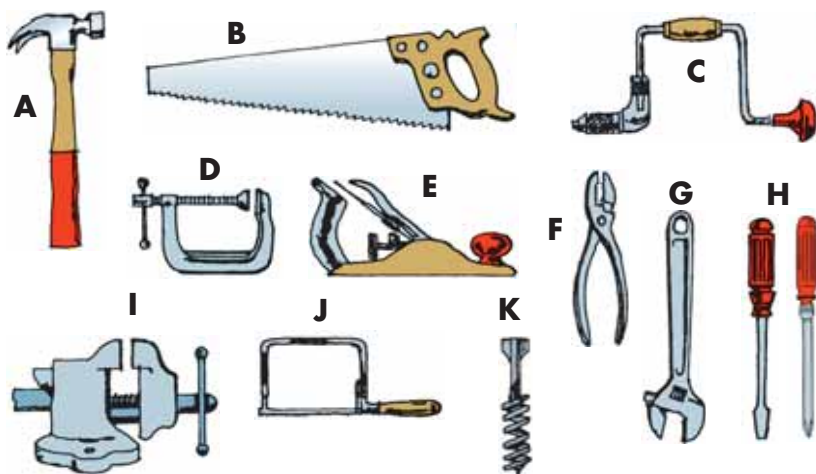
Do all three requirements.

REQUIREMENT



20a

Show how to use and take care of four of these tools.



- _____ **HAMMER (A).** Used for driving nails, for prying boards apart, and for pulling nails.
- _____ **HAND SAW (B).** There are two kinds: one for cross-cutting, and another for ripping lengthwise along the grain of the wood.
- _____ **HAND DRILL (C).** Uses drill bits to bore holes in wood and metal.
- _____ **C-CLAMP (D).** Holds pieces of wood together after gluing.
- _____ **WOOD PLANE (E).** Smooths rough boards.
- _____ **PLIERS (F).** Slip-joint pliers have wide and normal jaw openings to grip things of different sizes. (Don't use pliers on nuts—use a crescent wrench instead.)
- _____ **CRESCENT WRENCH (G).** This open-end wrench can be adjusted to fit many sizes of nuts.

_____ **SCREWDRIVER (H).** Sets screws.

_____ **BENCH VISE (I).** Holds wood in place for sawing or planing.

_____ **COPING SAW (J).** Lets you cut curves.

_____ **DRILL BIT (K).** Corkscrew-shaped drills are called drill bits. They are used to drill holes in wood.



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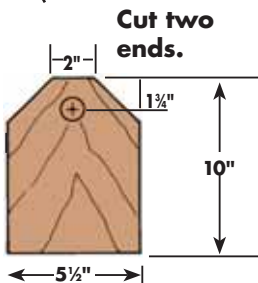
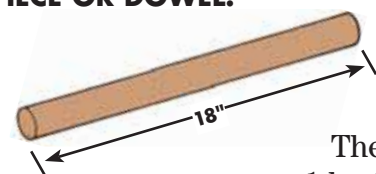
REQUIREMENT



20b Build your own toolbox.

You will need five 1-by-6-inch pieces of wood. The two side pieces are 17½ inches long. The bottom piece is 16 inches long.

THE HANDLE IS A BROOMSTICK PIECE OR DOWEL.

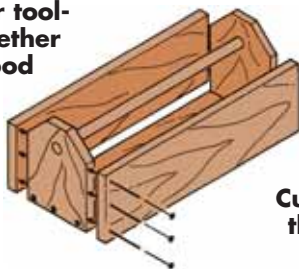


The ends are made of the same 1-by-6-inch wood and are 10 inches long. Cut off the corners and drill a hole large enough for the broomstick piece. (The parts can also be cut from ¾-inch plywood.)

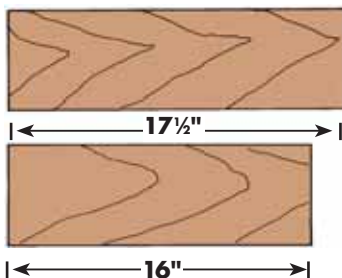
Did you know that wood sizes are measured when boards are still rough? When the rough edges are

cut off, the board measures smaller. Your 1-by-6-inch board is really only $\frac{3}{4}$ inch thick and $5\frac{1}{2}$ inches wide.

Put your tool-box together with wood screws.



1" X 6" BOARDS



Cut two pieces 17½ inches long for the sides and one 16 inches long for the bottom.



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REQUIREMENT



20c

Use at least two tools listed in requirement *a* to fix something.



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NOTE for Akela: It is best to use only simple hand tools and avoid power equipment when working with Cub Scout-age boys. Ask your son's den leader to show you Chapter 13, "Health and Safety," of the *Cub Scout Leader Book*.

CUB SCOUT LEADER BALOO SAYS:
When you have completed all three requirements, have a parent or another adult sign here.



Akela's OK

Date

Recorded by the den leader



Model kits can be fun to put together. You can be proud of your model when it is finished. Most boys like to build models. Did you know that you might still be building models when you grow up?

Many grown-ups like to build models as a hobby. They build ships out of wood or large model train layouts they call *pikes*.

Models are also used by companies for serious purposes. Automakers build small models of their new cars before they actually start making them. Companies that build

airplanes do the same things. People who design and build shopping centers and other buildings often build models to see what the building will look like. Model building can be serious business for grown-ups. As you can see, model building can be more than just going to the hobby shop and buying a kit.

Do requirement g and two other requirements.

REQUIREMENT



21a Build a model from a kit.

This can be any kind of model. Follow the directions, and feel free to change it any way you want to make it your own.



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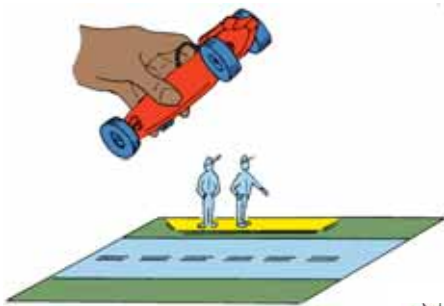
REQUIREMENT



21b Build a display for one of your models.

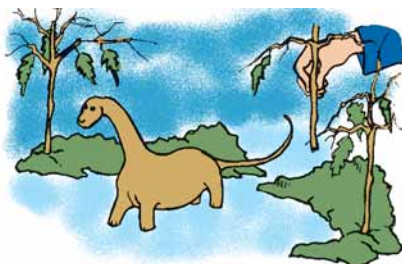
If your model is a boat, mold soft clay into “waves” around the boat up to the water line. Remove the boat. After the clay has hardened, paint it blue and white to make it look like water with waves and whitecaps.





If your model is a race car, draw a short piece of the race track on paper or cardboard. Set up your crew in the “pits.”

If your model is a dinosaur, give it a natural setting by using clay, leaves, and twigs.



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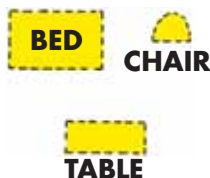
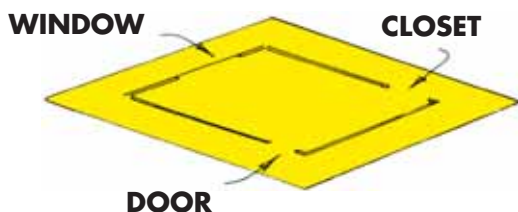
REQUIREMENT



21c

Pretend that you are planning to change the furniture layout in one of the rooms in your home.

Draw the outline of the room on a piece of paper. On another piece of paper draw the outlines of the furniture and cut them out. Draw your room and furniture cutouts to the scale of $\frac{1}{2}$ inch = 1 foot. Use the paper cutouts on your room drawing to plan the changes. See how much easier it is to move your cutouts around than it is to move the furniture. Models let us see what the real thing will look like before it is made.



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REQUIREMENT



21d

Make a model of a mountain, a meadow, a canyon, or a river.

Use dirt, sand, stones, sticks, twigs, and grass cuttings.



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REQUIREMENT



21e

Go and see a model of a shopping center or new building that is on display somewhere.

That model might have been built to help plan the construction. It might also have been used to show the project to community leaders.



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REQUIREMENT**21f**

Make a model of a rocket, boat, car, or plane.

Use whatever you want to make it.



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REQUIREMENT**21g**

Complete the Character Connection for Resourcefulness.



Resourcefulness

Know. Review the requirements for this achievement and list the resources you would need to complete them. Then list the materials you could substitute for items that you do not already have. Tell what it means to be resourceful.

Commit. After you complete the requirements for this achievement, list any changes that would make the results better if you did these projects again. Tell why it is important to consider all available resources for a project.

Practice. While you complete the requirements for this achievement, make notes on which materials worked well in your projects and why.



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CUB SCOUT LEADER BALOO

SAYS: When you have done requirement **g** and two other requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



22

Tying It All Up



Sailors, cowboys, and mountain climbers all use good strong rope. Their lives sometimes depend on their ropes and the knots that hold them in place.

Do five requirements.

REQUIREMENT



22a Whip the ends of a rope.

Ropes are made of twisted fibers. As long as the rope is in one piece, the fibers stay in place, but when the rope is cut, the fibers in the two ends begin to straighten out. Whip them in place with string or wrap them with tape.

1.



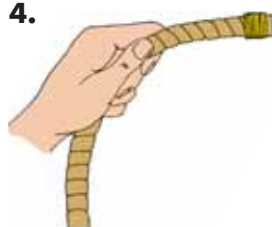
2.



3.



4.



WHIP A ROPE.

Start with a 2-foot length of twine or cotton fishing line. Form it into a loop and place it at one end of the rope. Wrap the twine tightly around the rope, starting $\frac{1}{4}$ inch from the rope end. When the whipping is as wide as the rope is thick, pull out the ends hard and trim off the twine or fishing line.



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REQUIREMENT**22b**

Tie a square knot, bowline, sheet bend, two half hitches, and slip knot. Tell how each knot is used.

SQUARE KNOT. A common knot made with two overhand knots. Square knots are used in first aid to tie bandages and to join two pieces of rope of the same thickness.



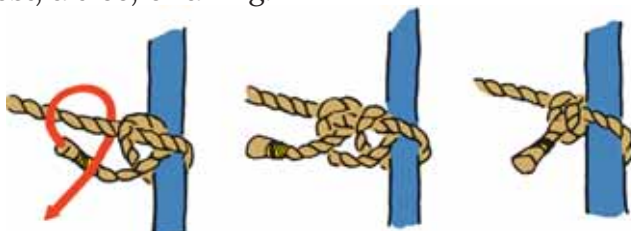
BOWLINE. A knot to make a nonslip loop at the end of a rope. It is a rescue knot when tied around the waist.



SHEET BEND. This knot looks like a bowline, but instead of making a loop, it joins ropes of different sizes.



TWO HALF HITCHES. This knot is used to tie a rope to a post, a tree, or a ring.



SLIP KNOT. This knot slips easily along the rope around which it is made. The knot itself is a simple overhand knot. It can be used to tie a rope to a post.



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REQUIREMENT



22c

Learn how to keep a rope from tangling.

Before you put a rope away, lay the rope out straight on a dry surface. Be sure there are no kinks or knots in it. Hold the end of the rope in one hand and coil the rope around your forearm from hand to elbow. Loop it around as many times as necessary to take up all of the rope. Take it off your elbow, hold the coil in your hand and take off the last loop with your other hand. Make a few turns around the coils with this end and pass it through the top of the coil held by your hand.



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REQUIREMENT

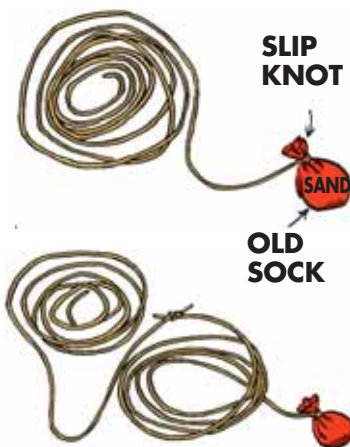


22d

Coil a rope. Throw it, hitting a 2-foot-square marker 20 feet away.

Put a weight on the end of your rope, heavy enough to carry your line out when you throw it.

Coil your rope in 1-foot loops. Hold half the loops and the weighted line in your throwing hand. Hold the other loops in your other hand.



Face the marker and swing the line toward it. Keep trying until you can hit the mark. It is important that you become good at this in case someday you need to rescue a person from drowning.



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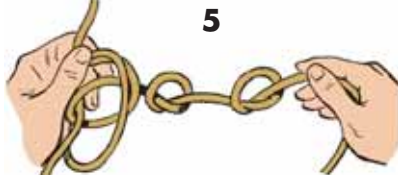
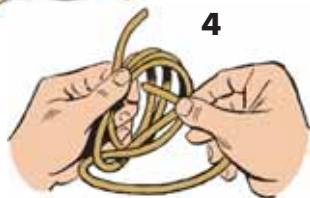
Date

REQUIREMENT**22e****Learn a magic rope trick.**

Fold your arms across your chest, lean forward, and pick up one end of a rope in each hand. Unfold your arms and you have tied an overhand knot.



MAN OVERBOARD. Hold one end of a rope in your left hand with your thumb up. With your right hand thumb down, grasp the rope and turn your left hand thumb up to match your left hand. Transfer the loop from your right hand to your left. Continue to make loops in this way until you get near the end of the rope. Then pass the end of the rope through all of the loops. Ask someone to pull the end of the rope while you hold the loops loosely in both hands. As the rope runs out, overhand knots will appear in a chain of knots.



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REQUIREMENT



22f

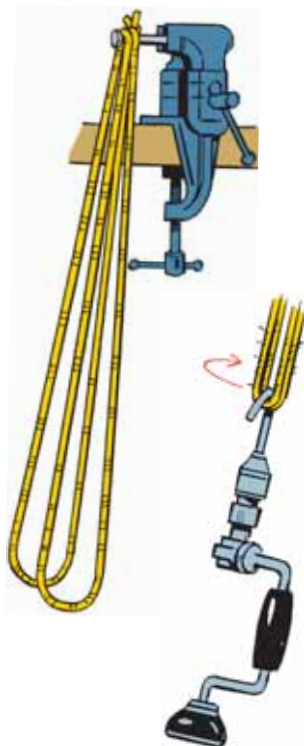
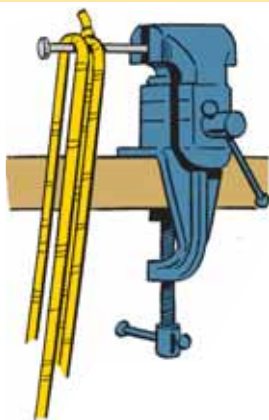
Make your own rope.

Use 24 feet of twine. Put the ends alongside each other and tie them in an overhand knot.

Soak the twine thoroughly before you start. Clamp a large nail in a bench vise and loop the knotted end of the twine over the nail.

Pull the twine loop out straight until you get to the end of the loop. Take the end of the loop back to the nail and place it over the nail and on top of the knotted end of the twine. Now pull back on the two loops to their ends.

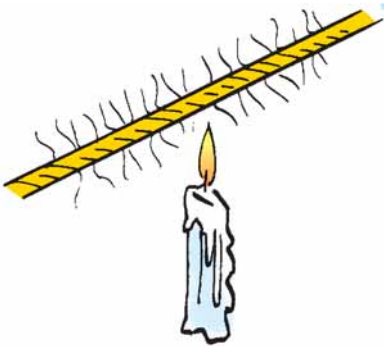
Put the two loops on a hook that you have placed in a carpenter's drill brace. Using the brace and pulling back slightly to keep the twine tight, twist the four strands of twine together tightly until they choke up around the nail and the hook. Keep the twisting twine straight by pulling back on the brace.



Place a chair or stool where you are standing and rest the brace on the seat. The weight of the brace will keep your new rope straight.

Now for the hard part: Let the rope dry for 24 hours. Then remove the nail and hook and whip each end.

With an adult's help, singe the loose fibers from the rope.



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

CUB SCOUT LEADER BALOO SAYS:
When you have done five of the requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



Sports make for great times. They help us stay healthy and in good shape. They are fun to watch and fun to play.

Do all five requirements.

REQUIREMENT**23a**

Learn the rules of and how to play three team sports.

**Soccer****Basketball****Volleyball****Ultimate****Baseball or softball**

NOTE for Akela: Ask your son's den leader to show you the pages in *Cub Scout Academics and Sports Program Guide* for each of the sports listed.



 Akela's OK for the Bear Trail

 Date

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 Date
REQUIREMENT**23b**

Learn the rules of and how to play two sports in which only one person is on each side.

Tennis, bowling, marbles, table tennis, badminton, and golf are examples of individual sports.

NOTE for Akela: Ask your son's den leader to show you the pages in *Cub Scout Academics and Sports Program Guide* for each of the sports listed.



 Akela's OK for the Bear Trail

 Date

OR Akela's OK for the Arrow Point Trail

 Date

REQUIREMENT



23c

Take part in one team and one individual sport.

Team Sport

Individual Sport



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT



23d

Watch a sport on TV with a parent or some other adult member of your family.



Discuss the rules and how the game was played.



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT



23e

Attend a high school, college, or professional sporting event with your family or your den.

Did the players show good sportsmanship?

Did the spectators?



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

CUB SCOUT LEADER BALOO SAYS:

When you have done five of the requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader



Leadership means more than just telling others what to do. It means doing the right things. It also means listening to everyone's ideas before going ahead.

It's hard to be a good leader, but you feel good if you do your job well.

Your community and country need good leaders. In these requirements you will find some ways to be a good leader.

Do requirement f and two other requirements.

REQUIREMENT**24a**

Help a boy join Cub Scouting or help a new Cub Scout through the Bobcat trail.

Do you know any boys your age who are not Cub Scouts?
Being interested in others is the mark of a leader.



 Akela's OK for the Bear Trail

 Date

OR Akela's OK for the Arrow Point Trail

 Date
REQUIREMENT**24b**

Serve as a denner or assistant denner.

Denner _____ from _____ to _____

Assistant

Denner _____ from _____ to _____

*NOTE for Akela: The denner is elected by the den for a short period, usually one or two months. Ask your son's den leader to show you "The Wolf and Bear Programs" in the *Cub Scout Leader Book* for more information.*



 Akela's OK for the Bear Trail

 Date

OR Akela's OK for the Arrow Point Trail

 Date

REQUIREMENT



24c

Plan and conduct a den activity with the approval of your den leader.

Den activity _____

Den leader's signature _____

Date _____



_____ Akela's OK for the Bear Trail

_____ Date

_____ OR Akela's OK for the Arrow Point Trail

_____ Date

REQUIREMENT



24d

Tell two people they have done a good job.

For example:

- A Cub Scout leads a good ceremony.



- A parent helps your den with an outing.



- A classmate does well on an assignment.



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT**24e**

Leadership means choosing a way even when not everybody likes your choice.

Talk about these hard choices with a parent or another adult. What would you do if it were up to you?

- It is time to go home, but you are having a good time with your friends and they don't have to be home until 30 minutes later. What do you do?
- Your friends are going to ride their bikes to the other side of town, and they ask you to go with them. You know you are not allowed to do that. What do you say to them?
- A new boy has moved into the neighborhood. How do you become his friend?
- While your class is taking a test, the teacher leaves the room. Some of the students start trading test answers. Do you?
- What if another student asks you for an answer?
- Is it hard to keep from cheating?



Akela's OK for the Bear Trail

Date

OR Akela's OK for the Arrow Point Trail

Date

REQUIREMENT



24f

Complete the Character Connection for Compassion.



Compassion

Know. Tell why, as a leader, it is important to show kindness and concern for other people. List ways leaders show they care about the thoughts and feelings of others.

Commit. Tell why a good leader must consider the ideas, abilities, and feelings of others. Tell why it might be hard for a leader to protect another person's well-being. Tell ways you can be kind and compassionate.

Practice. While you complete the requirements for this achievement, find ways to be kind and considerate of others.



_____ Akela's OK for the Bear Trail

_____ Date

OR Akela's OK for the Arrow Point Trail

_____ Date

CUB SCOUT LEADER BALOO SAYS: When you have done requirement **f** and two other requirements, have a parent or another adult sign here.



_____ Akela's OK

_____ Date

_____ Recorded by the den leader

Official Placement of Insignia

SHOULDER SEAM



LEFT SLEEVE



RIGHT SLEEVE



LEFT POCKET



RIGHT POCKET



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