

# BEAR

We have provided program and printed materials for the required Bear Adventures. In each Adventure section of this document, you will find a list of the activities that will guide you to completing each requirement. If a different activity listed in the Den Meeting resources online meets the needs of your den, then feel free to choose a different activity that helps meet the requirements of the Adventures. Some requirements are meant to be done at home with adult partners or family. Please review the contents of your Adventure Box as well as this document AND the Den Meeting resources online to better prepare yourself for your den meetings.

Scouts will also need to use their handbooks during each of the following Adventures.

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This document is best viewed digitally as it contains direct links to the Den Meeting resources found online.



## PROGRAM SUPPLIES

The following table shows what program supplies and quantity have been provided. Most supplies are packaged in a bag labeled with the Adventure name; some are packaged loose in the box. An 'x' in the table indicates that this supply is needed for that adventure but is packaged in a prior adventure (the one with the numerical quantity).

| Packing Location | Item                | Bobcat | Bear Habitat | Paws for Action | Standing Tall | Fellowship | Bear Strong | Bear Box Total |
|------------------|---------------------|--------|--------------|-----------------|---------------|------------|-------------|----------------|
| bag              | pencils             | 8      | x            | x               | x             |            | x           | 8              |
| bag              | popsicle sticks     | 8      |              |                 |               |            |             | 8              |
| bag              | paper bag           | 2      |              |                 |               |            |             | 2              |
| bag              | crayons             | 1      | x            |                 | x             |            |             | 1              |
| bag              | markers             | 1      | x            |                 |               |            |             | 1              |
| bag              | clear tape          | 1      |              |                 | x             |            |             | 1              |
| box              | flag                | 1      |              |                 |               |            |             | 1              |
| bag              | pencil sharpener    | 1      |              |                 |               |            |             | 1              |
| box              | posterboard         | 1      |              |                 |               |            |             | 1              |
| bag              | sketchbook          |        | 8            |                 |               |            |             | 8              |
| bag              | whistle             |        | 8            |                 |               |            |             | 8              |
| bag              | flashlight          |        | 8            |                 |               |            |             | 8              |
| bag              | den first aid kit   |        | 1            |                 |               |            |             | 1              |
| bag              | watercolor set      |        |              | 4               |               |            |             | 4              |
| bag              | paintbrushes        |        |              | 4               |               |            |             | 4              |
| bag              | plastic cup         |        |              | 4               |               |            |             | 4              |
| bag              | plastic table cover |        |              | 1               |               |            |             | 1              |
| bag              | nitrile gloves      |        |              |                 | 16            |            |             | 16             |
| bag              | 3 x 5 index cards   |        |              |                 | 8             |            |             | 8              |
| bag              | safety glasses      |        |              |                 | 8             |            |             | 8              |
| bag              | sports cones        |        |              |                 |               |            | 4           | 4              |
| bag              | frisbee             |        |              |                 |               |            | 1           | 1              |
|                  |                     |        |              |                 |               |            |             |                |

## PRINTED MATERIALS

We have provided the following printed materials for use along with the program supplies in your Adventure Box.

| Adventure       | Requirement | Activity/Requirement Name                             | Material Provided                                            |
|-----------------|-------------|-------------------------------------------------------|--------------------------------------------------------------|
| Bobcat          | 1           | Den Flag                                              | Blank paper (8x) for den flag designs                        |
| Bobcat          | 2           | Scout Law Hop                                         | Blank paper (12x) for Scout Law                              |
| Bobcat          | 3           | Bear Charades                                         | Charades Signs (1x)                                          |
| Bobcat          | 8           | Child Abuse Protection Review                         | Do at Home Reminder (8x)                                     |
| Bear Habitat    | 2           | Digital Path Finding                                  | Paths for Everyone worksheet (8x)                            |
| Bear Habitat    | 4           | Trash Timeline Game                                   | Trash Timeline (2x)                                          |
| Bear Habitat    | 4           | Trash Timeline Game                                   | Trash Timeline Cards (2x)                                    |
| Bear Habitat    | 4           | Trash Timeline Game                                   | Trash Timeline Key (1x)                                      |
| Bear Habitat    | 6           | Fire Danger Matching                                  | Fire Danger Matching Game (1x)                               |
| Paws for Action | 1           | Outdoor Flag Ceremony                                 | Citizenship Flag Trivia game (8x)                            |
| Paws for Action | 1           | Outdoor Flag Ceremony                                 | Citizenship Flag Trivia key (1x)                             |
| Paws for Action | 1           | Outdoor Flag Ceremony                                 | Opening & Closing flag ceremony                              |
| Paws for Action | 2           | Paint the Flag                                        | Watercolor Paper (8x)                                        |
| Paws for Action | 4           | Scouting for Food                                     | Scouting for Food info flyer-Online or at the Council Office |
| Standing Tall   | 1 & 3       | Protect Yourself Rules & Family Digital Device Policy | Do at Home Reminder (8x)                                     |
| Standing Tall   | 2           | Personal Bubble                                       | Personal Bubble worksheet (8x)                               |
| Standing Tall   | 3           | Family Digital Device Policy                          | Digital Safety Pledge (8x)                                   |
| Fellowship      | ALL         | ALL                                                   | Do at Home Reminder (8x)                                     |
| Bear Strong     | 3           | Energizing Workout                                    | Energizing Workout worksheet (8x)                            |
| Bear Strong     | 5           | Health & Medical Record Review                        | Do at Home Reminder (8x)                                     |

The Do at Home Reminders are ¼ sheet pieces of paper and have all been bundled together.

## SUGGESTED ADVENTURE ORDER

While your pack and den have plenty of latitude when it comes to your program year, we do have a general recommendation for your schedule of Adventures. Use this as a starting point for your annual program plan and add/edit to fit your own needs and abilities. Remember, the Bobcat Adventure is the first required Adventure that your Scouts must earn.

June/July – Summertime Fun – Check out the council day camp and other camp opportunities where you could complete various range and target activities Adventures as well as others.

August/September – Bobcat - Start the Scouting year by ensuring all Scouts complete their Bobcat requirements. This foundational adventure covers the basics of Cub Scouting, including the Scout Oath, Law, and a den Code of Conduct. This is also a great time of year to do the Whittling Adventure as well, so the Scouts are ready for that first campout.

September – A Bear Goes Fishing, – Attend our council fishing day to ensure your Scouts can earn the A Bear Goes Fishing adventure.

September/October/November- Bear Habitat, & Let's Camp- Consider having your pack camp at McGimsey Scout Park, Mays Family Scout Ranch, or Bear Creek Scout Camp to fulfill several of your Bear Habitat & Let's Camp requirements.

October – Paws for Action – Engage in community service by participating in the Council Scouting for Food drive. This adventure focuses on citizenship and community involvement.

November – Standing Tall - Focus on personal safety and wellness.

December/January/February – Fellowship – Remind your families that this Adventure is a recommended 'Do at Home' Adventure and can be completed at any time during the program year. As a den or pack, consider taking advantage of our Interfaith Hike at McGimsey Scout Park in February. For more information and to sign up, check out [Alamoareascouting.org](http://Alamoareascouting.org). Scouts can also work on their Religious Emblem award at any time. For more information, check out [Praypub.org](http://Praypub.org) and click on the link for Scouting America. Some of the workbooks are available at the Scout Shop.

December- Your pack should plan to have some holiday fun planned for December. As the holiday season is in full swing this could be a fun time to add in Chef Tech as well. You can use a holiday gathering to show off your newfound cooking skills.

January – Bear Strong – Start the year off right and focus on personal fitness. Stick with your fitness routine so you are physically ready for the adventures that await you this year. Consider adding Critter Care during the winter months as this is a great time to focus on empathy and caring.

January/February/March – Race Time - Many packs do their Pinewood Derby during this time. You can also use this opportunity to work on the Baloo the Builder Adventure as Scouts learn to use tools and build their race cars.

February – There are many elective adventures to choose from. Perhaps try out Roaring Laughter and show off your new performance skills at your Pack Blue & Gold Banquet this month.

April – As spring starts to arrive, this is a great opportunity to do some Adventures to prepare for summer. If your Scouts haven't all completed Bear Habitat, this is a great time to finish it up. Bears on Bikes could be a fun addition to your spring calendar as well.

April/May – Let's Camp – Many packs choose to do a family campout in April or May, so this is a great opportunity if your Scouts didn't get an opportunity to camp earlier in the year. Consider working on Champions for Nature when you are camping as well. *In June you start your next program year and rank!*

As you well know, the weather can be rather unpredictable at times. Keep the supplies for some of the elective adventures handy. Adventures like Balancing Bears, Marble Madness, Forensics, and Super Science can be easily slotted in during bad weather days at a moment's notice.

Remember, the adventures listed above are just a portion of what is available to your Scouts. Be sure to check out all the fun opportunities that are in store for you to create the best year possible for your Scouts.

# BOBCAT

<https://www.scouting.org/cub-scout-adventures/bobcat-bear/>

*The Bobcat Adventure is the first required Adventure on the trail to earn the Bear badge of rank. Once the Bobcat Adventure is completed, Bears can start any other of the Adventures in any order.*

You will need to source the following program supplies for this adventure:

| Supply                                          | Activity      |
|-------------------------------------------------|---------------|
| Bowl (could be anything to hold charades cards) | Bear Charades |
| Timer (included in most smart phones)           | Bear Charades |

Requirements:

1. Get to know members of your den.
2. Recite the Scout Oath and the Scout Law with your den and den leader.
3. Learn about the Scout Oath. Identify the three points of the Scout Oath.
4. With your den, create a den Code of Conduct.
5. Learn about the denner position and responsibilities.
6. Demonstrate the Cub Scout sign, Cub Scout salute and Cub Scout handshake. Show how each is used.
7. Share with your den, or family, a time when you demonstrated the Cub Scout motto "Do Your Best." Explain why it is important to do your best.
8. At home, with your parent or legal guardian do the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."

Suggested Activities

1. [Den Flag Bear](#)
  - Create a den flag that allows Cub Scouts to show their personality and creativity while getting to know each other.
  - We have provided a basic version of this activity; you have been given a small blank den flag as well as a stand. Use the markers provided to create a den flag that represents the members of your den. Have each Scout use a blank piece of paper to test out designs. Try to incorporate parts of each design in the final flag.
2. [Scout Law Hop](#)
  - Cub Scouts learn the Scout Law by playing a hopping game.
3. [Bear Charades](#)
  - Using charades, Cub Scouts act out the three points of the Scout Oath.
4. [Code of Conduct Bear](#)
  - Cub Scouts will be invested in their own conduct when they help create their den code of conduct.
5. [A Bear Denner](#)
  - Use popsicle sticks to pick the den meeting denner.
6. [Bobcat Relay Bear](#)
  - In this Cub Scout relay game, teams show the Cub Scout sign, salute, and handshake.
7. [Do Your Best Showcase](#)
  - Cub Scouts share a time when they did their best.
8. [Child Abuse Protection Review Bear](#)
  - Review the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."

## BEAR HABITAT

<https://www.scouting.org/cub-scout-adventures/bear-habitat/>

*A bear is at home in the outdoors, and so is a Bear Cub Scout. In this Adventure, you'll learn how to plan a one-mile walk with your den. Your walk may be around where you live, it may be on a historical trail that has been in use for hundreds of years, or it may be on a nature trail.*

*When we are outside we also have responsibilities to make sure that others can enjoy the outdoors, too. Knowing and following the Leave No Trace Principles for Kids helps us do just that.*

Cub Scouts will learn about the Cub Scout 6 Essentials during this adventure. We have only provided the Whistle and Flashlight as a start to their 6 essentials, families will need to source the rest of them themselves.

You will need to source the following program supplies for this adventure:

| Supply                                                 | Activity                   |
|--------------------------------------------------------|----------------------------|
| Backpack (each Scout should supply their own day pack) | Backpack Packing Challenge |
| Cub Scout Six Essentials for each Scout                | Backpack Packing Challenge |
| Various clothing items for current weather             | Backpack Packing Challenge |
| Smart device with mapping app                          | Digital Path Finding       |
| A digital map of the route you planned earlier         | No Two Trails Alike        |
| Timer (included in most smart phones)                  | Trash Timeline Game        |
| Smart phones or cameras                                | Take Only Memories         |

Requirements:

1. Prepare for a one-mile walk by gathering the Cub Scout Six Essentials and weather-appropriate clothing and shoes.
2. "Know Before You Go" Identify the location of your walk on a map and confirm your one-mile route.
3. "Choose the Right Path" Learn about the path and surrounding area you will be walking on.
4. "Trash your Trash" Make a plan for what you will do with your personal trash or trash you find along the trail.
5. "Leave What You Find" Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.
6. "Be Careful with Fire" Determine the fire danger rating along your path.
7. "Respect Wildlife" From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, reptiles.
8. "Be Kind to Other Visitors" Identify what you need to do as a den to be kind to others on the path.
9. With your den, pack, or family, go on your one-mile walk while practicing your Leave No Trace Principles for Kids.

## Suggested Activities

### 1. [Backpack Packing Challenge](#)

- *Cub Scouts learn to pack a backpack for a walk.*
- Remember to remind Scouts and parents to bring their backpacks, six essentials, and extra clothing to this meeting.

### 2. [Digital Path Finding](#)

- *Cub Scouts use digital mapping devices to view a one-mile route.*
- Prior to the meeting you should research some areas where you can map an appropriate route for your Bear Den, and familiarize yourself with a digital mapping application of your choice.

### 3. [No Two Trails Alike](#)

- *Cub Scouts learn about special attributes of the Bear Walk route.*

### 4. [Trash Timeline Game](#)

- *Play trash timeline game to understand decomposition time and the need to trash the trash.*

### 5. [Take Only Memories](#)

- *While on a walk, Cub Scouts take pictures or bring a sketchbook to draw five things that they want to remember.*

### 6. [Fire Danger Matching](#)

- *Play a fire danger level matching game.*

### 7. [Wildlife Snapshot](#)

- *While on a walk, Cub Scouts identify six signs of any mammals, birds, insects, or reptiles.*

### 8. [Consider Others](#)

- *While on a walk, Cub Scouts find one way to be considerate to other visitors on the path.*

### 9. [Leave No Trace Walk](#)

- *Cub Scouts go on a one-mile walk while practicing Leave No Trace Principles for Kids.*

## PAWS FOR ACTION

<https://www.scouting.org/cub-scout-adventures/paws-for-action/>

*This Adventure is about America and the powerful symbols that represent the best of our country and how communities come together to help solve problems they are facing. Citizenship in America is about participation. One way to show citizenship is by making an impact locally through nonprofit organizations. Nonprofit organizations are a place for people to give their time, talents, and resources to make a difference in their community. You, too, can make an impact by participating in a service project that makes your community a better place.*

You will need to source the following program supplies for this adventure:

| Supply                         | Activity              |
|--------------------------------|-----------------------|
| United States Flag             | Outdoor Flag Ceremony |
| Working Flagpole & fitted flag | Outdoor Flag Ceremony |

\*\*\* This could be done at one of our camps.

Requirements:

1. Familiarize yourself with the flag of the United States of America including the history, demonstrating how to raise and lower the flag, how to properly fold and display, and the United States flag etiquette.
2. Identify three symbols that represent the United States. Pick your favorite and make a model, work of art, or other craft that depicts the symbol.
3. Learn about the mission of any non-profit. Find out how they fund their activities and how volunteers are used to help.
4. Participate in a service project.

Suggested Activities

1. [Outdoor Flag Ceremony](#)
  - *Learn about flag etiquette and how to work with a flag while playing a flag trivia game.*
  - *This activity is best done where you have access to a working flagpole and flag, possibly your school, chartering organization, or other location.*
2. [Paint the Flag](#)
  - *Paint a picture of the United States flag.*
3. [Nonprofit Visit](#)
  - *Cub Scouts learn about a nonprofit by visiting the organization.*
  - *Consider visiting your local food bank prior to conducting your Scouting for Food drive.*
4. [Scouting for Food Bear](#)
  - *Participate in your Council-sponsored Scouting for Food event.*



## STANDING TALL

<https://www.scouting.org/cub-scout-adventures/standing-tall/>

*In this Adventure, the Protect Yourself Rules will give you guidance on keeping yourself safe. You will also identify ways to use electronics responsibly and ways to protect your body when you're playing or working. When bears feel they are in danger, they may stand on their back legs, standing tall, to let the danger know that they are brave and know how to keep themselves safe.*

You will need to source the following program supplies for this adventure:

| Supply                                                            | Activity            |
|-------------------------------------------------------------------|---------------------|
| Apron or Lab coat                                                 | Science Safety Gear |
| 20 oz bottle of diet soda (one for each Scout) and mentos or sand | Science Safety Gear |
| Flat outdoor surface                                              | Science Safety Gear |

### *Requirements:*

1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Bear rank.
2. Complete the Personal Space Bubble worksheet that is part of the Protect Yourself Rules resources.
3. With your parent or legal guardian, set up a family policy for digital devices.
4. Identify common personal safety gear for your head, eyes, mouth and nose, hands, and feet. List how each of these items protect you. Demonstrate the proper use of personal safety gear for an activity.

### Suggested Activities

1. [Protect Yourself Rules Video Bear](#)
  - Watch the Protect Yourself Rules video with your parent or legal guardian.
  - We have provided a Do at Home reminder for this activity.
2. [Personal Bubble](#)
  - Identify people that fall within Intimate, Personal, Social, and Public bubbles.
3. [Family Digital Device Policy](#)
  - With parents and legal guardians, set up a family digital device policy.
  - We have provided a Do at Home reminder for this activity.
4. [Science Safety Gear](#)
  - Learn about personal safety gear needed for conducting a science experiment.

## FELLOWSHIP

<https://www.scouting.org/cub-scout-adventures/fellowship/>

*It is important to know that Scouting America has a religious element as a part of the program as stated in the Scout Oath and Scout Law. However, Scouting America is absolutely nonsectarian in its attitude toward a member's religion or faith. Scouting America's policy is that the home and organization or group with which the member is connected shall give definite attention to religious life.*

*In this Adventure, you're encouraged to learn more about your family's faith traditions. You will complete most of these requirements at home with your family. Faith means having complete trust or confidence in someone or something. Always be respectful when talking about your faith and when learning about other faiths.*

This Adventure is commonly done at home with the Cub Scout's family. If it is done as a den, ensure that every parent and guardian is aware of the content and the activities that the den will do and allow for parents to opt out of doing it as a den activity and choose to complete the requirement at home.

We have provided a 'Do At Home Reminder' for this Adventure. Please distribute these reminders to your Scouts.

Requirements:

1. With your parent or legal guardian talk about your family's faith traditions. Identify three holidays or celebrations that are part of your family's faith traditions. Make a craft, work of art, or a food item that is part of your favorite family's faith tradition holiday or celebration.
2. With your family, attend a religious service OR other gathering that shows how your family expresses reverence.
3. Carry out an act of kindness.
4. "With your parent or legal guardian identify a religion or faith that is different from your own. Determine two things that it has in common with your family's beliefs."

## BEAR STRONG

<https://www.scouting.org/cub-scout-adventures/bear-strong/>

*In the Scout Oath, Cub Scouts promise to keep themselves physically strong and mentally awake. Personal fitness is about keeping your body strong by eating right and exercising, but it also means getting enough rest and exercising your mind by reading, solving problems, or even listening to music.*

You will need to source the following program supplies for this adventure:

| Supply                        | Activity           |
|-------------------------------|--------------------|
| Plates & Napkins              | Fun and Food       |
| Water bottle for each Scout   | Energizing workout |
| Comfy chair/pillows           | Reading Escape     |
| Various age-appropriate books | Reading Escape     |

Requirements:

1. Sample food from three of the following food groups: protein, vegetables, fruits, dairy, and grains.
2. Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.
3. Be active for 15 minutes doing personal exercises that include cardio, muscular strength, and flexibility.
4. Do a relaxing activity for 10 minutes.
5. Review your Scouting America Annual Health and Medical record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.

Suggested Activities

1. [Fun and Food](#)
  - *Prepare a snack and bring it to a den meeting.*
2. [Ultimate Frisbee](#)
  - *Play a game of ultimate frisbee.*
3. [Energizing Workout](#)
  - *Cub Scouts create a short workout to explore different exercises.*
  - *Remind Scouts to wear closed toed shoes and bring a filled water bottle for this activity.*
4. [Reading Escape](#)
  - *Read a book.*
5. [Scouting America Health & Medical Record Review Bear](#)
  - *Cub Scouts review their Scouting America Annual Health and Medical Records with their parent or legal guardian.*
  - *We have provided a Do at Home reminder for this activity.*