



INTRODUCTION

This chapter continues with three more Activity Areas: Health and Fitness, Home and Community, and Canada and the World. Refer to the previous chapter's introduction for clarification on how to build the Activity Areas into your program and themes.

THE HEALTH AND FITNESS ACTIVITY AREA

Purpose:

To encourage Cubs to lead active and healthy lives, and to have a positive image of themselves.

Goals:

The Health and Fitness Activity Area has five goals:

- To encourage Cubs to have healthy lifestyle attitudes through developing active living habits.
- To promote the positive benefits of being involved in physical activities.
- To educate Cubs about health risks associated with tobacco products.
- To educate Cubs about health risks associated with drug and alcohol abuse.
- To encourage good hygiene habits for maintaining personal health and promoting self-reliance.



Mowgli's Says: Look on Scouts Canada's web site, www.scouts.ca for web links to some of the Star, Badges and Award requirements. You will also find archives of *Scouting Life Magazine* with helpful program ideas!

The Health and Fitness Activity Area not only provides an outlet for Cub energies, but also shows the benefits of leading active lives. The Activity Area comprises the Red Star, Health and Fitness Badges, and the Canadian Healthy Living Award. The following briefly describes each of these levels.



Red Star:

The Red Star provides a variety of basic health and safety activities for children with only limited exposure to common sports, and little knowledge of good health habits. A healthy and fit Cub will more easily develop a good self-image. Learning how to take care of themselves gives children a positive feeling of responsibility. It also gives the necessary self-confidence they need to stand up to peer pressure for health actions that may hurt their bodies. Being healthy and active is an important lifestyle habit, which when started young, will stay with children into their adult lives.



Badges:

The Health and Fitness Badges reflect common sporting activities most 8 to 10-year-olds enjoy. The Athlete Badge requirements discuss the importance of daily exercise and how to prepare your body for sporting events.

The Athlete Badge emphasizes Cubs trying to do their best in sporting events, and following an active living approach to fitness.

The Cyclist Badge reflects current concerns with the high accident rate involving biking children. Many of these accidents could have been prevented if someone had taught the child the rules of the road. The vast majority of serious cycling injuries and deaths could have also been prevented if the child had worn a bike helmet (now a law in many provinces). The Cyclist Badge is specifically designed to meet this important accident prevention need, while also helping Cubs become better and happier cyclists.

The Skater Badge is designed to provide suitable activities for ice and in-line skating — popular pastimes for many Cubs.

Skier Badge activities cover downhill and cross-country skiing skills.

The Snowboard Badge helps Cubs develop an understanding of snowboarding skills and safety.

After assessing comments from leaders across Canada, the Swimmer Badge was set at the Canadian Red Cross Aqua Quest Level 7. This level stresses water safety and simple swimming skills. The badge complements water-based activities found in the Outdoor Activity Area.

Stressing good sportsmanship, the Team Player Badge provides general recognition for a child's participation in any organized sport.



Canadian Healthy Living Award:

This award provides an opportunity for Cubs who are keenly interested in focusing their energies and skills on health, fitness and active living. Notice that this award is not an elite sport award. Rather, it recognizes a Cub's effort to acquire good health and active living habits, as well as a positive self-image. Health and fitness relates closely to the Outdoor Activity Area, so the award carries several outdoor-oriented activity options. Public awareness and the Olympics Games are other ways to remind people of the need for active lives. This award relates to the Scout Voyageur level Personal Development Award, and may be transferred to the Scout sash.



Let's look at each achievement individually, and see how leaders can develop and link them into program ideas, themes and activities.



Red Star Badge Links

You can find Red Star requirements in The Cub Book. Since each activity is linked to badge work, it would be useful to see how the linking actually appears. Red Star activities are linked as follows:



Red Star A Requirements

1. Athlete Badge, Team Player Badge.
2. Athlete Badge.
3. Swimmer Badge, Watercraft Badge, Fishing Badge.
4. Team Player Badge.
5. Cyclist Badge, Skater Badge, Skier Badge, Snowboard Badge, Team Player Badge.
6. Athlete Badge.
7. Athlete Badge.
8. Athlete Badge.
9. Family Helper Badge.

Red Star B Requirements

1. Athlete Badge, Law Awareness Badge.
2. Athlete Badge, Law Awareness Badge.
3. Athlete Badge.

From this information, we can explore some possible program themes that might interest your Cubs and develop activities which incorporate Red Star requirements.



Theme: Sport Medicine

— A3,5,6,7,8,9,10,B1,2

Program Link Activities: Invite a doctor, nurse or physiotherapist to visit the pack and talk about preventing and treating sport-related injuries. Preventing injury begins by understanding safety rules and using body protectors (A3,5). Using warm-up exercises prepares muscles for strenuous work. Knowing how to measure pulse can give Cubs an idea how hard they have been working (A6). Good nutrition and personal hygiene also ensure that the body is in top condition for active play (A7,8,9,10). Finally, a discussion of the effects drugs, alcohol and tobacco can have on the body will show youth that these substances can hinder performance and promote disease. Speakers can discuss the use of performance-enhancing drugs, and their negative side effects in terms of winning at all costs (B1,2).

Theme: Substance Abuse Prevention

— B1,2

Program Link Activities: Invite a health worker to visit the pack to talk about substance abuse. Cubs are at a very impressionable age; a chance to hear the real facts about drugs, alcohol and tobacco may prove an extremely worthwhile learning opportunity (B1,2).



Theme: Get Fit Night

— A1,2,4,6

Program Link Activities: Have every six plan an activity station that involves some type of fitness activity. This might involve exercises (A1), an active game (A4), parts of a recognized health and fitness test (A2), and how to take your pulse rate (A6).

Theme: Pack Obstacle Course

— B3

Program Link Activities: Build a pack obstacle course by making each six responsible for creating one obstacle station. See how inventive the Cubs can be while they stress safety (B3).

Health and Fitness Badges

Once Cubs develop some basic health and fitness skills and attitudes, they may wish to pursue some of the Health and Fitness Badges. Let's see how to develop themes and activities for each badge.



ATHLETE BADGE

Theme: Pack Olympics

Program Link Activities: Organize a meeting or camp around the Summer Olympic Games. Get each six to set up different track and field stations. Let each Cub compete against himself or herself to see what personal best he or she can reach in each event (Athlete 4).

Theme: Fitness Training

Program Link Activities: Visit a health club or sport facility. Find out what specific exercises and training develop certain parts of the body. How does it improve overall stamina and fitness? Checking their pulse rate before and after exercise (Athlete 1,2,3), see how well the Cubs can do in low impact aerobics.

Athlete Badge Resources

- Local fitness or sports training clubs.
- Certified coaches or athletic teachers.
- Exercise books and aerobic videos.



CYCLIST BADGE

Theme: Bike Rodeo

Forty percent of all cyclists are under 15 years old. Cycling accidents are the second leading cause of death for children 10-14 years old. Teaching Cubs good cycling habits now can help prevent future accidents. A bike rodeo teaches bike safety in a fun environment.

Program Link Activities: Set up a bike rodeo in a school yard or empty parking lot with assistance from local police or a safety association. Set up these check stations: riding skills, how to do a bike safety check, street sign identification, and rules of the road. Emphasize the use of bike helmets at all times (Cyclist 1,2,3,4,5).

Theme: Bike Outing

Program Link Activities: After organizing a bike rodeo, discuss other bike safety tips (e.g. making yourself more visible, avoiding road hazards, wet weather riding). Then plan and conduct a short bike outing where the pack rides together for fun and exploration (Cyclist 6,7).

Cyclist Badge Resources

- Bicycle safety programs are available from your local police stations.
- Canadian Cycling Association. Can provide guidelines for bike safety training courses (www.canadian-cycling.com).
- Local safety councils. May be available to help run or plan bike rodeos.



SKATER BADGE

Theme: Skating Rodeo

Program Link Activities: Go ice skating at a local rink. Review safety rules, especially those relating to skating and ice thickness on a frozen lake or pond. Then run a program of activities that test not only skill, but also balance, agility and teamwork. You could even simulate a skater falling through the ice and have teams form a human chain to make an ice rescue (Skater 1,2,3).

Theme: In-Line Skating Night

Program Link Activities: Make arrangements to have the pack go to a local in-line skating rink. If you don't have one in your neighbourhood, find a parking lot that you can obtain permission to rope off and use for your in-line skating. Explain some safety rules, and insist that everyone wears knee pads and hand guards. If any of your Cubs know any advanced skating techniques, ask the youth to demonstrate them (Skater 1, 2, 3).

Skater Badge Resources

- Certified skating instructors and coaches.
- Ice skating and in-line skating shops.
- Hockey and figure skating clubs.



SKIER BADGE

Theme: Pre-ski Camp

Program Link Activities: Let your Cubs choose a form of skiing they would like to try and can afford. Before the ski camp, bring in a set of skis your Cubs will be using. Review safety rules, skiing tips, and how to carry and care for the equipment (Skier 1, 2, 3, 8, 9).

Theme: Ski Camp

Program Link Activities: Arrange to have Cubs either bring their own equipment or rent the proper ski equipment needed for the camp. Go over the safety rules again, and help your Cubs get the skis on. If necessary, arrange a ski lesson for beginners so they can learn while having fun (Skier 4, 5, 6, 7, 10).

Skier Badge Resources

- Jackrabbit cross-country ski lessons for children.
- Ski school instructors and ski hill operators.
- Ski rental and sales shops.





SNOWBOARDER BADGE

Theme: All About Snowboards

Program Link Activities: Ask the Cubs to bring in their snowboards and safety equipment. Invite a salesperson from a ski/snowboard store to display other models and equipment. Review how to put on a snowboard and all the safety equipment. Your pack could even visit a ski/snowboard shop (Snowboard 1, 3).

Theme: Meet at the Park

Program Link Activities: Arrange for the pack to meet at a local ski hill for some snowboarding instruction and demonstration. Review the Alpine Responsibility Code, then practice some of the skills (Snowboard 2, 4, 5).

Snowboard Badge Resources

- Ski/snowboard instructors & courses.
- Snowboarding tips, safety and equipment (www.snowboardingtips.com).



SWIMMER BADGE

Theme: Water Safety

Leaders can't over-stress the importance of water safety. Drowning is the second leading cause of death of children under 15 (motor vehicle accidents top the list). Two thirds of children who drown are non-swimmers. Nearly three times more boys under 15 drown compared to girls. Planning a water safety program may help save a life.



Program Link Activities: Invite a lifeguard to accompany the pack to a natural swimming area (beach, pond, lake, ocean). Review ways to check the water for possible dangers before going swimming (Swimmer Badge 2). Be sure everyone has a buddy.

Theme: Water Olympics

Program Link Activities: Form your sixes into teams. Set up activity stations that involve different aspects of the Swimmer Badge such as treading water, front dives, front crawl, etc. (Swimmer 3a, 3b, 3c, 3d, 3e).

Swimmer Badge Resources

- Canadian Red Cross - Red Cross Swim Program www.redcross.ca
- YMCA swimming award program
- Lifeguards and swimming instructors
- The Lifesaving Society of Canada. Contact provincial/territorial branches for information on courses and programs (www.lifesaving.ca).



TEAM PLAYER BADGE

Theme: Sports Fair

Program Link Activities: Many Cubs play organized sports. Arrange a meeting for these Cubs so they can bring in their equipment. Provide time so they can explain what the various pieces are used for, rules of the game and why they like playing it (Team Player 1, 2).



Theme: Sport Camp

Program Link Activities: Plan a sports camp involving as many sports as your Cubs can play. Form teams by sixes; rotate through activity stations so teams can play against one another. Choose games that cover a wide range of skills so teams with a lot of strength do not dominate activities. Examples might include: soccer, tag football, baseball, floor hockey and ping-pong (Team Player 2, 4).

Team Player Badge Resources

- Sports clubs.
- *The Cooperative Sports and Games Book*, by Terry Orlick, Panthem Books.

Let Cubs who are really keen on health and fitness activities try the advanced challenge of the Canadian Healthy Living Award.



THE CANADIAN HEALTHY LIVING AWARD

Theme: Hike for Hunger

Program Link Activities: Have the Cubs find sponsors for a distance hike. Sponsors must agree to give a can of food for every unit of distance covered. Arrange for local publicity and food bank acceptance of donations. With their food, the Cubs can then hike to the food bank and leave their sponsors' donations. This activity will not only raise public awareness concerning the need to stay fit by hiking, but also that poverty is a main cause of illness and disease (CHLA 4).

Theme: Cub Olympics

Program Link Activities: Plan an event around the Summer or Winter Olympics. Include both events; test the Cubs' knowledge for facts concerning the sports. Have each six represent a country and dress for the opening ceremonies (CHLA 5).



THE HOME AND COMMUNITY ACTIVITY AREA

Purpose:

To create in a Cub a positive feeling of family and community responsibility, as well as personal self-reliance through opportunities to develop home care skills and knowledge about various community services.



Goals:

The Home and Community Activity Area has three goals:

- To provide support to the Cub's family by teaching skills related to home care, safety and maintenance.
- To explore and appreciate the challenges facing disabled people in the community.
- To explore what services are needed to support a community, and how a person would gain access to these services, if required.



Mowgli Says: Look on Scouts Canada's web site, www.scouts.ca for web links to some of the Star, Badges and Award requirements. You will also find archives of *Scouting Life Magazine* with helpful program ideas!

The Home and Community Activity Area provides opportunities for children to develop a sense of responsibility for themselves and their family. Pride in their community instills important values for participating in community affairs as adults. The Activity Area comprises the Blue Star, the Home and Community Badges and the Canadian Family Care Award. The following briefly describes each of these levels.

Blue Star:

The Blue Star provides an introduction to home care and community exploration. It is aimed at youth who have limited experience helping out at home, getting around their neighbourhood, or with community services. Learning how to be responsible gives a source of pride and self-reliance, especially after a youth receives positive recognition for the effort. Some Cubs may already be familiar with their community through school trips or other group outings; when tied into badge work, however, the visit becomes a unique trip.

Badges:

The badges interrelate by helping Cubs learn to support their family. The Home Repair Badge provides activities dealing with simple home repair skills.

The Family Helper Badge concentrates on home maintenance and management of daily household chores.

Home emergencies always appear when you least expect them, so the Family Safety Badge deals with activities designed to prevent and respond to home and community accidents or problems.





The First Aider Badge describes common accidents that can occur, and quick response training.

Taking care of the family pet is an important job. The Pet Care Badge deals with some of the basic skills needed to look after an animal properly.

The Guide Badge offers activities to help a Cub find out where local services and businesses are in the neighbourhood.

Since the concept of “community” includes all people, sensitivity to the needs of people with disabilities is important to instill in Cubs. The Disability Awareness Badge is designed to raise Cub awareness of how communities can include all people as equals.

Every community has its laws to ensure safety and fairness in a democratic way. The Law Awareness Badge covers not only how laws are made, but also the importance of making ethical decisions on hard questions facing today’s Cubs.

Canadian Family Care Award

This award provides an opportunity for Cubs who show a high level of mature responsibility. The award stresses safety and awareness of important community issues. This award links to the Scout Voyageur level Leadership Award, and may be transferred to the Scout sash. Let’s look at each achievement individually, and see how leaders can develop and link them into program ideas, themes and activities.

Emergency Preparedness Award

Be Prepared! This award was created to encourage our youth and families to be ready should a natural disaster occur. This award links to the Scout Voyageur level Leadership Award, and may be transferred to the Scout Sash.

Blue Star Badge Links

You can find Blue Star requirements in The Cub Book. Since each activity is linked to badge work, it would be useful to see how the linking actually appears; Blue Star activities are linked as follows:

Blue Star A Requirements

1. Family Helper Badge, Pet Care Badge.
2. Home Repair Badge, Family Safety Badge.
3. Law Awareness Badge, Guide Badge.
4. Guide Badge.
5. Disability Awareness Badge.
6. First Aider Badge.
7. Guide Badge.
8. Guide Badge.
9. Law Awareness Badge, Cyclist Badge.
10. Family Helper Badge.

Blue Star B Requirements

1. Law Awareness Badge, Guide Badge.
2. Law Awareness Badge, Family Safety Badge.
3. Guide Badge.



4. Guide Badge.
5. Family Safety Badge.
6. Disability Awareness Badge.

Let's explore possible program themes that might interest your Cubs, and how you could develop activities that incorporate Blue Star requirements.



Theme: Transportation

— A7, 8, B2, 4

Program Link Activities: On a map of your community, point out the location of various transportation centres, and discuss how you would use them (A7,8). Arrange to visit these centres. Find out how services such as road repair crews, snow removal and public transportation play a role in your neighbourhood.

Theme: Fire Prevention

— B5

Program Link Activities: Invite a firefighter to visit the pack; let him explain why and how to conduct a fire prevention check of the home. Individually, get Cubs to draw a floor plan of their home, and describe to their six how their family would escape in case of a fire. Talk about what steps to take if a fire occurs in the home (B5).

Theme: Communication

— A4, 5, B3

Program Link Activities: Have each six make a list of all the types of communication sources we use. This listing might include common sources such as television, radio, telephone and e-mail, as well as other sources such as computer bulletin boards and sign language. With the list, visit as many communication sources as possible during a meeting (B3). Try sending a message using a form of communication used by disabled people; discuss this source in relation to other kinds of communication (A5).

Theme: My Community

— B2

Program Link Activities: Plan a meeting where the pack can visit a variety of municipal services in your community. At each place find out what kinds of work people carry out, what skills people need, and some of the occupational hazards or points of interest are connected to the service (B2).

Home and Community Badges

Once Cubs develop some basic home and community skills, they may wish to pursue some of the Home and Community Badges. Let's see how to develop themes and activities for each badge.





DISABILITY AWARENESS BADGE

Theme: Visually Impaired Sports

Program Link Activities: Discuss with the pack how members would play sports if they were disabled. Try organizing some common games such as floor hockey; see how well the Cubs play when blindfolded. Now try using a ball with bells attached to it. Cubs just have to cover a set zone. Discuss how a visually-impaired person could go skiing, skating, play baseball or be involved in other sports. Emphasize that all it takes is a willingness to make changes to the sport (Disability Awareness 4, 5, 8).

Theme: Universal Access

Program Link Activities: Take a hike around your meeting place. Look for ways the community has become more accessible to disabled people. Imagine you are disabled. Try to see how easy it would be for you to get into buildings, cross the street, or use a washroom. Look for improvements that could be made in your community to increase its accessibility to persons with different disabilities (Disability Awareness 1, 2, 3, 4, 6, 8).

Theme: American Sign Language (ASL)

Program Link Activities: Teach the pack how to do ASL and have them practise using it during some of the meeting (Disability Awareness 7).

Disability Awareness Resources

- Canadian National Institute for the Blind. Can provide information on braille, sports for sight-impaired people, and other sight-related information. (www.cnib.ca)
- Canadian Guide Dogs for the Blind, Box 280, Manotick, ON, K0A 2N0. Information on the guide dog program in Canada. Open for public tours by arrangement.
- Associations for supporting people with specific disabilities. Check your phone listing or call social services for resource contacts.
- Parks and recreation offices, school guidance counsellors and special education teachers could refer you to specific agencies or associations for resource contacts.
- Parents of children with disabilities.



FAMILY HELPER BADGE

Theme: Spring Cleaning

Program Link Activities: With cooperation from adult family members, get Cubs to make a list of things that need to be cleaned up in their house. Ask each child to make a commitment to do some of these chores; ask parents to sign the Cub's list when completed (Family Helper 3, 4, 5, 6, 7, 9, 11, 12).

Theme: Home Waste Disposal

Program Link Activities: In conjunction with the Recycling Badge, plan a meeting that raises awareness of potential pollution problems and solutions associated with household waste.

With more and more people making their own home and car repairs, proper waste disposal



becomes even more critical. For instance, explain to the Cubs that one litre of used car oil can make one million litres of fresh water undrinkable. Discuss how to dispose of household toxic waste; plan a visit to a recycling centre. Ask your municipality if they have any information on home waste management (Family Helper 9, 11, Recycling Badge).

Family Helper Badge Resources

- Recycling Badge resources for home waste disposal information.
- Children's cook books.



FAMILY SAFETY BADGE

Theme: Home Safety Check

Program Link Activities: With cooperation from adult family members, get your Cubs to conduct a home safety check. Of all accidental deaths, 22 percent occur in the home. Home accidents are responsible for more injuries requiring medical attention than any other type of accident in Canada. Review what to look for as outlined in requirements 1-7; include any tips you might have. Demonstrate how to check a smoke alarm, how to identify hazardous product symbols, and find poison information on household cleaners. Tie this in with a visit by a firefighter or other public safety officials. Ask Cubs and adult family members to conduct a home check, and report to the pack some of the problems they found (Family Safety 1, 2, 3, 4, 5, 6, 7).

Theme: Power Safety

Program Link Activities: Arrange a visit with a power company safety officer. Talk about the dangers of electricity, and how to avoid accidents at home and in the community (Family Safety 8).

Theme: Community Safety Check

Program Link Activities: Take a hike around your community and see how many potential hazards the Cubs can find. Ask them how these hazards could be eliminated or minimized. To whom should they report problems? (Family Safety 8)

Family Safety Badge Resources

- Canadian Red Cross Society (www.redcross.ca) provides many useful brochures, safety programs and first aid training. Look for the Childsafe Brochure, the Babysitter's Program and the People Saver's program for first aid and practical safety tips.
- Ice Safety and Cold Water Survival brochure, Canadian Red Cross.
- Public utility safety officers for power (hydro), gas, water/sewer sanitation, etc.
- Public transportation safety officers for train, bus and air travel.
- The Railway Association of Canada, Operation Lifesaver Program. Information on railway safety programs available (www.railcan.ca).
- Provincial Safety Leagues.
- Emergency Preparedness Canada. Information on natural and man-made disaster planning and preparedness, plus provincial contacts (www.epc-pcc.gc.ca).
- Scouts Canada's JUMPSTART packages on Transportation and Emergency Preparedness. Available at your local Scout shop.





FIRST AIDER BADGE

Theme: Family First Aid Training

Program Link Activities: Rather than making first aid training available just to the pack, plan a first aid night where an adult family member comes and takes the training as well. If sufficient adults participate, you may be able to arrange for a qualified first aid instructor to make your meeting an official first aid class. The goal: create an opportunity for family members to learn and work together (First Aider 1, 2).

Theme: Emergency Response

Program Link Activities: After Cubs have taken first aid training, have each six set up activity stations relating to specific emergencies they have covered. Sixes should rotate through the stations and see how well they can respond as a team to meet emergency needs. At the end of each station's program, go over the preferred responses and actions (First Aider 2).

Theme: Emergency Services

Program Link Activities: Arrange a visit with a paramedic team. Discuss and look at the kinds of equipment, tools and training needed to work as a professional first aider. Talk about how paramedics respond to serious accidents (First Aider 2).

First Aider Badge Resources

- Canadian Red Cross Society first aid training books, materials and instructors. Contact your local chapter for information (www.redcross.ca).
- St. John Ambulance first aid training books, materials and instructors. Contact your local chapter for information (www.sja.ca).
- Nurses, doctors and paramedics.



GUIDE BADGE

Theme: Community Knowledge

Program Link Activities: Challenge the Cubs to see how well they know their own neighbourhood. Give each six a map of the local area and a set of small cutout symbols for various places, such as a police station, fire station, schools, etc. Get each six to put as many symbols on the map as they can remember. See how their map compares to your own map (Guide 5).



Theme: Community Orienteering

Program Link Activities: Set up an orienteering style race between the sixes. The objective: reach as many different community places as possible in the least distance covered during a set time period. Give each six a map of the neighbourhood and let them plan how they will reach various places by what roads. Then set off to find each place while accompanied by a leader and a parent (two adults per six when each six travels separately). For larger urban areas, you might even include having to take a bus or train to get to predetermined stations (Guide 3,5).

Guide Badge Resources

- Maps of your community or area.
- Emergency phone numbers listed in the phone book.
- Bus and train schedules, and local routes.





HOME REPAIR BADGE

Theme: Fix-It

Program Link Activities: Set up work stations with different home repair activities. Station 1: Bring in a light bulb and socket; Station 2: a doorknob set in a piece of wood and screwdrivers to remove it (similar to how hardware stores display doorknob samples); Station 3: a faucet that needs a washer; Station 4: old lumber, sandpaper, paint brushes, paint. At stations 1-3, let the Cubs try taking apart and reassembling the different fixtures. They can sand wood and paint at Station 4 (Home Repair 2, 3, 4, 6, 10).

Theme: Home Repair Heaven

Program Link Activities: Arrange a visit to a local hardware store. Have the salesperson show the pack what is available in the store and how the items are used for specific jobs (e.g. the hundreds of kinds of nails made for different jobs — indoors and outdoors). Ask the Cubs to think of a simple repair needing to be done at home; find out if the hardware store sells the necessary repair materials and tools (Home Repair 2, 3, 4, 5, 8, 9, 10).

Theme: Home Repair Careers

Program Link Activities: Arrange a visit with a plumber, carpenter, electrician or other trades person. Find out how they do home repairs, and what tools and skills they need to do their work (Home Repair 1, 3, 5, 6, 9, 10).

Home Repair Badge Resources

- Sunset books for home repair.
- Hardware stores and sales people.
- Tradespeople who work in home renovations and repairs.



LAW AWARENESS BADGE

Theme: Pack Code of Conduct

Program Link Activities: Have each six talk about discipline/behaviour in the pack. In order to make the pack fair for everyone to enjoy, discuss what kinds of behaviour the Cubs would want others to follow. Have the six write down their rules for pack behaviour (A Code of Conduct), and bring this list together with what other sixes have written. As a pack, go over each suggestion and build a pack Code of Conduct that the Cubs agree to follow. Give each Cub a copy; use this to reinforce positive behaviour in the pack (Law Awareness 1).

Theme: Pack Court

Program Link Activities: With the help of a lawyer, judge or other legal professional, arrange for a mock court in your pack. You can include a prosecutor team, a defence team, witnesses, jury, a victim and an alleged law violator. See how well your mock courtroom is able to achieve justice (Law Awareness 2, 3, 4).

Theme: Ethics in Action

Program Link Activities: Working in sixes, discuss each of the situations listed in requirement 4. Talk about options for handling these situations, peer pressure and the consequences to the Cub and family (Law Awareness 4).



Law Awareness Badge Resources

- Lawyers, judges, community elders, religious leaders, police officers and other enforcement officers.
- Courthouses.
- Legal aid societies, human rights advocates, law associations.



PET CARE BADGE

Theme: Humane Societies

Program Link Activities: Arrange a visit to a local animal shelter or humane society. Discuss their role in the community, the different kinds of animal control and pet-related problems they handle, and what laws exist to protect animals from being abused (Pet Care 2, 5).

Theme: Visit the Vet

Program Link Activities: Arrange a visit with a local veterinarian; see what animals are treated in the clinic. What kinds of knowledge and skills do veterinarians need to do this job (Pet Care 4, 5)?

Theme: Working Dogs

Program Link Activities: Arrange to visit a dog that is used for assisting people in their work. Examples might include police dogs, airport sniffer dogs, search and rescue dogs, seeing eye dogs and farm dogs. Find out how the dogs are trained and how they perform their duties (Pet Care 6).

Pet Care Badge Resources

- Books on specific pets found in the library.
- Pet stores and pet dealers.
- Animal trainers, handlers and professional breeders.
- Veterinarians and animal inspectors.
- Humane societies and animal shelters.
- Pet clubs.

For those Cubs really keen on home and community activities, they may wish to try the advanced challenge of the Canadian Family Care Award.



THE CANADIAN FAMILY CARE AWARD (CFCA)

Theme: Family Care Fair

Program Link Activities: Plan or participate in a community event which raises awareness of the badge types found in this activity area. Your Cubs could either set up a pack booth highlighting one family care topic, or assist other agencies and associations to run their booths (CFCA 2a,b,c)



THEME: EMERGENCY PREPAREDNESS

Program Link Activities: Scouts Canada has developed three weeks of JUMSTART activities to support this award. You can find the JUMPSTARTS on the Scouts Canada web site. The main themes include understanding the likely natural emergencies in your community, what to do when a natural emergency occurs and making a 72 hour survival kit. Your pack will also want to earn the First Aid and Family Safety badges as they are pre-requisites to earning the award. Optional: you can also have fun with developing a kit for family pets.



CANADA AND THE WORLD ACTIVITY AREA

Purpose:

To provide opportunities for Cubs to understand better how to actively participate in Canadian society and the world we live in.

Goals:

The Canada and the World Activity Area stresses four goals:

- To learn about and appreciate Canadian society through active participation in community service projects.
- To discover and learn about their own faith and various world religions.
- To participate in programs which highlight people and their cultures.
- To demonstrate the interrelationships Canadians have with people from other countries.



Mowgli Says: Look on Scouts Canada's web site, www.scouts.ca for web links to some of the Star, Badges and Award requirements. You will also find archives of *Scouting Life Magazine* with helpful program ideas!

The Canada and the World Activity Area provides opportunities for children to understand what it means to be a Canadian and a member of the global community. The Activity Area includes the Purple Star, Canada and the World Badges and the World Citizen Award. The following briefly describes each of these levels.

Purple Star:

The Purple Star provides a variety of basic and simple introductory activities for children with only limited experience exploring and learning about Canada's rich heritage and land, and the role Canadians play in the world. Living in a pluralistic, multi-cultural democracy involves understanding other people's point of view and beliefs. As well, participation in community service projects raises awareness of the quality of life Canadians enjoy, and the work needed to preserve our country for the future.

Badges:

The Canada and the World Badges are designed to provide a variety of activities which demonstrate the breadth and depth of Canadian society, and Canada's role in world events.

The Aboriginal Awareness Badge provides awareness of the first people who inhabited the land, and how their unique culture influenced European settlers who came to Canada.

The Canadian Heritage Badge complements the Aboriginal Awareness Badge by providing parallel activities to explore the many cultural groups that have immigrated and contributed to building our present society.

Canada is widely respected by other world trading partners. The International Trade Badge draws attention to how closely we are linked to other countries for goods and services that give us a high standard of living.

Today's Cubs will see the first international space station built and occupied for peaceful research, as well as other space developments. The Space Exploration Badge combines child fantasy with activities that show Canada's place in this field.

The World Religions Badge and the Religion-in-Life Emblem provide opportunities for Cubs to discover how faith plays a role in their lives, and how understanding another person's beliefs can tear down misconceptions that contribute to prejudice.

Through the World Cubbing Badge, youth get to explore another country and culture in depth, and learn how people around the world share common needs, dreams and aspirations.

The Language Strip recognizes those Cubs who have a basic ability to communicate in a second language.

World Citizen Award

This award provides an opportunity for Cubs keenly interested in our role as Canadians in Canada and in world events. This Award links to the Scout Voyageur level Citizenship Award and may be transferred to the Scout sash.

Let's look at each achievement individually, and see how leaders can develop and link them into program ideas, themes and activities.



Purple Star Badge Links

You can find Purple Star requirements in The Cub Book. Since each activity is linked to badge work, it would be useful to see how the linking actually appears. The Purple Star activities are linked as follows.

Purple Star A Requirements

1. Canadian Heritage Badge
2. Canadian Heritage Badge
3. Canadian Heritage Badge
4. Canadian Heritage Badge, Aboriginal Awareness Badge
5. Canadian Heritage Badge
6. Canadian Heritage Badge
7. Canadian Heritage Badge, Aboriginal Awareness Badgw
8. World Religions Badge, Religion in Life Emblem
9. World Religions Badge
10. Aboriginal Awareness Badge, Canadian Heritage Badge
11. International Trade Badge
12. Space Exploration Badge

Purple Star B Requirements

1. World Religions Badge (faith in action)
2. World Religions Badge (faith in action)
3. World Religions Badge (faith in action)
4. World Religions Badge, Religion in Life Emblem
5. World Conservation Badge, World Religions Badge (faith in action)
6. World Religions Badge (faith in action)
7. World Religions Badge (faith in action)
8. World Religions Badge (faith in action)
9. Disability Awareness, World Religions Badge (faith in action)
10. World Religions Badge (faith in action)
11. World Religions Badge (faith in action)
12. World Religions Badge (faith in action)
13. World Religions Badge (faith in action)

From this information, we can explore some possible program themes that might interest your Cubs and develop activities which incorporate Purple Star requirements.





PURPLE STAR

Theme: Our Canada

— A1, 2, 3, 6

Program Link Activities: Introduce Canada by discussing first what Cubs already know from school. This approach will keep future activities from becoming redundant with school work. Most Cubs will already recognize the Canadian flag and anthem, but leaders should cover these just as a reminder (A1,2). The history of Canada is closely tied to the land and people. Find out which six can draw a map of Canada including as many geographical points as possible (A3). Use the maps to discuss various regions and occupations related to the land. Help Cubs understand how Canada guarantees equality for everyone by discussing how the Charter of Rights and Freedoms protects all Canadians, no matter where they live (A6).

Theme: Travel Through Cultures

— A8, 9, 10, 11

Program Link Activities: Get your Cubs to choose a culture or country and then explore its traditions, customs and beliefs. Their choice might include their own background (A8) or that of others (A9, 10). Some Cubs certainly enjoy tasting different foods. You might want to try cooking or visiting a specialty store that imports and sells foods related to different cultures or countries (A11).

Theme: Family Trees

— A7

Program Link Activities: An important part of living in Canada involves our ability to accept and live with other people from different backgrounds. Help children understand that those coming from a different background are no less “Canadian” than others. What matters most is how people contribute to bettering our society and promoting peace. Using this preface, have each six draw a tree with a branch for each Cub. Try to see how far back the Cubs can go in their family history. What cultures are represented? See which six has the most “global” makeup (A7).

Consider leading a discussion where Cubs think of their friends who have different backgrounds, and how fortunate they are to be able to learn about the world, different cultures and traditions without leaving home.

Theme: Canada in the World

— A4, 11, 12

Program Link Activities: Canada plays an increasing role in world events and trade. Your Cubs should choose a notable Canadian person or product and see how the person or product affects world views and events. This activity can include space technology, food production, armed forces roles in the UN or other ideas. Ask your Cubs what effect Canada’s not taking part in a particular world event would have. Ask them what they might do in this activity field when they become adults (A4, 11, 12).

Theme: Community Service

— B requirements

Program Link Activities: Ask the Cubs to identify some problems in their community. Each six should make a list. Pick out the most important concerns from their viewpoint. Help the Cubs draw up a plan that will address their top concerns in an age-appropriate and positive way; turn this into a pack community service project.



You may be effective at linking a number of requirements into one project: such as a clean up or beautification project at the school or community centre you meet in, or your sponsor's location.

Purple Star Resources

- *Canada JUMPSTART* package sold in Scout Shops.

Canada and the World Badges

Once Cubs develop some basic Canada and the World skills and awareness, they may wish to pursue some of the Canada and the World Badges. Let's see how to develop themes and activities for each badge.



ABORIGINAL AWARENESS BADGE

Theme: Living on the Land

Program Link Activities: Learn how Aboriginal people who first lived in your area survived. Include such topics as food, clothing, shelter designs, hunting techniques, and other subjects. The pack might wish to build a typical Aboriginal shelter and camp out in it (Aboriginal Awareness 1, 3, 5, 6).

Theme: Native Entertainment

Program Link Activities: Canadian Aboriginals enjoyed playing games, singing, dancing and other forms of entertainment. Have each six learn an Aboriginal story and turn it into a skit. Try setting up activity stations where each six tries playing a different Aboriginal game (Aboriginal Awareness 4).

Theme: Speaker Night

Program Link Activities: Arrange a visit with an Aboriginal person. Discuss the similarities and differences of that person's life compared to Aboriginal life long ago. (Aboriginal Awareness 7).

Aboriginal Awareness Badge Resources

- Friendship centres.
- Band councils and band elders.
- Native schools and clubs.



CANADIAN HERITAGE BADGE

Theme: Heritage Around the Campfire

Program Link Activities: On a campout to explore a Canadian heritage site, use the campfire to relate stories of the people and places involved. Long ago, around campfires and fireplaces, pioneers and Aboriginal people told stories of courageous acts and determination. It helped them in life to succeed (Canadian Heritage 1, 3, 6, 7).

Theme: Canadian Sampler

Program Link Activities: Plan a trip to a museum that includes many aspects of Canadian culture and heritage. Before you take the pack, visit the museum yourself. Organize a treasure hunt of



the most important things you feel the Cubs need to see. This activity will keep the Cubs from wandering aimlessly around and missing items of importance. Assign an adult to go with each six to find the items on the list. When observing displays, use a small, lightweight flashlight to point out interesting items (Canadian Heritage 5, 6, 7).

Canadian Heritage Badge Resources

- Books on folk songs and stories.
- History books.
- Museums and parks literature.
- Multicultural centres and ethnic groups.



INTERNATIONAL TRADE BADGE

Theme: International Flea Market

Program Link Activities: Organize the pack into buyers and sellers. The sellers should offer items from around the world that they are willing to sell or trade. The buyers come with a list of items they need to obtain; they also have cash or goods for which the sellers might trade. See if you can establish a real market environment with buyers and sellers all competing to get the best deals. Try to identify different factors which determine the price of items, availability, manufacturing costs, shipping, the value of their currency, etc. (International Trade 1, 2, 3, 7, 8).



Theme: Plants from Around the World

Program Link Activities: Plan a visit to a florist or exotic plant greenhouse. What countries sell cut flowers in Canada (International Trade 4, 7)?

Theme: Search for Countries

Program Link Activities: Get each Cub to make as complete a list as possible of all items in one room of their home, including where the items were made. At the meeting, use a map of the world to list what countries export specific goods to Canada. Discuss how our quality of life would change without these items (International Trade 1, 2).

International Trade Badge Resources

- Chamber of Commerce or Tourist Board.
- Bank officers — money trading, foreign investment.
- Local businesses involved with foreign trade.



SPACE EXPLORATION BADGE

Theme: Space Station WOLF

Program Link Activities: With a lot of imagination, drop-cloths, large cardboard boxes, tables and chairs, get the pack to make a space station. This activity could form part of a campout project where the pack creates and lives in the “space station” for the weekend. Combine ham radios

for “communications” and nature study for “terrestrial exploration.” Most important, discuss how you would survive in space where everything must be self-contained (Space Exploration 4).

Theme: Model Rockets

Program Link Activities: Make arrangements with a model rocket club or hobby shop to help construct and safely launch Cub-built model rockets. The Cubs can style their rockets after actual Canadian models or a design of their own. They might also want to build a model of a Canadian satellite, and launch it with a rocket (Space Exploration 2, 5).

Theme: Space in Our Lives

Program Link Activities: When visiting a community service (such as police, communications centre or weather station) include discussions on the importance of Canadian satellites in these work areas, and how they affect our daily lives. Bring in a GPS device and find out how it depends on satellites to determine your position or route (Space Exploration 1).

Space Exploration Badge Resources

- The Canadian Space Agency. Information on space science, history, space stations, astronauts and other aspects of Canada’s role in space (www.space.gc.ca).
- National Search and Rescue Secretariat. Information on Search And Rescue Satellite Aided Tracking (SARSAT) systems (www.epc-pcc.gc.ca).



WORLD RELIGIONS BADGE

Theme: Faith Hike

Program Link Activities: Arrange a pack visit with your local places of worship. Plan the visit by hiking from one place to the next. While at each house of worship, learn about its structure, contents and form of worship (World Religions 1).

Theme: Religious Festivals

Program Link Activities: With the help of a religious advisor or knowledgeable adult, plan a meeting around a religious festival that would be new to most of the Cubs. Include any special foods that might be served. Keep the activity focused on promoting awareness (World Religions 2).

World Religions Badge Resources

- Houses of worship.
- Religious leaders or lay leaders.
- Religious associations, clubs, and community centres.



WORLD CUBBING BADGE

Theme: Small World

Program Link Activities: Plan an evening where each six represents a different country. Get the Cubs to prepare games, songs, costumes and other activities that represent ‘their’ country. Check out various web sites for ideas for dress, games, songs, recipes, etc. (World Cubbing Badge 3, Computer Badge 4b).

Theme: World Transportation

Program Link Activities: Challenge each six to see which can think up the most examples of transportation used in the world. Have sixes present pictures or models of various kinds of transportation, along with a description of where and how people use them (World Cubbing 2).

World Cubbing Badge Resources

- Visit the World Scouting web site for up-to-date information on Scouting around the world (www.scout.org).
- For details on the Brotherhood Fund projects, look at Scouts Canada's web site (www.scouts.ca).

LANGUAGE STRIP



While Cubs usually earn this award through school work or knowing a second language, you may want to plan an evening where Cubs have an opportunity to listen to and learn a few words from a new language. Study the role it plays in the related culture. For example, in association with the Aboriginal Awareness Badge, Cubs could learn some of the 30 words Inuit people use for the word “snow.” How does this language use reflect both the Inuit’s way of life and need to survive in a cold environment? You may also try teaching the Cubs sign language or braille in association with the Disability Awareness Badge. Introduce other languages with heritage related activities.

RELIGION-IN-LIFE EMBLEM



This award is designed specifically for Cubs to work with their spiritual advisor to meet requirements that explore their own religious background and beliefs. Leaders should make Cubs aware of this award, for often the requirements can be tied into religious education studies in which the child may be involved.

For Cubs who are really keen on Canada and the World activities, they may wish to try the advanced challenge of the World Citizen Award.

SPRITUALITY AWARD



The Spirituality Award is designed for the youth member who is presently excluded from earning a Religion-in-Life Award by not belonging to a specific faith community. To help you earn this award, obtain the pamphlet outlining the requirements from Scouts Canada's website.



THE WORLD CITIZEN AWARD

Theme: United Nations Night

Program Link Activities: Get each six to represent a country — each with different resources and concerns. Set up some problems for the Cubs to consider. At the pack “Security Council” see if

Cubs can think up peaceful ways that will benefit all countries concerned. Discuss the role of the United Nations in helping countries achieve peaceful compromises to common problems. How does Canada contribute to this process (World Citizen 3)?

World Citizen Award Resources

- United Nations Association in Canada. Information on UN Day activities, Canada's role in the UN, and other UN related materials (www.unac.org).



SPECIALTY BADGES

Cub Individual Specialty Badges

As the requirements of the Individual Specialty Badge are developed by the individual Cub, your role is to help the Cub define what they want to do. Should a Cub struggle with how to describe the requirements for their idea, ask them how they would expect a friend to do the badge – this may give them some ideas.



Bear Wisdom: Check out www.scouts.ca for ideas on specialty badges other Cubs have made up!

Pack Specialty Badge

This is a great way to fill out the program year when you look for input from your Cubs and Sixer Council. If your Sixers establish a Pack Specialty Badge that the pack would like to do annually, have the pack review it every year to ensure it still captures their interest.

