

Bear Cub Scout Advancement Record

Bear Cub: _____ Den #: _____ Den Leader: _____

Bobcat

1. Learn and say the Cub Scout Promise.
2. Say the Law of the Pack. Tell what it means.
3. Tell what Webelos means.
4. Show the Cub Scout sign. Tell what it means.
5. Show the Cub Scout handshake. Tell what it means.
6. Say the Cub Scout motto. A motto is a rule.
7. Give the Cub Scout salute.
8. Complete the exercise in the parent's guide. (To be completed by parent.)

Achievements

GOD (Do one)

1. *Ways We Worship*

Practice your religion as you are taught in your home, church, synagogue, mosque or other religious community.

2. *Emblems of Faith*

Earn the religious emblem of your faith.

COUNTRY (Do three)

3. *What Makes America Special* (Do a + any three of the other six)

- a. Write or tell what makes America special to you.
- b. Find out about 2 famous Americans. Tell the things they did or are doing to improve our way of life.
- c. Find out something about the old homes near where you live. Go and see two of them.
- d. Find out where places of historical interest are located in or near your town or city. Go and visit one of them with your family or den.
- e. Choose a state. Name its state bird, tree & flower. Describe its flag. Give the date it was admitted to the Union.
- f. Be a member of the color guard in a flag ceremony for your den or pack.
- g. Display the US flag in your home or fly it on three national holidays.

4. *Tall Tales* (Do all three)

- a. Tell in your own words what folklore is. List some folklore stories, folk songs, or historical legends from your own state or part of the country.
- b. Name at least five stories about American folklore. Point out on a US map where they happened.
- c. Read two folklore stories and tell your favorite one to your den.

5. *Sharing Your World with Wildlife* (Do four)

- a. Choose a bird or animal that you like and find out how it lives. Make a poster showing what you have learned.
- b. Build or make a bird feeder or birdhouse.
- c. Explain what a wildlife conservation officer does.
- d. Visit one of the following:
 - Zoo
 - Nature Center
 - Wildlife Refuge
 - Game Preserve
- e. Name one animal that has become extinct in the last 100 years. Tell why animals become extinct. Name one animal that is one the endangered species list.

6. *Take Care of Your Planet* (Do three)

- a. Save 5 pounds of glass or aluminum or 1 month of daily newspapers. Turn them in at a recycling center or use your community's recycling service.
- b. Plant a tree in your yard, on the grounds of the group that operates your Cub Scout pack, or in a park or other public place. Be sure to get permission first.

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- c. Call city or county officials or your trash-hauling company and find out what happens to your trash after it is hauled away.
- d. Do a water-usage survey in your home. Note all the ways water is used. Look for any dripping faucets.
- e. Discuss the ways your family uses energy.
- f. Find out more about your family's use of electricity:
 - methods electricity is generated
 - appliances that use electricity
 - ways to save electricity

7. *Law Enforcement is a Big Job* (Do four)

- a. Make a set of your own fingerprints.
- b. Make a plaster cast of a shoeprint.
- c. Check the doors and windows of your home.
- d. Visit your local sheriff's office or police station.
- e. Be sure you know where to get help in your neighborhood.
- f. Be sure fire and police numbers are listed by the phone at your home.
- g. Know what you can do to help law enforcement.

FAMILY (Do four)

8. *The Past is Exciting and Important* (Do three)

- a. Visit your library or newspaper office. Ask to see back issues of newspapers or an almanac.
- b. Find someone who was a Cub Scout a long time ago. Talk with him about what Cub Scouting was like then.
- c. Start or add to an existing pack scrapbook.
- d. Trace your family back through your grandparents or great-grandparents; or talk to a grandparent about what it was like when he or she was younger.
- e. Find out some history about your community.
- f. Write in a journal for two weeks.

9. *What's Cooking* (Do four)

- a. With an adult, bake cookies.
- b. With an adult, make snacks for the next den meeting.
- c. Prepare one part of your breakfast, one part of your lunch and one part of your supper.
- d. Make a list of the "junk" foods you eat. Discuss "junk" food with a parent or teacher.
- e. Make some trail food for a hike.
- f. Make a dessert for your family.

10. *Family Fun* (Do both)

- a. Go on a trip with members of your family. Visit one of the following:
 - Park
 - Museum
 - Airport
 - Seashore
 - Farm or Ranch
- b. Have a family "make-and-do" night.

11. *Be Ready* (Do the first four; the last one is recommended)

- a. Tell what to do in case of an accident in the home. A family member needs help. Someone's clothes catch on fire.
- b. Tell what to do in case of a water accident.
- c. Tell what to do in case of a school bus accident.
- d. Tell what to do in case of a car accident.
- e. Have a health checkup by a physician (optional).

12. *Family Outdoor Adventures* (Do three)

- a. Go camping with your family.
- b. Go on a hike with your family.
- c. Have a picnic with your family.
- d. Attend an outdoor event with your family.
- e. Plan your outdoor family day.

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13. *Saving Well, Spending Well* (Do four)

- Go grocery shopping with a parent or other adult member of your family.
- Set up a savings account.
- Keep a record of how you spend money for 2 weeks.
- Pretend you are shopping for a car for your family.
- Discuss family finances with a parent or guardian.
- Play a board game with your family that involves the use of play money.
- With an adult, figure out how much it costs for each person in your home to eat one meal.

SELF (Do four)

14. *Ride Right* (Do a + three more)

- Know the rules for bike safety. If your town requires a bicycle license, be sure to get one.
- Learn to ride a bike, if you haven't by now. Show that you can follow a winding course for 60 feet doing sharp left and right turns, a U-turn and an emergency stop.
- Keep your bike in good shape. Identify the parts of a bike that should be checked often.

Brakes	Chain
Spokes	Tires
Pedals	Reflectors
Seat	Lights
- Change a tire on a bicycle.
- Protect your bike from theft. Use a bicycle lock.
- Ride a bike for 1 mile without rest. Be sure to obey all traffic rules.
- Plan and take a family bike hike.

15. *Games, Games, Games!* (Do two)

- Set up the equipment and play any two of these outdoor games with your family or friends.

Backyard Golf	Kickball
Badminton	Softball
Croquet	Tetherball
Sidewalk	Horseshoes
Shuffleboard	Volleyball
- Play 2 organized games with your den.
- Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.

16. *Building Muscles* (Do all)

- Do physical fitness stretching exercises. Then do curl-ups, push-ups, the standing long jump and the softball throw.
- With a friend, compete in at least 6 different 2-person contests.

One-person push over line	Pull over
One-person pull over line	Foot push
One-legged hand wrestle	Stand up back-to-back push
Seated back-to-back push	Hand wrestle
Elbow wrestle	
- Compete in the crab relay, gorilla relay, 30-yard dash & kangaroo relay.

17. *Information Please* (Do a + three)

- With an adult in your family, choose a TV show. Watch it together.
- Play a game of charades at your den meeting or with your family at home.
- Visit a newspaper office or a TV or radio station and talk to a news reporter.
- Use a computer to get information. Write, spell-check and print out a report on what you learned.
- Write a letter to a company that makes something you use. Use e-mail or the US Postal Service.
- Talk with a parent or other family member about how getting and giving facts fits into his or her job.

18. *Jot It Down* (Do five)

- Make a list of the things you want to do today. Check them off when you have done them.

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- b. Write two letters to relatives or friends.
- c. Keep a daily record of your activities for 2 weeks.
- d. Write an invitation to someone.
- e. Write a story about something you have done with your family.
- f. Write a thank you note.
- g. Write about the activities in your den.

19. *Shavings and Chips* (Do all)

- a. Know the safety rules for handling a knife.
- b. Show that you know how to take care of and use a pocketknife.
- c. Make a carving with a pocketknife. Work with your den leader or other adult when doing this.
- d. Earn the Whittling Chip card.

20. *Sawdust and Nails* (Do all)

- a. Show how to use and take care of four of these tools:

Crescent Wrench	Coping Saw
C-clamp	Hand Saw
Drill Bit	Hammer
Hand Drill	Bench Vise
Wood Plane	Screwdriver
Pliers	
- b. Build your own toolbox.
- c. Use at least two tools listed in requirement *a* to fix something.

21. *Build a Model* (Do three)

- a. Build a model from a kit.
- b. Build a display for one of your models.
- c. Pretend that you are planning to change the furniture layout in one of the rooms of your home.
- d. Make a model of a mountain, a meadow, a canyon or a river.
- e. Go and see a model of a shopping center or new building that is on display somewhere.
- f. Make a model of a rocket, boat, car or plane.

22. *Tying It All Up* (Do five)

- a. Whip the ends of a rope.
- b. Tie a square knot, bowline, sheet bend, two half hitches & slip knot. Tell how each knot is used.
- c. Learn how to keep a rope from tangling.
- d. Coil a rope. Throw it, hitting a 2-foot square marker 20 feet away.
- e. Learn a magic rope trick.
- f. Make your own rope.

23. *Sports, Sports, Sports!* (Do all)

- a. Learn the rules of and how to play 3 team sports.

Soccer	Basketball
Volleyball	Ultimate
Baseball or softball	
- b. Learn the rules of and how to play 2 sports in which only 1 person is on each side.

Tennis	Bowling
Marbles	Table Tennis
Badminton	Golf
- c. Take part in one team and one individual sport.
- d. Watch a sport on TV with a parent or some other member of your family.
- e. Attend a high school, college or professional sporting event with your family or den.

24. *Be a Leader* (Do three)

- a. Help a boy join Cub Scouting or help a new Cub Scout through the Bobcat trail.
- b. Serve as a denner or assistant denner.
- c. Plan and conduct a den activity with the approval of your den leader.

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- d. Tell two people they have done a good job.
- e. Leadership means choosing a way even when not everybody likes your choice. Talk about these hard choices with a parent or another adult. What would you do if it were up to you?
 1. It is time to go home, but you are having a good time with your friends and they don't have to be home until 30 minutes later. What do you do?
 2. Your friends are going to ride their bikes to the other side of town, and they ask you to go with them. You know you are not allowed to do that. What do you say to them?
 3. A new boy has moved into the neighborhood. How do you become his friend?
 4. While your class is taking a test, the teacher leaves the room. Some of the students start trading test answers. Do you?
 5. What if another student asks you for an answer?
 6. Is it hard to keep from cheating?

Electives

1. *Space*

- a. Identify two constellations and the North Star.
- b. Make a pinhole planetarium and show three constellations.
- c. Visit a planetarium
- d. Build a model of a rocket or space satellite.
- e. Read and talk about at least one man-made satellite and one natural one.
- f. Find a picture of another planet in our solar system. Explain how it is different from Earth.

2. *Weather*

- a. Learn how to read a thermometer. Put a thermometer outdoors and read it at the same time every day for 2 weeks. Keep a record of each day's temperature and a description of the weather each day (fair skies, rain, fog, snow, etc.).
- b. Build a weather vane. Record wind direction every day at the same hour for 2 weeks. Keep a record of the weather for each day.
- c. Make a rain gauge.
- d. Find out what a barometer is and how it works. Tell your den about it. Tell what relative humidity means.
- e. Learn to identify three different kinds of clouds. Estimate their heights.
- f. Watch the weather forecast on TV every day for 2 weeks. Describe three different symbols used on weather maps. Keep a record of how many times the weather forecast is correct.

3. *Radio*

- a. Build a crystal or diode radio. It is all right to use a kit.
- b. Make and operate a battery-powered radio, following the directions with the kit.

4. *Electricity*

- a. Wire a buzzer or doorbell.
- b. Make an electric buzzer game.
- c. Make a simple bar or horseshoe electromagnet.
- d. Use a simple electric motor.
- e. Make a crane with an electromagnetic lift.

5. *Boats*

- a. Help an adult rig and sail a real boat.
- b. Help an adult repair a real boat or canoe.
- c. Know the flag signals for storm warnings.
- d. Help an adult repair a boat dock.
- e. Know the rules of boat safety.
- f. With an adult, demonstrate forward strokes, turns and backstrokes. Row a boat around a 100-yard course involving two turns.

6. *Aircraft*

- a. Identify five different kinds of aircraft, in flight if possible, or from models or photos.
- b. Ride in a commercial airplane.

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- c. Explain how a hot-air balloon works.
- d. Build and fly a model airplane. You may use a kit.
- e. Sketch and label an airplane showing the direction of forces acting on it (lift, drag and load).
- f. Make a list of some of the things a helicopter can do that other kinds of aircraft can't. Draw or cut out a picture of a helicopter and label the parts.
- g. Build and display a scale model airplane. You may use a kit or build it from plans.

7. *Things That Go*

- a. Make a scooter or cubmobile. Know the safety rules.
- b. Make a windmill.
- c. Make a waterwheel.
- d. Make an invention of your own design that goes.

8. *Cub Scout Band*

- a. Make and play a homemade musical instrument - cigar-box banjo, washtub bull fiddle, a drum or rhythm set, tambourine, etc.
- b. Learn to play two familiar tunes on an ocarina, a harmonica or a tonette.
- c. Play in a den band using homemade or regular musical instruments. Play at a pack meeting.
- d. Play two tunes on any recognized band or orchestra instrument.

9. *Art*

- a. Do an original art project and show it at a pack meeting.
- b. Visit an art museum or picture gallery with your den or family.

10. *Masks*

- a. Make a simple papier-mache mask.
- b. Make an animal mask.
- c. Make a clown mask.

11. *Photography*

- a. Practice holding a camera still in one position. Learn to push the shutter button without moving the camera. Do this without film in the camera until you have learned how. Look through the viewfinder and see what your picture will look like. Make sure that everything you want in your picture is in the frame of your viewfinder.
- b. Take five pictures of the same subject in different kinds of light.
 1. Subject in direct sun with direct light.
 2. subject in direct sun with side light.
 3. Subject in direct sun with back light.
 4. subject in shade on a sunny day.
 5. Subject on a cloudy day.
- c. Put your pictures to use.
 1. Mount a picture on cardboard for display.
 2. mount a picture on cardboard and give it to a friend.
 3. Make three pictures that show how something happened (tell a story) and write a one-sentence explanation for each.
- d. Take a picture in your house.
 1. With available light.
 2. Using a flash attachment or photoflood (bright light).

12. *Nature Crafts*

- a. Make shadow prints or blueprints of three kinds of leaves.
- b. Make a display of eight different animal tracks with an eraser print.
- c. Collect, press and label ten kinds of leaves.
- d. Build a waterscope and identify five types of water life.
- e. Collect eight kinds of plant seeds and label them.
- f. Collect, mount and label ten kinds of rocks or minerals.
- g. Collect, mount and label five kinds of shells.

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- h. Build and use a bird caller.

13. *Magic*

- a. Learn and show three magic tricks.
- b. With your den, put on a magic show for someone else.
- c. Learn and show four puzzles.
- d. Learn and show three rope tricks.

14. *Landscaping*

- a. With an adult, help take care of your lawn or help take care of the lawn of a public building, school or church. Seed bare spots. Get rid of weeds. Pick up litter. Agree ahead of time on what you will do.
- b. Make a sketch of a landscape plan for the area right around your home. Talk it over with a parent or den leader. Show which trees, shrubs and flowers you could plant to make the area look better.
- c. Take part in a project with your family, den or pack to make your neighborhood or community more beautiful. These might be having a cleanup party, painting, cleaning and painting trash barrels and removing ragweed.
- d. Build a greenhouse and grow twenty plants from seeds. You can use a package of garden seeds or use beans, pumpkin seeds or watermelon seeds.

15. *Water and Soil Conservation*

- a. Dig a hole or find an excavation project and describe the different layers of soil you see and feel.
- b. Explore three different kinds of earth by conducting a soil experiment.
- c. Visit a burned-out forest or prairie area, or a slide area, with your den or family. Talk to a soil and water conservation officer or forest ranger about how the area will be planted and cared for so that it will grow to be the way it was before the fire or slide.
- d. What is erosion? Find out the kinds of grasses, trees or ground cover you should plant in your area to help limit erosion.
- e. As a den, visit a lake, stream, river or ocean. Plan and do a den project to help clean up this important source of water. Name four kinds of water pollution.

16. *Farm Animals*

- a. Take care of a farm animal. Decide with your family the things you will do and how long you will do them.
- b. Name and describe six kinds of farm animals and tell their common uses.
- c. Read a book about farm animals and tell your den about it.
- d. With your family or den, visit a livestock exhibit at a county or state fair.

17. *Repairs*

- a. With the help of an adult, fix an electric plug or an electrical appliance.
- b. Use glue or epoxy to repair something
- c. Remove and clean a drain trap.
- d. Refinish or repaint something.
- e. Agree with an adult in your family on some repair job to be done and do it.

18. *Backyard Gym*

- a. Build and use an outdoor gym with at least 3 items from this list.

Balance board	Tire Walk	Running long jump area
Trapeze	Tire Swing	Tetherball
Climbing Rope		
- b. Build three outdoor toss games.
- c. Plan an outdoor game or gym day with your den. Put your plans on paper.
- d. Hold an open house for your backyard gym.

19. *Swimming*

- a. Jump feet first into water over your head, swim 25 feet on the surface, stop, turn sharply and swim back.
- b. Swim on your back, using the elementary backstroke, for 30 feet.
- c. Rest by floating on your back, using as little motion as possible, for at least one minute.
- d. Tell what is meant by the buddy system. Know the basic rules of safe swimming.
- e. Do a racing dive from the edge of a pool and swim 60 feet, using a racing stroke.

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20. *Sports*

- a. In archery, know the safety rules and how to shoot correctly. Put 6 arrows into a 4-foot target from a distance of 15 feet. Make an arrow holder.
- b. In skiing, know the Skier's Safety and Courtesy Code. Demonstrate walking and kick turn, climbing with a side step or herringbone, a snowplow stop, a stem turn, four linked snowplow or stem turns, straight running in a downhill position or cross-country position and how to recover from a fall.
- c. In ice skating, know the safety rules. From a standing start, skate forward 150 feet and come to a complete stop within 20 feet. Skate around a corner clockwise and counterclockwise without coasting. Show a turn from forward to backward. Skate backward 50 feet.
- d. In track, show how to make a sprint start. Run the 50-yard dash in 10 seconds or less. Show how to do the standing long jump, the running long jump or the high jump.
- e. In roller skating (with conventional or in-line skates), know the safety rules. From a standing start, skate forward 150 feet and come to a complete stop within 20 feet. Skate around a corner clockwise and counterclockwise without coasting and show a turn from forward to backward. Skate backward 50 feet. Wear the proper protective clothing.

21 *Sales*

- a. Take part in a council- or pack-sponsored money-earning sales program. Keep track of the sales you make yourself. When the program is over, add up the sales that you have made.
- b. Help with a garage sale or rummage sale. This can be with your family or neighbor, or it can be a church, school or pack event.

22. *Collecting Things*

- a. Start a stamp collection. You can get information about stamp collecting at any US post office.
- b. Mount and display a collection of emblems, coins or other items to show at a pack meeting. This can be any kind of collection.
- c. Start your own library. Keep your own books and pamphlets in order by subject. List the title, author and subject of each on an index card and keep the cards in a file box, or use a computer program to store the information.

23. *Maps*

- a. Look up your state on a US map. What other states touch its borders?
- b. Find your city or town on a map of your state. How far do you live from the state capital?
- c. In which time zone do you live? How many time zones are there in the United States?
- d. Make a map showing the route from your home to your school or den meeting place.
- e. Mark a map showing the way to a place you would like to visit that is at least 50 miles from your home.

24. *Native American Life*

- a. American Indians once lived all over what is now the United States. Find the name of the tribe that lived nearest where you live. What was this tribe best known for?
- b. Learn, make equipment for and play two Native American games with members of your den. Be able to tell the rules, who won and what the score was.
- c. Make a model of an early Native American house.