

# Recording your Activity Badges

Name:

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Pack:

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## Animal Carer Activity Badge

Choose one of these to do:

- Take care of a pet for at least two months. Give it the correct foods, and learn to recognise common traits and habits including how to groom, clean and exercise the animal.
- Help to care for a farm animal for at least two months. Know the correct foods to give it and be able to recognise common illnesses. Learn what special care you need to give before and after the birth of farm animals.

Then choose two of these to do:

- Keep a record of bird, animal or insect life in your garden, local area or park. Keep pictures, sketches, photographs or audio recordings. Do this for at least three months.
- Visit a zoo, wildlife park, animal sanctuary or rescue centre. Find out about some of the animals you see.
- Belong to an animal, bird or wildlife society. Either take part in one of its activities or make progress in any award scheme it offers.
- Find out about dangers that threaten wildlife in their natural habitat. Make a poster, collage or drawing or tell other Cub Scouts what you found out.
- Learn and understand what you need to do and be aware of when deciding to own a pet.

## Artist Activity Badge

Choose three of these activities to do. You must have your leader or another adult with you for one of these activities.

- Imagine an event, character or scene. Now draw it using a pencil, brush, pen or crayon. Design and make a greetings card.
- Make a poster advertising Scouting or a Cub Scout event. Design and make a decorated book cover.

## Water Activities Activity Badges

Your Water Activities badge is in two parts.

- Explain the safety rules for all water activities.

Then choose one of the following options

Option 1: Reach one of these standards:

- British Sub Aqua Club's Dolphin Snorkeler Qualification
- Professional Association of Diving Instructors' Discover Scuba (Bubble Maker) or Seal Team Programme
- British Surfing Association's Junior Scheme Level One Award
- British Water Ski & Wakeboard's Cutting Edge Participation Certificate RYA Windsurfing Youth Stage 1.

Option 2: Take part in two of these activities:

- scuba diving , snorkelling windsurfing
- water skiing surfing
- rafting.

## World Faiths Activity Badge

- Visit a place of worship of a faith other than your own.
- Find out some information about the building, what's inside it and how it's used for worship.
- Meet someone who belongs to a faith or denomination other than your own. Find out how they put their faith into practice.
- Find out about the places of religious significance to a faith other than your own.
- Find out about the religious festivals and customs linked to a faith other than your own.

## Skater Activity Badge

- Use a skateboard, scooter, or in-line, quad or ice skates – for at least three occasions.
- Learn some safety rules about skating on the road and in other public places.
- Show what clothing and protective equipment you need to wear for your activity.
- You might include helmets, knee pads or elbow pads.
- Show how to start, stop and turn safely.
- Show how to fall safely and regain balance.
- Show how you do three different manoeuvres. You could demonstrate travelling backwards, spinning, jumping or turning.

## Sports Enthusiast Activity Badge

- Follow your chosen sport for at least three months.
- Find out the rules and laws of the sport. Explain them to an adult.
- Show you have a good knowledge of the teams and/or personalities in your chosen sport.
- Explain what equipment is needed for the sport.
- List some major events for the sport of your choice.
- Describe events that you have attended for your chosen sport. If you haven't been to an event, explain to your leader how you keep up- to- date with your sport.

- Draw or paint a picture of still life or a landscape.
- Make a display of photographs on a subject that interests you. Make a video on a subject that interests you.
- Design and build a model. Visit an art gallery.
- Make a model out of clay.

## Astronomer Activity Badge

- Make a model or draw a simple diagram of the Solar System.
- Explain the difference between a planet and a star.
- Learn how to observe the sun safely. Find out and explain how the earth moves around the sun.
- Observe the moon, using binoculars or a telescope if you can. Describe some of its features.
- Identify three constellations.
- Find out about two space-related subjects and present some information about them.
- You could find about planets, space exploration or technology.

## Athletics Activity Badge

- Take part in a proper warm up and warm down routine, using all the main muscle groups.
- Explain the best clothes to wear for athletics and how to be safe.
- Take part in one of these throwing activities:
- Throw a tennis or cricket ball as far as you can.
- Throw three beanbags into a bucket. Try to increase the distance each time. Throw a football or similar ball as far as you can.

Take part in two of these running activities and try your best:

- shuttle run 6 x 10m
- 50m skip with a rope
- 50m sprint
- 25m sack race
- 25m egg and spoon race
- 400m run.

Take part in one of these team activities:

- 4 x 100m relay
- team assault course
- assisted blindfold race.

Do one of these jumps and go as far or as high as you can:

- Sergeant jump
- standing jump high jump
- long jump.

### Athletics Plus Activity Badge

Take part in all the activities on the table. Take your best four scores and, if the points you score add up to eight or more, you get your badge.

Events	You get 3 points for	You get 2 points for	You get 1 point for
50m sprint	9 seconds	10 seconds	11 seconds
Throwing a cricket ball	25 metres	22 metres	18 metres
High jump	96cm	86cm	76cm
Long jump	3 metres	2.5 metres	2 metres
Sargent jump	35cm	30cm	25cm
Shuttle run 6 x 10 metres	18 seconds	19 seconds	20 seconds
50m skip with a rope	12 seconds	13 seconds	14 seconds
1,000 metre run	5 minutes	6 minutes	10 minutes

- Show how these liquids react to each other. Make a pH indicator solution. Use it to test the acidity or alkalinity of other liquids.
- Grow crystals.

#### Section 2: interacting with energy

- Create a basic electrical circuit which includes a switch.
- Show how it could be used to control a lightbulb powered by a battery.
- Make an air powered balloon rocket or a water rocket. Investigate ways of improving how far it can travel. Make a simple compass. Show the effects of metallic and magnetic materials upon it.
- Use marshmallows and spaghetti to build the strongest tower. Explain how you have improved your design. Find a way to show that hot air rises.

#### Section 3: living things

- Set up a wormery or ant colony. Record what happens over three or four weeks
- Investigate what happens to your pulse rate before, during and after exercise.
- Grow cress, beans, peas or a similar plant. Investigate what happens when the plant has no access to light. What happens when it has light, but no water?
- Find a way to show that plants take water up through their stems.
- Make some yoghurt and find out how living organisms are involved in the process.

## Pioneer Activity Badge

- Make your own rope, using a rope machine or working with a friend.
- Tie a simple lashing.
- Show how you would: Tie three different knots, such as a reef, figure of eight, sheet bend or bowline Make one hitch, such as a clove hitch, round turn and two half-hitches or a cow hitch.
- Take part in a knot game.
- Build an indoor pioneering project using simple knots and lashings.

## Road Safety Activity Badge

- Draw or take photos of 10 different traffic signs. Explain what they mean.
- Show how to use the Green Cross Code.
- Tell a leader why it's important to have different types of pedestrian crossing. Explain how to use them safely.
- Show that you know how to behave safely as a car passenger

## Scientist Activity Badge

Do six activities. You should choose at least one from each of these sections. For each one, explain or show to a leader what you did and what you found out.

### Section 1: reactions

- Show how vinegar reacts with different items and explain what happens. The different items could be steel wool, sodium bicarbonate or old dirty coins.
- Find out what happens when you add salt to water.
- Compare the density of water to the density of other liquids.

## Backwoods Cooking Activity Badge

- Show how to light a fire.
- Help someone prepare a fire for cooking on.
- Cook something using a billy can.
- Cook something in the embers of a fire.
- Cook something on a stick.
- Show how to make the fire safe when you have finished with it. Extinguish the fire and make the area safe.

## Book Reader Activity Badge

- Make a list of at least six books you have read or used recently. Books you have read on an e-reader count too.
- Name the authors of your books. Tell your leader or other Cubs something about three of your books. At least one book should be fiction and one should be non-fiction.
- Show that you know how to care for your books and know the benefits a library brings.
- Show that you can use a dictionary and a thesaurus.
- Write the review of your favourite book and share this with your leaders and cubs,

## Chef Activity Badge

- Learn the basic rules of safety and hygiene in the kitchen. Explain why they're important.
- Talk to your leader about the different ways of preparing and cooking food.
- Learn what the major food groups are. How do they fit into a healthy diet?
- Plan, cook, serve and clear away a two-course meal for at least two people. You should prepare and cook vegetables as part of the menu. Remember, an adult must supervise you for this step. Talk to the people you're cooking for about the menu.

## Collector Activity Badge

- Over three months, build up a collection of similar items.
- It could be anything, like stamps, coins, postcards or fossils.
- Display your collection in an exciting and interesting way.
- Talk about items in your collection. Which things particularly interest you?
- View a collection made by someone else.
- What do you like or dislike about the way it's presented?

## Communicator Activity Badge

- Get someone to give you directions or instructions to do something. Check that you have understood. Then follow the directions or instructions.
- Get someone you know to give you a call. Write down what they say, making sure that you have all the main details.
- Show you can send emails and text messages. You could also show how to use a mobile phone or a tablet to send a message to someone.
- Introduce yourself to an adult who helps out with your Pack. Talk to them for two minutes about your life, school or hobbies.

Choose three of these activities to do:

- Report on a local event, either past or present. Written like a newsletter or recorded so people can listen to it. Make contact with another Pack. Send them videos, letters or emails for period of time.
- Find out how people with a visual or hearing impairment communicate. You might learn about Braille, Makaton or British Sign Language. Learn a simple phrase in one of the ways you have learned.
- Tell a story about an experience you've shared with your leaders and other Cubs.

- Show how to change the mode and settings, use the zoom function, and transfer pictures to another device.
- Take at least five photographs of local landmarks could be used on a tourist leaflet or website.
- Take photos while you're on a trip, camp or another event. Present 10 of your best pictures to someone else after the event. You could present them in a scrapbook, on a screen, in a photo book or some other way.

Choose one of these activities to do:

- Take two pictures of the same thing – one in colour and one in black and white. Compare how the effects change the way the final picture looks.
- Make a short film on a subject of your choice.
- Using a series of photographs, make a short animation sequence.
- Edit the photos using smartphone or editing software. Explain why you changed and why.

## Physical Recreation Activity Badge

- Show a good sporting attitude in all games and sports you take part in.
- Tell your leader about the sports you take part in. Find out as much as you can about your sports, especially the rules.
- Show that you're fairly skilled in your sports.
- Take part for three months or more in at least one of your chosen sports.
- Bring the clothing and equipment for the sport you've chosen along to a meeting. Show how to look after them.
- Tell a leader about the training and preparation you take part in for your chosen sport. How and when do you practise?

## Personal Safety Badge

Explain the dangers of playing on or near two of these:

- railways or busy roads or building sites lakes or canal banks or river banks
- sand or gravel pits or quarries farmyards
- cliffs
- moorlands

Show you can use at least one of these codes:

- Water Safety Code
- Bathing Code
- Firework Code.
- Make up a safety code of your own choice. It could be for car passengers, train passengers or the playground.
- Explain what you must do if a stranger starts to talk to you.
- What must you tell your parents or carers if you are going out without them?
- Find out how and why you might contact a helpline like ChildLine, for example.
- Explain the best ways to stay safe while online. Some common sense rules to follow while you are on the internet.
- Memorise your address and your home telephone number or a parent's mobile phone number.

## Photographer Activity Badge

- Show that you know how to use and look after your digital or smartphone camera.

- Make sure that you communicate clearly and that everyone is following the story.
- Hold a simple conversation in another language.
- Write three simple messages using codes, ciphers, invisible ink or semaphore. Try to work out three similar messages given to you.
- Get an adult or Young Leader to give you a message. Remember it and repeat it back to them 10 minutes later. Pass a message to someone using amateur radio.
- Take part in Jamboree On The Air (JOTA) or Jamboree On The Internet (JOTI).

## Cyclist Activity Badge

First, do all five of these tasks.

- Regularly use a bicycle, which is the right size for you, with a cycle helmet.
- Show you can clean and oil a bicycle. Show how to pump up the tyres and mend a puncture.
- Explain why you must lock up a bicycle when you leave it unattended.
- Make a poster to promote road safety to pedestrians or cyclists.
- Talk to your leader or other Cubs about the safety measures you need to take when you cycle in bad weather.

Next, choose one of the two options. Finish all the tasks for the option you choose.

Option 1

- Show that you can mount and dismount your bike properly.
- Show how to keep your bicycle in a roadworthy condition. Why is it important? Explain why it's important to use lights and reflective clothing.
- Go for a short ride in a safe place to show an adult that you can ride safely and confidently.

## Option 2

- Find out about the safety equipment you need for cycling off-road.
- Show that you're able to control your bike over different types of terrain. Find out where, in your local area, is safe to cycle off-road.
- Plan and carry out a five-mile cycle ride off-road.
- You must wear your cycle helmet at all times.

**If you've gained Bikeability Level 2, you automatically get this badge.**

## DIY Activity Badge

- Show how to use and take care of tools safely. Do this for a selection of them, like a hammer, saw, screwdriver, drill or glue gun.
- Talk to your leader about how to work safely on your projects, especially when you're using electric tools.
- Learn what the difference is between hard wood, soft wood, chipboard, plywood and MDF. For each of them, find out what they're best used for.
- Help design and make something useful while an adult supervises you.

Use them to show that you're able to:

- measure accurately
- saw
- join pieces of wood together in two different ways
- use a hammer, screwdriver and drill
- prepare surfaces and stain, varnish or paint.

people involved, their titles and what they do the important or sacred objects the festivals and customs the stories and traditions. These could be from books, videos or other places.

- Choose a favourite prayer or reading. You could even write the prayer yourself. Share it with the Pack at a time that's good for everyone. Explain to the Pack why you like it and what it means to you.
- Choose your favourite festival. Explain what it celebrates or means and talk about the food, clothes and customs associated with the festival.

## Naturalist Activity Badge

- Learn how to identify six different living things from two of these categories, that means you should have 12 examples in total: trees, garden birds water birds, mini beasts and insects wild flowers, pond dwellers fungi, butterflies and moths
- Over three months, visit the same natural area at least four times. Take a note of the changes in the plants and wildlife that you see. You might visit a garden, hedgerow, canal, river lake or park. Make sure that you have an adult's permission for the visits.
- Learn the countryside code and how to follow it.

Choose one of these activities to do:

- Create a piece of art using natural material. You could do a bark or leaf rubbing, dried flower picture or maybe a collage.
- Use a dye that uses natural ingredients to colour a piece of material.
- Make a feeding station for birds. Get permission to hang it in a good position. Make a hedgehog, ladybird or bee house.
- With an adult pick wild edible berries, leaves or fruit. Use them in a recipe.



## Local Knowledge Activity Badge

Do three of the activities on this list.

- Find out about a famous person who lived in or near your area. The famous person could be from the past or present. Or you could learn about a famous building, monument, earthworks or other place of historical interest and visit it. Talk about what you find out with your leader or other Cubs.
- Collect pictures of your county, borough, district, town or village coat of arms. Find out what the coat of arms represents. Try to find as many different places as you can where the coat of arms is displayed. Tell your leader how many you found.
- Talk to someone who has lived in your local area for a long time. Find out about what life was like when they were young. What changes have they seen in the local area over the years?
- Draw a map of your area. Mark places of interest on it and, with other Cubs, go on a short walk in your local area. Point out any features of interest to your leader.
- Design a poster, leaflet or web page to advertise your area to a visitor.

## Martial Arts Activity Badge

- Regularly take part in a martial arts activity for at least three months. Show how you've improved over that time. Your martial arts activity should be recognised by your nation's sports council.
- Discuss with a leader the skills needed and the rules to be observed.
- Take part in one exhibition or competition.

## My Faith Activity Badge

- Find out about your place of worship and something about: the

## Disability Awareness Activity Badge

Choose one thing to do from each of the four lists.

### Disability awareness

- Explain what a disability is. What are the different types of disability?
- Research a famous person with a disability. Make a poster or write about their life and achievements.
- Visit a local community building like a library, town hall or cinema. How accessible is it for someone with a disability? Write down what you find out.
- Show how you could help someone with a disability to make the Cub Promise. Think of a different example to the ones in steps 2, 3 or 4.

### Physical disability awareness

- Find out about two different aids that can assist a disabled person. How do they help? You could find out about things like wheelchairs, computers, rising chairs or adapted cars.
- Find out about three ways to make it easier for a wheelchair user to use public places, like shops, parks, hospitals or libraries. How could your meeting place be made better for a wheelchair user?
- Make a sandwich using only one hand or draw a picture using only your feet to hold the pen.

### Deaf awareness

- Learn the alphabet using fingerspelling. Show you understand a word communicated to you using fingerspelling. Learn a song in Makaton or British Sign Language.
- Explain what equipment a deaf person might use in the home. You might look at special features on things like fire alarms, telephones or TVs.
- Show how you would approach a deaf person and speak to them so they can lip-read.

### Sight awareness

- Describe two different ways a blind or visually impaired person can read. You could talk about how they would use computers, Braille or Moon.
- Explain what guide dogs for blind people do. How are they trained? Learn and read your name in Braille.
- Show how to approach a blind or visually impaired person. How would you identify yourself?

### Entertainer Activity Badge

Choose two activities from the list to do.

- Help to make up a mime or play, then perform it.
- Perform a puppet play or shadowgraph using puppets that you have made.
- Help to plan and perform some recorded entertainment, like a video or audio story. Sing two songs.
- Perform some folk or traditional dances.
- Make a selection of simple rhythm instruments. Use them in a music performance. Tell a story to an audience.
- Make up and perform a dance to a piece of music of your choice. Help plan and perform a series of magic tricks.
- Take part in a show, concert or band performance.
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### Environmental Conservation Badge

- Learn how to separate recyclable and non-recyclable rubbish ready for collection.
- Find out where to take recyclable items that cannot be collected with your normal rubbish.
- Find out how to reduce the energy and water you use in your home. Show how you have encouraged your family to reduce water and energy use over four weeks.

### Home Safety Activity Badge

- Find out what to do about a burst water pipe, gas leak or electricity power failure in your home.
- Identify the common causes of accidents in the home. How they can be prevented?
- Find out how to protect your home from crime.
- Find out where the nearest public telephone box is to your house.
- Where else could you make an emergency call if the public telephone wasn't working?
- Make a list of useful emergency numbers.

### International Activity Badge

- Draw or create the World Scout Badge. Explain the meanings of each of its parts and talk about the advantages of being part of a global movement of scouts.
- Make, build or draw something to represent a country.
- Include things like its currency, national dress, cultures, customs and languages.
- Explore another country's traditions and culture around food and eating. What time do they eat? How do they eat? How do they sit? What do they eat?
- Take part in the activities of a celebration or festival that usually takes place in another country. Explore why the celebration or festival happens. What are the customs of the event?

## Hobbies Activity Badge

- Over three months, be actively involved in a hobby of your choice.
- Show your leader, or other Cubs, how you pursue your hobby.
- Show what equipment, materials and background information you have used.
- Show and explain to your leader or Young Leader what equipment, materials
- and background information you have used to take part in your hobby including any safety rules.
- Talk about your hobby including why you have chosen it and what you enjoy about it.
- Talk to your leader about how you plan to develop your hobby, interest or skill in the future.

## Home Help Activity Badge

- Plan, cook and serve a simple one-course meal.
- Wash up afterwards. Show how to clean a saucepan or other cooking utensils, cutlery and glasses. You could use a dishwasher for this step, including loading and unloading it.
- Help sort out the washing. Load and unload the washing machine.
- Iron at least two items. They could be things like pillowcases, scarf, t-shirts or trousers.
- Sew on a button or badge.
- Help to clean and tidy a living room.
- Clean at least two items in your home. They could be things like a basin or kitchen cupboard, silverware or brass.
- Take sheets, pillow covers and the duvet cover off a bed and help to put clean ones on. Make your own bed for a week and keep the room tidy.

- Find out about one type of renewable energy.
- Talk to your leader about the advantages and disadvantages of the technology.

Take part in two projects with a group of other people. You could:

- clear a ditch, pond or creek
- make, set up and look after a bird feeder, table, nesting box or bath
- look after a piece of land or a garden
- tidy up a piece of wasteland
- take part in an anti-litter campaign
- plant a tree or shrub
- look after a compost bin.

## Equestrian Activity Badge

- Show that you know how to dress safely for riding.
- Explain why it's important to wear a hard hat and the proper footwear.
- Point out the main body parts of a pony or horse.
- Point out the main parts of a saddle and bridle.
- Learn how to approach a pony or horse correctly.
- Learn how to mount and dismount a horse safely.
- Show the correct way to sit in the saddle.
- Show how to hold the reins correctly.
- Show how to walk and trot safely in an enclosed area, without a leading rein.

Show you can do two of these skills:

- walking without stirrups
- walking on a loose rein and shortening the reins
- riding up and down a hill at walking pace
- cantering
- riding over a single pole or very small fence.

## Fire Safety Activity Badge

Choose one of these activities to do:

- Visit a fire station or invite a fire fighter to your meeting place.
- Learn about some of the other things that fire fighters do.
- How do they help in road traffic accidents, rescuing people or animals, fitting smoke detectors and safety inspections at homes, schools or offices?

Then you need to:

- Take part in a fire drill at your meeting place. What should you do if a fire breaks out?
- Make an emergency escape plan for your home.
- Find out why it's important to use smoke and heat detectors.
- How would you check they're working and change their batteries?
- Point out three possible dangers at home or your meeting place that could start a fire.
- Find out how to keep a campfire safe for everyone. How do you stay safe around a fire?
- Explain how you should behave around a bonfire and fireworks.

## Gardener Activity Badge

- Find out what seasons are best to grow a selection of six fruits and vegetables. Find out what it is about those seasons that make them the right time to grow your fruit and vegetables.
- Learn what tools you need to garden (a minimum of three) and show that you know how to use them safely.
- Help to look after and grow at least one item in a garden or allotment for two months. Alternatively, grow at least two different fruits, vegetables or herbs for two months indoors or in plant pots.
- Design plant labels for the plants you are looking after or growing.
- Understand what mini beasts are and why they are good for our gardens and outdoor spaces. Visit a bug hotel and record what you find living there.

## Global Issues Activity Badge

- Draw the logos of three to five international charities. Find out about what they do and why and why they are important.
- Monitor the waste you produce as a Cub Pack and make a plan to reduce, reuse and recycle your Pack's waste.
- Take part in an international awareness day or week.
- Use pictures to show what you would need to survive if you became homeless because of a disaster, like flooding or an earthquake. Decide what your five most important things would be and discuss with your Cub Pack.
- Identify five belongings of yours that have come from other countries. Point out the countries on a map. Talk to others about why your belongings have come from so far away.