



Station 1A - My Safety

- ★ 1. With permission from your parent or legal guardian, watch the “Protect Yourself Rules” video for the webelos rank.
- _____ 2. Identify items in your house that are hazardous & make sure they are stored properly. Identify on the package where it describes what to do if someone is accidentally exposed to them.
- _____ 3. Identify ways you and your family keep your home or meeting space safe.
- _____ 4. Complete the “Be Prepared For Natural Events” worksheet. Complete a worksheet for at least 2 natural events most likely to happen near where you live.
- _____

*Do this with your den

Station 2A - Aware and Care



- _____ 1. Do an activity that shows the challenges of being visually impaired.
- _____ 2. Do an activity that shows the challenges of being hearing impaired.
- _____ 3. Explore barriers to access.
- _____ 4. Meet someone who has a disability or someone who works with people with disabilities about what obstacles they had to overcome and how they do it.
- _____

Station 3A - Chef's Knife



- _____ 1. Read, understand, and promise to follow the Cub Scout Knife Safety rules.
- _____ 2. Demonstrate the knife safety circle.
- _____ 3. Demonstrate that you know how to care for & use a kitchen knife safely.
- _____

4. Choose the correct cooking knife & demonstrate how to properly slice, dice, & mince.

Station 4A - Earth Rocks



1. Examine the 3 types of rocks: sedimentary, igneous, & metamorphic.
2. Find a rock, safely break it apart & examine it.
3. Make a mineral test kit, & test minerals according to the Mohs scale of mineral hardness. Using the Rock Cycle chart or one like it, discuss how hardness determines which materials can be used in homes, landscapes, or for recreation.

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4. Grow A Crystal.

* Do this with your den

Station 5A - Tech on the Trail



1. Discuss how tech can keep you safe outdoors.
2. Explore Global Positioning System (GPS) devices & how to use them.
3. With an adult, choose an online mapping program tool and plan a 2-mile hike.
4. Take Your 2-mile hike.

*time allows for about a 1 mile hike today

Station 6A - Math on the Trail



1. Determine your walking pace by walking $\frac{1}{4}$ mile. Project how long it would take you to walk 2 miles.
2. Walk 2 miles & record the time it took you to complete the 2 miles.
3. Project how long it would take you to hike a 20-mile trail over 2 days. list all the factors to consider for your projection.

Station 7A - Stronger, Faster, Higher



1. With your den or family, plan, cook, and eat a balanced meal.
2. Be active for 30 minutes with your den or at least one other person in a way that includes both stretching and moving.
3. Be active for 15 minutes doing personal exercises that boost your heart rate, use your muscles, and work on 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.

*do this with your den and/or family