CUB SCOUT BOOKLET

January – May 2019

Scouts Name: ____________________________________________________________

Rank: _______________________________________________ Pack #: ___________________

Partnering Adult: __________________________________ Cell #: ___________________

Leaders Names: __________________________________________________________

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Rating
Cub Scout Information

Cub Scout Sign

Cub Scout Motto
Do your best

Webelos Means:
"We'll be Loyal Scouts"

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

Scout Law
A Scout is trustworthy,
Loyal, helpful, friendly,
Courteous, kind, obedient,
Cheerful, thrifty, brave,
Clean, and reverent.

Cub Scout Salute

Cub Scout Handshake
Cub Scout Do’s and Don’t
Match the E-Moji with the meaning.

1. 🤣
   - Silly

2. 😊
   - Good!

3. 👍
   - I love you!

4. 😘
   - Good Job/well done

5. 👏
   - Not so sure/Sad

6. 😄
   - Laughing really hard

7. 😘
   - Blowing a kiss

8. 💋
   - Really Happy

9. 😊
   - Big smile
The Scout Law

Cub Scout Motto

Cub Scout | Motto | Do Your Best
American Sign Language letters and numbers
First Responders

First responders are people that have been trained to help people during an emergency. Color the first responders below.
Superhero

Create your own superhero and describe what traits your superhero will have. Think of the 12 points of the Scout Law when creating your hero.
Safety & Escape Plan

If there is an emergency call 911

My address is: ___________________________________________________________________________________

The closest intersection is: ___________________________________________________________________

My Mother’s name is: ____________________________________________ Her phone number is: __________

My Father’s name is: ____________________________________________ His phone number is: __________

In an emergency I should go to (name of person): ______________________________________________________

Use the space below to create your home fire escape plan:
Blank on purpose
All About ME!

Date: _________________
First Name: _________________ Middle Name: _________________ Last Name: _________________
Date of Birth: _________________ Hair Color: _________________ Eye Color: _________________

Below are my finger prints. On the back in my whole hand!

To make the finger prints gently press the finger onto the space starting on the right side of the finger and roll the finger to the left.

<table>
<thead>
<tr>
<th>Right thumb</th>
<th>Right index finger</th>
<th>Right middle finger</th>
<th>Right ring finger</th>
<th>Right pinkie finger</th>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Left thumb</th>
<th>Left index finger</th>
<th>Left middle finger</th>
<th>Left ring finger</th>
<th>Left pinkie finger</th>
</tr>
</thead>
</table>
My whole hands
Twisty Balloons

Make Your Favorite Shape With These Easy To Follow Instructions

1. Add Flower Petals For Flower Hat
2. Party Hat Twist
3. "Tickling Stick / Flower Stem"

Try These!
- Giraffe
- Dinosaur
- Rabbit
- Hot Dog / Dachshund

The 3 Twist Dog!
Step 1: Inflate a Balloon, leaving 4" uninflated.
Step 3: Fold some of the balloon onto itself. (Figure A)
Step 4: Twist
Step 5: Repeat as shown!
Always twist 3 or 4 times to lock twists in place.

Pirate / Bike Helmet / Shield

Fish On a Fishing Pole!

For Ages 8 and Up

Imperial Toy Corporation

13
Design your pinewood derby car
Fruit and Vegetable Word Search

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

B F S E A Y A P A P
C R Q L S R P E A R
O H U P B A N A N A
C P A P Y R E L E C
C S S A Y A M S T E
O A H E G N A R O K
L E C A R R O T S I
I P G R A P E S K W
B E G G P L A N T I

Apple
Banana
Broccoli
Carrots
Celery
Eggplant
Grapes
Kiwi
Orange
Papaya
Pear
Peas
Squash
Yams
Finger or Fork?!?!?!?

Circle the foods you can POLITELY eat with your fingers and put an X on things you should use a fork or spoon.
Be a Food Safety Explorer Don’t Let the Bacteria Grow.

The Basics: Clean, Separate, Cook and Chill
You can help prevent food poisoning from bacteria and viruses by following four simple steps when you prepare food:

**CLEAN:** Wash hands and countertops often

- Wash your hands with warm water and soap for at least 20 seconds before and after you touch food.

- Items that touched food like cutting boards, dishes, silverware, and counter tops need to be washed with hot soapy water. Wash before and after each food item and those nasty bacteria won’t have a chance to grow.

- Rinse fresh fruits and vegetables under running tap water.

- If you have a vegetable scrubber, you can give an extra scrub to fruits and vegetables that have firm skins. Scrub under running tap water.

**SEPARATE:** Don’t mix raw with cooked!

- Separate raw meat, poultry, seafood and eggs from other foods.

- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.

- Keep raw foods separate from cooked foods. Don’t use the same plate.
Be a Food Safety Explorer Don't Let the Bacteria Grow.

**COOK:** Cook foods to the right temperature

- Use a food thermometer which measures the inside temperature of cooked meat, poultry and egg dishes. A thermometer helps you cook foods to a safe temperature.

- Cook eggs until the yolk and white are firm, not runny. Avoid using recipes in which eggs stay raw or only partially cooked.

- Make sure there are no cold spots in food (where bacteria can live) when cooking in a microwave oven. For best results, rotate the dish once or twice during cooking.

**CHILL:** Refrigerate right away - don't wait.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.

- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours. Put them in a container in the refrigerator or freezer with a label and date.

- Food must be kept at a safe temperature when defrosting it. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

- Always marinate food in the refrigerator.

- Don't forget to throw out food that has been in the refrigerator for more than four days.
What do you need to do before and after cooking? (Draw a line to match the task with when it needs to be done)

- Make sure the cooking area is tidy and clean
- Remove jewellery
- Wash hands
- Put ingredients or food away, for example in a fridge
- Put on an apron
- Tie back long hair
- Clean down surfaces
- Wash equipment in warm water and washing up liquid and dry it well

Before Cooking

After Cooking

Where should I store my Food? (Write the foods from the list in the place where they should be stored)

- Yogurt
- Lentils
- Onion
- Milk
- Pasta
- Chicken
- Cheese
- Bread
- Eggs
- Dried apricots
- Salmon
- Canned sardines

CUPBOARD

FRIDGE
Circle the things you should do **before** you cook:

- Roll up long sleeves
- Wash your hands
- Wrap up all the food
- Wash up the dishes
- Remove jewellery
- Put all equipment away
- Wear an apron
- Tie back long hair

If something you are cooking falls on the floor, do you know what to do?

- Pick it up and cook
- Throw it away

If you cough when you are cooking, do you know what to do?

- Wash your hands
- Continue to cook
Food Hygiene Quiz:

1. What does food with a use-by date on it mean?
   - After this date food is not safe to eat
   - You are only allowed to eat the food on this date
   - After this date the food will be safe to eat but probably not as good
   - Stores cannot sell food after this date

2. What temperature should a freezer be kept at?
   - At 0c
   - Below -18c
   - Between -5c and 0c
   - Around -50c

3. Why should you store meat on the bottom shelf of refrigerators?
   - Because that is the coldest part of the fridge
   - Because it won’t drip onto other foods
   - Because it should be easy to take in and out of the fridge regularly
   - So you can store plenty of ready-to-eat foods next to it

4. What is the best way to dry your hands after washing them?
   - Wiping them on your clothes
   - Using a hand towel that other people have been using
   - Using a disposable paper towel
   - Blowing on them

5. When is it most important to wash your hands? (choose two answers)
   - After touching raw meat
   - After using the toilet
   - After you’ve finished eating
   - After touching cooked food
Exercise Crossword Puzzle

Across
3. A quick run.
4. One way to this is by using a rope.
6. Much faster than walking - we're _______!
9. Cub Scouts should _______ every day.
10. By exercising and eating nutritious food, you will help your body stay _______.
11. This can be an easy way to move. It rhymes with talk.
12. We should try to have _____ while we exercise.

Down
1. You should do this before you exercise.
2. Try to _____ over and touch your toes.
3. One way to exercise is to _______ to your favorite music.
4. _______ is faster than walking, but slower than running.
5. We need to have strong arms to do _______.
6. When we have a _____ race, you need more than one person on each team.
7. Moving very slowly, sometimes on hands and knees.
8. Exercise helps us to build _______ muscles.

Words to Use

Bend    Fun    Pushups
Crawl   Healthy Relay
Dance   Jogging Running
Exercise Jump Stretch
Strong  Walk  Dash
Use the right chart and record your results for each activity.

### Paws of Skill Chart for Lions, Tigers, & Wolves

<table>
<thead>
<tr>
<th>Skill</th>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vertical jump</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jump as high as possible and put the adhesive note paper on the wall at the highest point. Measure to see how high you jumped.</td>
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<tr>
<td><strong>Lifting 5-pound weight</strong></td>
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<tr>
<td>Lift the weight toward your shoulder and then lower it. How many times can you do this until your arm gets tired?</td>
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<tr>
<td><strong>Push-ups</strong></td>
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<tr>
<td>Count one push-up each time your chest touches the floor.</td>
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<tr>
<td><strong>Sit ups</strong></td>
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<tr>
<td>Sit up and touch your elbows to your thighs. How many times can you do curls?</td>
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<tr>
<td><strong>Ball Toss</strong></td>
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<tr>
<td>“Egg Toss” until you are 10 steps apart. How many tries does it take, or how many steps apart did you achieve?</td>
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<tr>
<td><strong>Balance</strong></td>
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<tr>
<td>Practice balancing while walking forwards, backwards, left, and right. Can you reach the end of the “beam” without falling off?</td>
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<tr>
<td><strong>Jumping Jacks</strong></td>
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<tr>
<td>-count the number you can do without stopping</td>
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### Stronger, Faster, Higher Chart for Bears & WEBELOS

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<tr>
<td><strong>20-yard (60 feet) dash</strong></td>
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<tr>
<td>How fast can you run 20 yards?</td>
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<td><strong>Jumping rope</strong></td>
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<tr>
<td>Jump rope as many times as you can without stopping.</td>
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Sports
Matching

Write the correct number in front of each word:

1. cycling
2. basketball
3. badminton
4. running
5. soccer
6. table tennis
7. volleyball
8. equestrian
9. ice skating
10. gymnastics
11. baseball
12. scuba diving
13. tennis
14. skateboarding
15. skiing
16. golf
17. wind surfing
Ox and the Lion

Do the Ox Value Team Work?

Going to the Gym Word Search
Find and circle the words from the word box. Words may be forward, backward, up, down, or diagonal.

The Words

Exercise
Jog
Walk
Weights
Treadmill
Routine
Set
Stretch
Bench
Aerobics
Barbell
Endurance
Stepper
Swimming
Dumbbell
Cycling
Resistance
Track
Heart Rate
Rowing
I've Got That Cub Scout Spirit

I've got that Cub Scout spirit
Up in my head, up in my head, up in my head
I've got that Cub Scout spirit
Up in my head, Up in my head to stay.

I've got that Cub Scout spirit
Deep in my heart, deep in my heart, deep in my heart
I've got that Cub Scout spirit
Deep in my heart, deep in my heart to stay.

I've got that Cub Scout spirit
Down in my feet, down in my feet, down in my feet
I've got that Cub Scout spirit
Down in my feet, down in my feet to stay.

I've got that Cub Scout spirit
All over me, all over me, all over me
I've got that Cub Scout spirit
All over me, all over me to stay.

I've got that Cub Scout spirit
Up in my head, deep in my heart, down in my feet
I've got that Cub Scout spirit
All over me, all over me to stay.