

# Cub Awards – Personal Badges



## Artist

### Choose any three of the following activities.

- Draw in the presence of your examiner, with pencil, brush, pen or crayon, an original illustration of an incident, character or scene from a simple story told by your examiner.
- The size of the illustration should be about 18cm x 13cm.
- Design and make a greeting card.
- Make a model in clay or plastic materials. Your model should be at least 10cm square.
- Make a decorative article from cane, raffia, wool, leather, wood or other suitable material approved by the examiner in advance.
- Make a design and print it on paper or fabric e.g. using potato or lino cuts or similar methods.
- Make a worthwhile toy or model.
- Undertake a project after discussing it with your examiner.
- It should involve the use of plastic or metal.
- The project should be imaginative and of high quality.

## Athlete

### This is a three-stage badge.

You must try at least four of the five

	Stage 1	Stage 2	Stage 3
Standing long jump	1.45m	1.55m	1.65m
50 metre sprint.	10 sec	9.5 sec	9 sec
Ball throw.	10m	25m	30m
High Jump.. 0.85m 0.91m 1m	0.85m	0.91m	1m
Running long jump. 2m 2.6m 3.2m	2m	2.6m	3.2m

24 points for stage 1 (red) 30 points for stage 2 (blue) 34 points for stage 3 (green)

## Book Reader

- Produce a list of books you have read recently.
- Name their authors and be able to tell the examiner something about three of the books.
- The books can be chosen by you and should include at least one factual (non-fiction) book.
- Explain how to care or books.
- Demonstrate that you can use a dictionary, encyclopaedia and an atlas.
- Explain to your examiner how the books in your library are set out and how you would find a specific book.

## Collector

- Make a collection over a period of three months of a number of similar items. (e.g. stamps, coins, postcards, badges, fossils).
- Display the collection in an exciting and interesting way.
- Talk about items in the collection that particularly interest you.
- Visit or look at a collection made by someone else and explain what you like or dislike about the presentation of the collection.

## Computer User

- Have regular use of a computer. Demonstrate a basic understanding of computers.
- Explain the main parts of a Personal Computer.
- Show you can competently use the keyboard by:
  1. Typing in capitals and small letters.
  2. Using the top symbols of the keys.
  3. Using other important keys as asked by the examiner.
- Tell the examiner about the different types of programs on the computer and what they are used for.
- Demonstrate how to use one of the programs.  
e.g. Create a simple picture or Word document.

## Conservation

### Do ONE of the following in part 1:

#### (Part 1)

- Make, set up and maintain a bird feeder, bird table, or birdbath.
- Make, set up and maintain a bird nesting box.
- Take part in a nature survey.
- Take part in an anti-litter campaign.
- Arrange a nature trail or competition for the members of your Cub Pack.
- Choose a wild animal, tree, fish or bird. Discover all you can about it and report your discoveries on a wall chart, in a logbook, or in a scrapbook.
- Visit a zoo, botanical gardens, nature gardens, natural history museum or watch a film about animals or plants. Report on your observations.

You may wish to try similar projects that your group has suggested and have been agreed to by your Leader.

#### (Part 2)

Go on an expedition with your group into the countryside and:

- Find some examples showing how man has damaged nature and some examples showing how man has improved nature.
- Write down some rules for good behaviour in the countryside (outdoor code) and show how you are doing your best to keep them.

#### (Part 3)

Do one the following:

- Choose an endangered plant or animal in New Zealand and find out what is being done to save it and how you can help.
- Choose an endangered animal in another country and find out what is being done to save it and how you can help.

#### (Part 4)

Improve your environment: (choose one)

- Plant a tree
- Lay grass on an area where there is no vegetation cover
- Plant something in a balcony box or indoors in a flowerpot.
- Clear rubbish from a beach or riverbank and explain why rubbish is so dangerous to animals.

## Cook

- Demonstrate the following to the examiner:
- Boil an egg for three minutes, remove the top from the egg and serve up the egg in an eggcup.
- Prepare a sandwich for your school lunch, using your favourite filling. Wrap the sandwich up and put it in your lunch box.
- Explain the benefit of including a piece of fruit with the lunch.
- Wash, dry and put away the dishes you used.
- Help prepare the evening meal for your family for a week.

## Cyclist

- Have the regular use of a bicycle of the correct size and equipped as set out in the road code.
- Demonstrate how to mount and dismount a bicycle correctly.
- Clean and oil the bicycle and pump up the tyres.
- Explain the need for keeping the bicycle in road worthy condition. Explain the consequences for not doing so.
- Show how to mend a puncture.
- Explain the dangers of cycling on hills.
- Go for a short ride while the examiner watches. Demonstrate the proper hand signals and the road rules applying to bicycles.

## First Aid

- Explain why people should lie down if they have had a big fright or have been injured.
- Demonstrate how to keep someone warm and comfortable with one or two blankets.
- Demonstrate how to apply a cold face cloth to a person suffering from a mild headache.
- Demonstrate how to gently clean a cut or graze, apply an antiseptic cream and a plaster.
- Explain the limits of first aid treatment and when it's important to call an adult.
- Explain how to call an ambulance and the police and when this should be done.
- Explain how to treat insect bites and stings.

## Fishing

- Be able to swim sufficiently to get to the bank of a stream or river if you fall in. Teaching an awareness of safety, the rules and the maintenance of fishing gear.
- Explain the dangers of fishing off the banks of rivers and creeks and how to minimize the risk of injury or drowning.
- Demonstrate how to bait a hook correctly and safely and explain your choice of bait, or
- Demonstrate how to choose a suitable lure and fix it to the line.
- Explain how you can avoid injuring other people with you when you are throwing your line in the river, creek or the sea. Demonstrate how to do this safely.
- Demonstrate how to kill a fish quickly and humanely and then remove the hook from its mouth.
- Research and then explain the types of fish and shellfish you may catch where you fish and what limits there are on the numbers caught.
- Demonstrate how to care for and store your fishing line, hooks and sinkers and rods if any so that they remain in good condition and are ready to use when you next go fishing.
- Keep a simple log of at least four fishing trips over at least two months.

## Gardening

### 1. Either

(a) Look after a patch of garden, know what tools are needed and how to use them and look after them. Grow something in your garden suitable for the time of year.

### or

(b) Grow a variety of plants indoors and know the conditions under which they must be kept.

2. Choose any two of the following:

(a) Grow vegetables or flowers from seed; know how to prick out and transplant.

(b) Know about hazards to plants and flowers (e.g. diseases, pests) and understand what preventative methods can be taken and what can be done to aid growth.

(c) Know how to store vegetables and how long they may be stored.

(d) Show how to prepare flowers for display.

(e) Make a compost heap.

(f) Carry out a soil test using a standard kit.

(g) Help plan and plant a rockery garden, a fern or herb garden, herbaceous border, hanging basket, garden tub etc.

(h) Help maintain a lawn and understand why it needs constant attention.

## Hobbies

- Show a continuing interest and progress, over a period of at least three months, in a hobby or skill. Demonstrate it and discuss it with an adult or your Cub Pack. Suitable hobbies might be, chess, singing in a choir, model making or your own special hobby.

## Home Help

- Take your turn with washing or drying the dishes, or stacking the evening dishes in a dishwasher. Parents act as examiners.
- Explain why it's important to remove scraps of food from the kitchen bench as soon as possible after preparing and eating a meal.
- Take your turn setting the dinner table for the evening meal.
- Tidy your bedroom before going to school everyday for a period of one week and without being reminded.
- Learn to clean your shoes and make sure they are clean before going out each day.
- Assist with vacuum cleaning the living area of the house by picking up toys and books and putting them away.
- Wash and Iron your Cub Scarf.
- Sew a badge on your jacket or blanket or sew a button on a garment.

## My Faith

**This badge is not a test of faith. It's intended to increase an awareness of the importance of faith. The badge may be earned by Cubs of any faith and the examiners need to amend the requirements to suit the faith.**

- Do some good turns for your family.
- Make a trip to a church, shrine, temple or meeting place associated with your faith and then discuss what you observed during your visit.
- The bible and books of other religious faiths describe people taking care of others.
- Read such a story and then do something for someone who may be ill or lonely. You could make a card, take them some cooking or run messages for them.
- Read a prayer at your Cub Pack opening or closing.
- Our faith asks us to love our families and friends and also people we don't care for very much. Ask some one to find such a story in the book your faith uses, then read it and discuss what you learned from it.
- Attend a meeting or service of your religious faith.

### **Pet Keeper**

- Own a pet and look after it correctly for three months.
- Keep a record in an exercise book of the following:
  1. What you feed your pet and how often.
  2. When you clean out its cage, house run or tank etc.
  3. Where you get your pet's food from.
  4. How you ensure your pet does not get out or lost while you are cleaning its 'home'.
- Research and write down the signs and symptoms you would look for so you will know if your pet gets sick.
- What special care is needed when your pet has just been born or has young of its own.
- What is the natural habitat for your pet if it lives in the wild, or once did, or its ancestors did.

### **Photographer**

- Take a set of 12 pictures or two and half minutes if video film describing an event or activity. *(It should be a mix of landscape, people and action shots.)*
  - Discuss with the examiner the main features of the camera you used.
  - Discuss with the examiner what you set out to do and whether the results are what you intended.
- Also discuss what shots you are really pleased with and how you would do things differently for any shots that were not very successful.
- Display the photos to the Cub Pack and explain what they are about. You may use any of the following to display the photos:
    - A computer slide show with or without a projector.
    - A photograph album
    - A clear folder etc.

### **Scientist**

- Demonstrate any two simple experiments of your choice.  
Your experiments can be anything that interests you and should be based on your own discoveries. Explain to the examiner what you are doing and what your experiment has proved.
- Then complete any two of the following:**
1. Make a model (house, theatre, house, stage etc) and wire it up with bulbs, batteries and switches.
  2. Make gliders from polystyrene sheets or cards. Devise tests to see which works best:
    - Stays up longest,
    - Flies farthest,
    - Is easiest to control with turns and loops etc.
  3. Demonstrate that white light is made up of several colours.
  4. Make a periscope or microscope and explain how it works.
  5. Make a weather apparatus to record at the same time each day of the week the following:
    - Wind direction
    - Rainfall
    - Humidity
    - Clouds
    - Temperature
  6. Find out what happens when light and water are not used when growing plants. Discuss what you have discovered.
  7. Grow some crystals from a concentrated solution of any chemical
  8. Devise an experiment, which proves that metal expands when heated.
  9. Prepare an invisible ink, show how to use it and describe how it works.
  10. Demonstrate that sound travels.

### **Sports**

Explain simply, the rules of two sports such as Rugby, Netball, Soccer, Cricket, Hockey, Archery, Volleyball, Baseball etc.

- Take a regular active part and demonstrate reasonable proficiency in at least one sport. You may use a school sports team to pass this badge.
- Demonstrate you know how to look after your sports equipment and clothing. Examples would be: Blow up a ball, cleaning your shoes or boots, cleaning your bat and pads etc.
- Show that you are a good sports person by demonstrating a good spirit, keeping your temper and always doing your best when playing.
- Explain why it's important to take a shower or bath after the game and change into fresh clean clothes.
- Explain why it's important to take good care of your feet and what can happen if you don't.

### **Swimmer**

There are 3 stages in this badge:

Stage 1 = badge with a red background.

Stage 2 = badge with a blue background.

Stage 3 = badge with a green background.

#### **Stage 1**

**Water safety rules:** Explain why you should always observe the following.

1. Always tell your parents if you intend to go near water to play or swim.
2. Never take risks with river or lakes.
3. At the beach always stay between the flags.
4. Learn to swim before you go boating.
5. Always wear a lifejacket in a boat or canoe.
6. Learn rescue breathing.

#### **Swimming requirements:**

1. Swim at least 15 metres using one type of stroke.
2. Float on your back for 10 seconds minimum.
3. Jump or dive from the side of the pool.
4. Swim a few metres, turn around without swimming or touching anything and then swim back to your starting point.

#### **Stage 2**

Use a pool of at least 1.25m in depth.

1. Swim 15m on your back using your legs only.
  2. Swim in water at least 1.25 metres deep, dive and retrieve an object about the size of half a brick from the bottom of the pool.
  3. Swim 15 metres, the first half using any front stroke other than a crawl, turn over and complete the rest of the distance using any back stroke.
  4. With a plain header or running dive, swim 25 metres using a front crawl.
- Dive and glide as far as possible before starting to swim.

#### **Stage 3**

Use a pool of at least 1.25 m deep.

1. With a plain header or a running dive, swim 50 metres front crawl without a pause.
2. Swim clothed in a shirt and shorts, 25 metres sidestroke without pause.
3. Tread water for between 30 seconds and one minute.
4. Explain rescue breathing by a written test or demonstration using a manikin.