

# THE ULTIMATE CUBMASTER CHALLENGE!

Can you show Scout Spirit in your community when school is out? Try the following activities at home! Have your parents' permission before you do each one, and make sure that your parents are around before using things like scissors, the stove, or the internet.

To complete the challenge, find your rank, pick the right number of activities, and Do Your Best!

RANK	Number of Activities to Complete
Lion	5 activities
Tiger	7 activities
Wolf	8 activities
Bear	9 activities
Webelos and Arrow of Light	10 activities

But don't stop there! Do more for extra fun!

Have your parents sign beside each activity when you complete it, and when you have done enough activities, give the form back to your Cubmaster for a special award!

- \_\_\_\_\_ 1. Using supplies you have at home, make a mini first aid kit that would be good to take with you on a hike. You may use your scout handbook for ideas, or the internet with your parents help. Keep the first aid kit with your scout gear to take on your next hike!
- \_\_\_\_\_ 2. With your family, go on a walk or hike that is at least 1 mile long. Take your Cub Scout 6 essentials (look at your handbook for help.)
- \_\_\_\_\_ 3. With your parents help, do a Google search for "Andy Goldsworthy for kids." Using the images for inspiration, go outside and use natural materials like sticks and rocks to create a design that makes you happy without hurting any living plants. Share it with your family.
- \_\_\_\_\_ 4. With help from your parents: (do not use a stove or a knife without your parents help)
  - i. Grades K-3: plan and prepare a healthy snack for your family.
  - ii. Grades 4/5: plan and prepare a balanced meal for your family.
- \_\_\_\_\_ 5. Create a list of 5 exercises you can do every day to keep yourself active for at least 15 minutes. Do this list of exercises every day for 5 days; keep an exercise log.
- \_\_\_\_\_ 6. Have a dance party with your family. Can you dance for at least 15 minutes? Longer?
- \_\_\_\_\_ 7. Make a list of 2 or 3 service project ideas you think the Pack could do to help our community next year. Share this with your Den Leader or Cubmaster.
- \_\_\_\_\_ 8. Talk with your parents about good phone etiquette. With your parents' permission, call a neighbor or family member to check on them. Talk to them for at least 5-10 minutes to brighten their day. Make sure to ask them questions and be a good listener.

- \_\_\_\_\_ 9. Write a letter, make a card, draw a picture or fold some origami with someone you know in mind. This can be a friend or a family member. Have your parents help you send it to them in the mail – use a damp towel to wet the seal on the envelope.
- \_\_\_\_\_ 10. Donate food or personal supplies to a local organization that will distribute food to families in our area. Wash your hands before handling the donated items.
- \_\_\_\_\_ 11. Using recycled materials, and with guidance from your parents, create a musical instrument or toy of your choice, such as a drum or a ball toss game.
- \_\_\_\_\_ 12. Using string or rope, tie a square knot. Have your parent verify that you tied it correctly. Try it again if you need to. Do your best!
- \_\_\_\_\_ 13. Using the attached template image of an American flag, fold the flag using the standard flag folding technique. (The flag ends up being a paper football -- can you play with your parents?)
- \_\_\_\_\_ 14. Invent a new game! This can be a board game or a whole-body movement game. Write the rules, create a list of supplies (or make the supplies, including the board and game pieces), and teach it to your family. Play it!
- \_\_\_\_\_ 15. Learn trail signs using the attached printable. Go outside and practice them. Can you remember at least 5 of them by heart? <http://34.230.84.94/2015/04/nature-walk-trail-sign.html>
- \_\_\_\_\_ 16. Go on an Outdoor Adventure Hunt in your back yard. See if you can find everything on this list: [https://drive.google.com/file/d/0B1NqR9nHnp\\_VDU5a1FjUUYyWDA/view](https://drive.google.com/file/d/0B1NqR9nHnp_VDU5a1FjUUYyWDA/view)
- \_\_\_\_\_ 17. Choose 3 points of the Scout Law that are important for us to remember right now, and tell your parents why they help us protect our community.
- \_\_\_\_\_ 18. Write 3 jokes that are funny and share them with your family at a meal.
- \_\_\_\_\_ 19. Make a list of 3 things that you can do to help your family at home. Examples are: make my bed without being asked, feed the pets, help sweep the kitchen, etc. Do those 3 things at least once with Scout Spirit (Cheerful attitude!).
- \_\_\_\_\_ 20. With a parent, go on a Virtual Field Trip:  
[https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlgE3iExmi3qh2KRRku\\_w/preview?fbclid=IwAR3WglZSp9bXO95ekqLXEQ8tYy4gCWbL6FQEdQoF6o3rjjw2aGDwGTGoG\\_U](https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR3WglZSp9bXO95ekqLXEQ8tYy4gCWbL6FQEdQoF6o3rjjw2aGDwGTGoG_U)
- \_\_\_\_\_ 21. Play the “Say What?” Game, attached, for grades 2 and older. You can print the page at home on a color printer, or write the colors using markers or crayons.
- \_\_\_\_\_ 22. Earn the Cyber Chip for your grade: <https://www.scouting.org/training/youth-protection/cyber-chip/>

## Activity 1: Simple Hiking First Aid Kit

A simple first aid kit for hiking should be lightweight but should be able to help treat basic cuts and injuries most likely to happen on the trail.

- Assortment of 3-5 bandaids
- gauze pads, a roll of gauze and/or a roll of medical tape
- Antiseptic towelettes
- Triple-antibiotic ointment
- Sting-relief wipes
- Protective gloves (non-latex)
- Optional: Moleskin to help prevent and treat blisters
- Optional: Small pair of scissors
- Optional: Tweezers

After collecting the first aid supplies, place them in a container of your choice. This can be as simple as a plastic Ziploc bag, or a lightweight plastic or metal container with a lid.

Write "First Aid" and/or put a red cross on the outside of the first aid kit, the universal sign of First Aid.



## **Activity 2: Cub Scout 6 Essentials**

For any outdoor activity, each Cub Scout should carry the following in a backpack of their own:

### **FIRST AID KIT**

Cub Scouts will only need a small kit of their own. Their kids should have some adhesive bandages, moleskin to prevent blisters, antibiotic ointment (single use packages work great), and insect bite pain reliever. This is not a comprehensive list, but it will get your Cub Scout started.

### **FILLED WATER BOTTLE**

Keeping your Cub Scout hydrated is crucial, especially when it is hot out. Everyone should have a water bottle that will hold enough water for the entire hike. If you're going on a longer hike and need to carry more water, a Camelbak hydration pack is a great solution.

### **FLASHLIGHT**

For camping and to have at night.

### **TRAIL FOOD**

Trail mix, granola bars, fruit... food that is healthy, energy boosting and does not need to be refrigerated.

### **SUN PROTECTION**

We all know how important sunscreen is - even when its cloudy. Also a hat and lip balm.

### **WHISTLE**

There are two things your Cub Scouts need to know about the whistle: 1) It's only for emergencies, and 2) Three blasts of the whistle means "HELP!" It might be a good idea to practice the help signal before the hike or during a den meeting in order for the boys to understand the rules associated with the whistle.

Remember, everyone going on the hike, or camping needs to have their own (this includes parent partners and leaders). Each Cub Scout needs to carry these items in their own backpack.

<http://www.scouterlife.com/blog/2017/3/1/cub-scout-six-essentials>

### Activity 3: Outdoor Nature Creativity

Andy Goldsworthy is an artist who uses natural materials to create temporary art. He creates interesting shapes and color variations to make beautiful designs.

[https://www.slideshare.net/kimberlyn7/the-art-of-andy-goldsworthy?next\\_slideshow=1](https://www.slideshare.net/kimberlyn7/the-art-of-andy-goldsworthy?next_slideshow=1)



We can do that, too! Using sticks, stones, leaves, pinecones, and other natural materials you find on the ground, create shapes and designs. Use interesting colors, shapes, and textures to make patterns and lines.

Most importantly, don't harm living plants. Make sure to pick up your materials from the ground. What design are you going to make?



## Activity 4: Yummy Healthy Food!

### Grades K-3:

Smart Snack choices help you get energy without being too sugary. Whole fruit, vegetables with dip, granola and nuts, along with a side of water, helps re-energize you during the day.

There are so many options to choose from, you are bound to find something that you and your family will like!

Choose whole foods over fruit juices, because all the vitamins and minerals are preserved to make you strong. If you select something with bread, choose whole wheat varieties, and dairy items like milk, cheese, and yogurt provide calcium and protein for strong bones.

<https://tastesbetterfromscratch.com/50-healthy-kids-snack-ideas/>

Snacks can also be fun! If you had fun at the Pinewood Derby, perhaps you could try these snacks:

<https://cubscoutideas.com/10574/healthy-pinewood-derby-snacks/>

### Grades 4-5:

When planning a meal, try to find foods that fill your plate from all 5 food groups: Fruits, Vegetables, Grains (whole grains are best), Protein, and Dairy. Use the diagram below to help you plan a meal using foods from all 5 food groups that you and your family will like to eat!

<https://www.superhealthykids.com/parenting/nutrition-lesson-wolf-den/>



## Activity 8: Call Someone. Reach out to let them know you care!

### Phone Etiquette:

**1. Ask first.** Always ask a parent before you call anyone.

**2. Use polite words.** When the other person answers the phone, ask politely “Hello, my name is \_\_\_\_\_. May I speak with \_\_\_\_\_?”

**3. Ask questions, then listen.** People appreciate when others are interested in their lives. You could ask how they are doing. Ask what they ate at their most recent meal. Ask if they are reading a book that is interesting or what they are doing with their time. What other questions would be nice to know?

**4. Let them know you care.** Tell them you are thinking about them. That you hope they are doing well. Most people also enjoy listening to how you are doing as well. But make sure you listen before you speak.

**5. End the conversation politely.** Work on ending a conversation with manners. You could say, “My mom is calling me to dinner, so I have to go. But it was very nice speaking with you, Isabella.” You may also say something like “I hope you stay healthy and let us know if you need anything.”

No matter who you are talking to, perhaps the most important thing to remember is to leave the conversation on a positive note. This is a sure way to make sure to leave the other person with a smile on their face. Your Cheerfulness will make a difference in that person’s day!

**NOTE: Emergencies.** If you or a parent are in an emergency situation, know that you should dial 911 to call for help. If it is NOT an emergency, do NOT dial 911, as it would get in the way of someone who DOES need help.

## Activity 10: Recycled Creations

Make a musical instrument: use recycled materials (plastic spoons, cereal boxes, jars lids and rubber bands). Can you make rhythms or notes with it?

<https://feltmagnet.com/crafts/Music-Instruments-for-Kids-to-Make>

Or, make your own toys using recycled materials:

<https://babbledabbledo.com/40-of-the-best-diy-toys-to-make-with-kids/>

Now, play with them! When you are done, can they be recycled again?

## Activity 11: Square Knot

The Square Knot is used to join two ropes together or to tie a single rope into a loop. It is a fundamental knot in scouting.

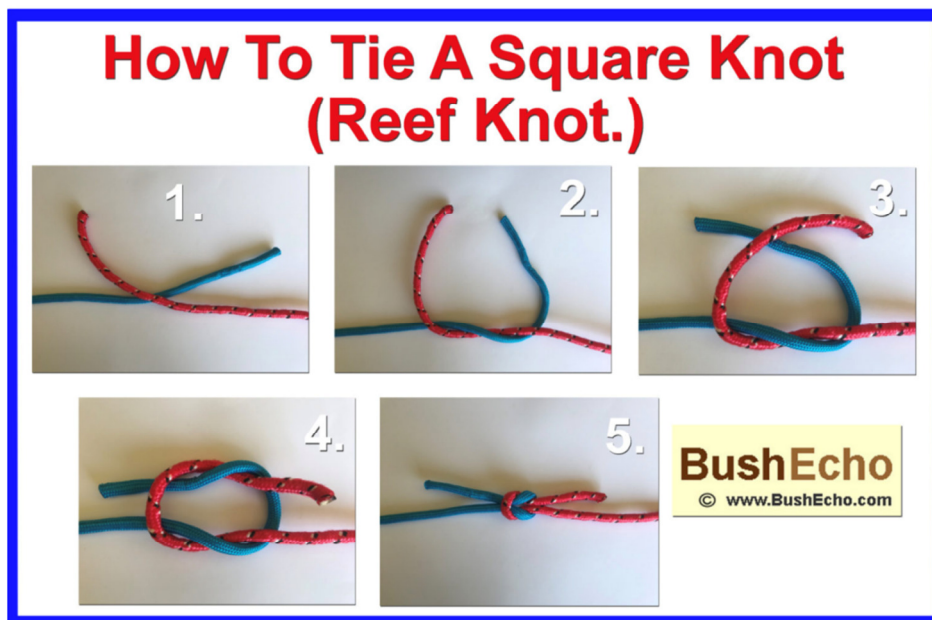
Remember the phrase: "Right over left, Left over right."

Here are some links and videos to help! When you are done, the square knot should be easy to untie.

<https://www.animatedknots.com/square-knot>

<https://boyslife.org/outdoors/outdoorarticles/147528/how-to-tie-a-square-knot/>

<https://www.youtube.com/watch?v=LOAxIQk8wj8>



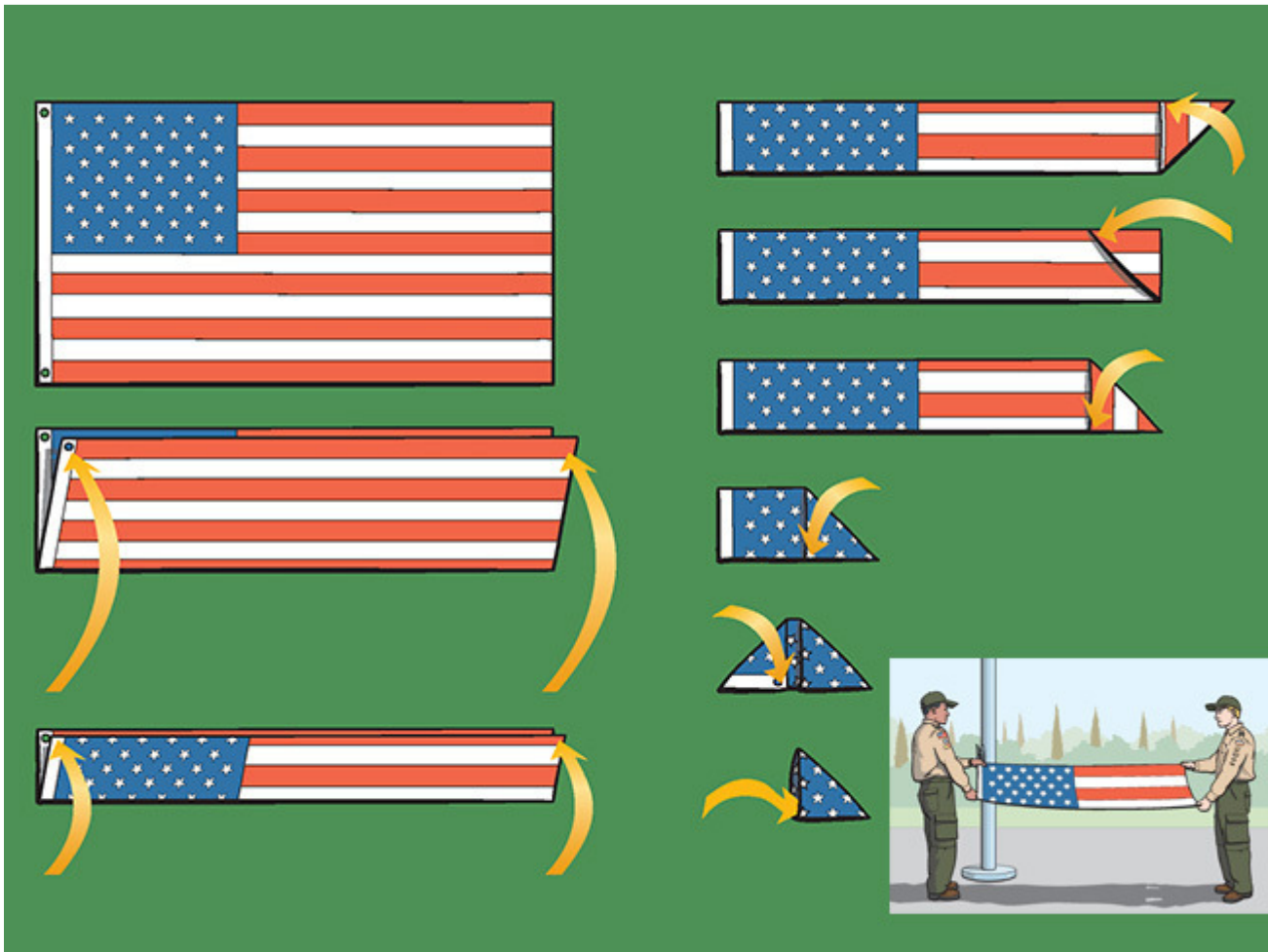


## Activity 12: American Flag folding

Folding the American Flag correctly is one way that we show respect for all the soldiers and civilians who fought to protect our country. The best way to learn is to practice!

Use the diagram below and the link to a video, below, to learn. On the next page is a picture of the American flag that you can cut out and practice folding. When you are done, the blue field of stars should be the only thing visible.

<https://boyslife.org/video-audio/145871/how-to-display-and-fold-the-american-flag/>



And, to play paper football, watch this video:

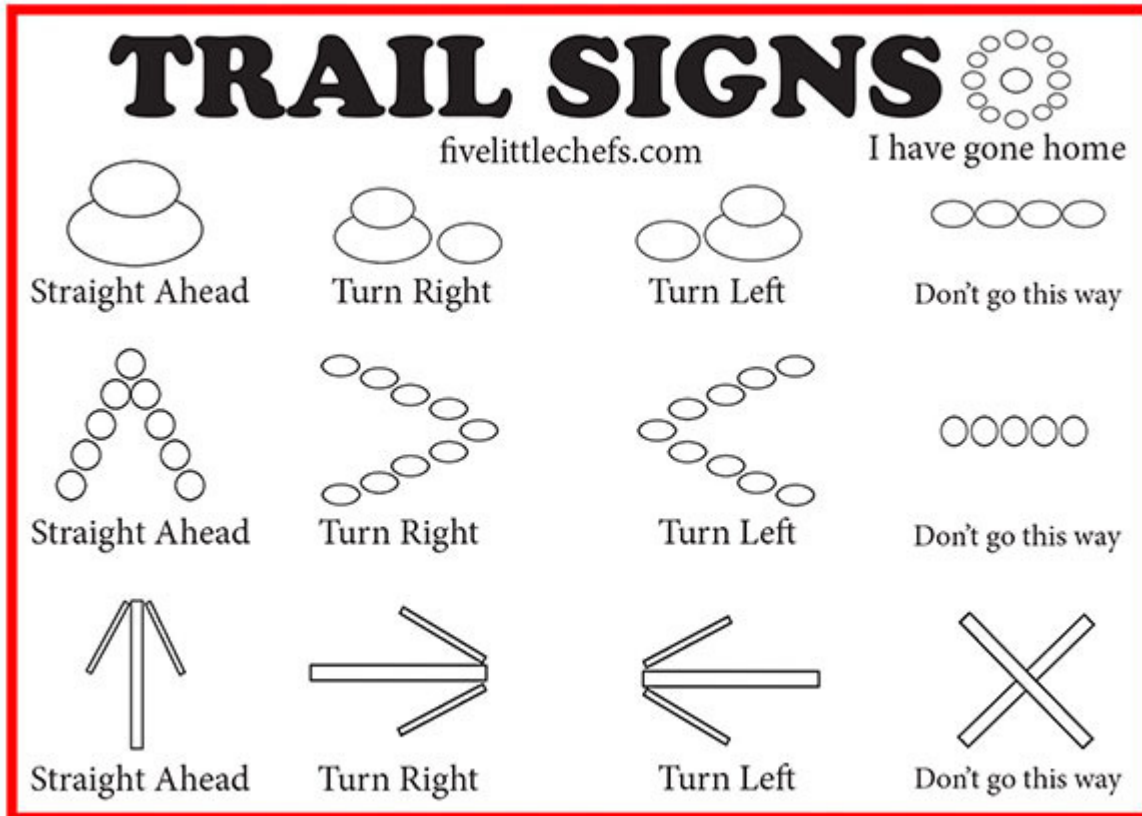
<https://www.google.com/search?q=paper+football+rules&og=paper+football+rules&ags=chrome..69i57j0l7.3861j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=iuluXqTENSHE1QG7k7bIBA24>



## Activity 14: Trail Signs

When hiking on a trail, you can leave signs for other hikers to tell them things, like when you leave a trail to go home. This is a way that long-distance hikers can watch out for each other and keep each other safe.

Here are some trail signs used for hikers to communicate with each other. You can teach yourself these signs by practicing them outside using sticks and stones. Can you remember them?



<http://34.230.84.94/2015/04/nature-walk-trail-sign.html>

## Activity 15: Outdoor Adventure Hunt

Go outside and find these things. How many can you find?

# OUTDOOR ADVENTURE HUNT

- Something colorful.
- A pinecone.
- An acorn.
- Something smooth.
- Something rough.
- Two kinds of leaves.
- Two kinds of sticks.
- Something bumpy.
- A flat rock.
- Something fuzzy.
- Something pretty.
- A chewed leaf.
- A flower or petal.
- A piece of litter.
- Something you think is a treasure.



## Activity 16: Scout Oath and Law

### Scout Oath

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

### Scout Law

The Scout Law has 12 points. Each is a goal for every Scout. A Scout tries to live up to the Law every day. It is not always easy to do, but a Scout always tries.

#### A Scout is:

- **TRUSTWORTHY.** Tell the truth and keep promises. People can depend on you.
- **LOYAL.** Show that you care about your family, friends, Scout leaders, school, and country.
- **HELPFUL.** Volunteer to help others without expecting a reward.
- **FRIENDLY.** Be a friend to everyone, even people who are very different from you.
- **COURTEOUS.** Be polite to everyone and always use good manners.
- **KIND.** Treat others as you want to be treated. Never harm or kill any living thing without good reason.
- **OBEDIENT.** Follow the rules of your family, school, and pack. Obey the laws of your community and country.
- **CHEERFUL.** Look for the bright side of life. Cheerfully do tasks that come your way. Try to help others be happy.
- **THRIFTY.** Work to pay your own way. Try not to be wasteful. Use time, food, supplies, and natural resources wisely.
- **BRAVE.** Face difficult situations even when you feel afraid. Do what you think is right despite what others might be doing or saying.
- **CLEAN.** Keep your body and mind fit. Help keep your home and community clean.
- **REVERENT.** Be reverent toward God. Be faithful in your religious duties. Respect the beliefs of others.

## Activity 20: Say What?

If you like to read, read the following words out loud. You must read the COLOR the word is written in, not the word itself. So the word "yellow" written in green ink, you would say "Green."  
Afterward, discuss how your brain wants to read the actual word. Even when you can make yourself do it correctly, you have to read much slower than normal. This is an example of how difficult it is for students with learning disabilities to get through the day. Their brain understands what needs to be done, but they have to struggle to make it come out right.

Not being able to do this activity correctly does not mean you are not smart. It just means that your brain wants to do something different.

Try it! It's REALLY hard!

**YELLOW**      **BLUE**      **ORANGE**

**BLACK**      **RED**      **GREEN**

**PURPLE**      **YELLOW**      **RED**

**ORANGE**      **GREEN**      **BLACK**

**BLUE**      **RED**      **PURPLE**

**GREEN**      **BLUE**      **ORANGE**