



## Guide to Scout Personal Achievement Badges



# INTRODUCTION

## Introduction

Personal Achievement Badges are designed to allow youth to explore and expand skills and knowledge in areas that are of particular interest to them. In The Canadian Path, Personal Achievement Badges are strictly optional. They are not a core part of the program, and they are not an essential part of a youth's personal progression. Personal Achievement Badges are not a requirement for any Top Section Award. It is recognized that activities outside of Scouting add to youth's growth in the SPICES and to their personal progression. No one comes to Scouting as an empty vessel. Work on Personal Achievement Badges allows youth to further develop individual interests and skills and to have that development recognized as part of their growth and progression within The Canadian Path.

Here are some key things to know about the Canadian Path Personal Achievement (PA) badges:

- There are 16 PA badges for each of the Scout
- The PA badges are earned individually by youth who choose to make these badges part of their personal Scouting journey. The PA badges are not part of the Troop program adventures. However, at the end of a Troop adventure, a youth, who wishes to do more explorations related to the topic of that adventure, could develop a personal adventure, with five parts, for one of the PA badges.
- The PA badges follow the Plan-Do-Review process.
- There are no set requirements for the badges. Instead, each badge has an Objective which is supported by a few Guidelines, and then ideas for possible badge adventures from which the youth may choose. The youth is also encouraged to use his or her own ideas.
- The adventure activities to be completed for the badge must be done specifically for the badge. Credit is not given for something already completed at school or in another group. However, a new project that is done jointly for the badge and for another purpose would could toward the badge adventures.
- A PA badge may be accomplished more than once as long as a new Plan is made with new adventures.
- Most importantly, completing the adventures for the badge must be exciting, fun and challenging for the youth!

As a Scouter, your role is to support the youth in setting safe and realistic requirements. The nature of these requirements will vary from youth to youth, depending on the unique interests and abilities of each individual. Help the youth to develop attainable but personally challenging requirements, supported by a well-thought-out plan. Check in with the youth from time to time to measure progress and provide some guidance to overcoming any obstacles.

## Scout Personal Achievement Badges

**Earth:** anything connecting with our planet's soil and geology including exploration, environment, leisure pursuits, experiments, etc.

**Air:** anything connecting with the atmosphere including exploration, environment, leisure pursuits, experiments, etc.

**Water:** anything connecting with water including exploration, environment, leisure pursuits, experiments, etc. **Space:** anything connecting with outer space including exploration, leisure pursuits, experiments, etc.

**Summer Fitness:** anything related to active and healthy fitness and the summer season

**Winter Fitness:** anything related to active and healthy fitness and the winter season

**Year-round Fitness:** anything related to active and healthy fitness that can be pursued year-round

**Home:** exploring what it means to be a contributing member in a household

**Community:** exploring what it means to be an active, contributing member of one's neighbourhood and municipality

**Canada:** exploring what it means to be a citizen who makes positive contributions to the country

**World:** exploring what it means to be a contributing global citizen

**Technology:** exploring how to use digital technology effectively and responsibly

**Arts:** exploring one's own creative expression and the creative output of others

**Engineering:** conceiving, planning and constructing functional items in a calculated hands-on way

**Hobby:** an opportunity to develop one specific interest or to explore new interests

**Science:** learning and experimenting critically and empirically

## Using Plan-Do-Review to Facilitate Scout Personal Achievement Badges

Every time a Scout would like to work towards a Personal Achievement Badge, they must use the Plan-Do-Review process. This process emphasizes goals setting, personal development and recognizing personal growth. Scouts should set achievable goals that help them grow.

Troop Scouters can download a Plan-Do-Review sheet from [CanadianPath.ca/Scouts](http://CanadianPath.ca/Scouts), and should use that to set goals with each Scout. These goals should go home with each Scout so that they can be worked on with their parents/guardians. Below is a more detailed overview of this process, which should help Scouters know the correct facilitating questions to ask.

### BRAINSTORMING A PLAN

- What will your adventure involve? How will it relate to the badge theme?
- Remember, an adventure is something you haven't done before or haven't done this way before. How will this be an adventure for you?
- What is your goal for this adventure? What do you hope to learn or achieve?
- What will you need to carry out this adventure?
  - Are there skills you need to learn?
  - Is there a cost involved? How will that be covered?
  - What supplies do you need? How will you gather those?
- What are the risks involved? How will you make the adventure safe?
- When will this adventure happen? How long will each part of the adventure take?

Write out your plan for the adventure showing what is required and how long you will spend on each part. Set an estimated date for completion.

- Will this adventure be fun, engaging and challenging? Look over your plan. Are you excited about this adventure? If so, go for it! If not, what can you do to make it an exciting and challenging adventure?
- Review your plan with your Scouter before beginning the adventure.

## Plan to Do

Create an adventure with five or more parts to it that explores the badge theme.

My adventure idea for the \_\_\_\_\_ badge with its five parts:

---



---



---

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Target date for completion of this badge: \_\_\_\_\_

Need some ideas to get you going on creating your own adventure?

Check out the badges on the [Personal Achievement Badge Portal](#)

**Need some more ideas?** Check out the Activity Finder to inspire a personal adventure. **REVIEW**

- ☐ What do you know now that you did not know before?
- ☐ What worked well? What didn't work? Why?
- ☐ What did you enjoy the most?
- ☐ What was the most challenging part of this adventure?
- ☐ What would you do differently next time?
- ☐ How will you use what you have learned from working on this adventure, in Scouts and in everyday life?
- ☐ How might you share what you've learned with other Scouts or with people in your community?
- ☐ How have you demonstrated the spirit of the Scout Promise, Law and/or Motto in doing this adventure?
- ☐ Which of the SPICES have been part of this adventure for you?
- ☐ Social ☐ Physical ☐ Intellectual ☐ Character ☐ Emotional ☐ Spiritual

## Scouts Air



**Objective:** I will explore environment, nature, research and/or leisure pursuits as they relate to air.

**When planning your adventure, consider including:**

- an environmental aspect and/or a leisure pursuit
- an outdoor activity or research

**Here are some ideas to get you going on creating your own adventures:**

### Adventure Idea 1: Airplanes

1. Experiment with paper airplanes, outdoors on days with wind or no wind, to learn more about varying design to keep planes aloft. Organize a paper airplane competition for your Troop.
2. On paper or in a computer design program, create your own design of airplane. Explore how airplanes work, and include what you find out in your design.
3. Build and fly a fuel-driven or battery-powered model airplane.
4. Organize an outing to an aviation museum or air show for your Patrol or Troop.
5. Make a mobile with pictures or models of your favourite airplanes.

### Adventure Idea 2: Birding

1. Use a bird book or app, to identify birds in your area.. What birds that live in your area are you able to see, and which are harder to find?
2. Take pictures and keep a log of your observations.
3. Investigate the threats to the bird population in your area. Find a service project that you can do to help protect birds and their habitat.
4. Plan a hike or canoe trip for your Patrol on which you can share some of what you have learned about your local bird population, and what can be done to help birds.
5. Use local birds as inspiration for an art project.

**Other ideas!** Start with these and develop the five parts to your adventure.

- Measure air pollution in your area and develop a plan for reducing that pollution. If possible, present it to the town/city council via letter, email or in-person presentation.
- Plan a hot air balloon outing with your Patrol.
- Create the best kite in the world, and show how it works aerodynamically.
- Compare the exhaust pollution of at least five different cars (you can use different models or different years of the same model). To do this, you can put a white sock over the exhaust of the car and have someone drive the car on an errand for five minutes. Don't have it sit idling and don't do this inside a garage. Then, shut the car off and remove the sock, using a work glove. Turn the sock inside out to look for signs of pollution. Record and analyze your findings.
- Make a video to promote alternative transportation to reduce carbon emissions.
- Investigate the water cycle and how water moves from land to the air. Document this cycle using video or photos.
- Find out more about lightning and thunder, and why these two occur together in a storm, and the role the air plays.
- Many musical instruments make sound with the air from the musician's lungs. Learn to play a new instrument. When you have mastered a song, perform it for your Troop.

### Need some more ideas?

Look at the activities for **Mackenzie River** (Environment & Outdoors) and **Cabot Trail** (Creative Expression) to inspire an Air adventure you'd like to try on your own.

## Scouts Arts



**Objective:** I will explore what it means to appreciate and contribute to the arts.

**When planning your adventure, consider:**

- using an artistic medium that you have not previously used
- attending a professional artistic presentation (gallery, concert, play, screening, reading, etc.)

**Adventure Idea 1:** Become a Sci-Fi Writer

1. Read several science fiction stories or novels. What are some exciting elements of science fiction?
2. Imagine your own science fiction universe. Outline your characters, your setting and your plot. It may help to talk with a friend about your ideas and have that person ask you questions.
3. Write, re-write and edit until your story becomes what you want it to be.
4. Have a trusted friend or adult read your story. Invite your reader to give his or her impressions and offer constructive comments to help you improve the story. Create the final draft. Will you add pictures or drawings?
5. Share at least one part of your story with a group of people (like your Patrol).

**Adventure Idea 2:** Make a sculpture from recycled items

1. Visit an art gallery that displays salvaged art.
2. Go to a local salvage centre or thrift store and collect as many items as you expect you will need to create your own sculpture, or re-use items at home. How do the items you find inspire you?
3. What will you use for your sculpture's foundation? Perhaps you'll use an old artificial Christmas tree that someone is throwing out, or a piece of furniture, or a coat rack.... How does the foundation of your sculpture help you to imagine what it will look like when you are finished?
4. Do the items you have suggest a theme or a story? How can they be put together to make a statement? Decide how you will put your sculpture together, and plan how your recycled items will be fastened in place. Gather the tools and fasteners you will need.

5. Find a good place to display your sculpture. Where does your sculpture best fit in your home or community?

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Know all those fonts you use? They come from the ancient art of calligraphy. Learn about and practise this continuing art form of using different fonts in handwritten, and often artistic, pieces.
- Compose a bugle call for your Patrol or Troop to signal a common group activity, such as assembling for mealtime or striking a campsite.
- Use your pioneering skills to build stands out of deadfall branches that can be used for displaying art, as trellises for plants in the yard, and more.
- Challenge yourself to learn a new musical instrument.
- Entertain an audience, either by yourself or with a small group, for about 45 minutes with a varied program.
- Produce and edit a video that presents an outdoor skill in an entertaining way.
- Write your own play, then rehearse and direct a small group in performing that play.
- Arrange a backstage tour of a live theatre, and learn about the lights, sound, staging and more.
- Create your own book for toddlers, writing the story and creating the pictures. Share it with a group of preschoolers.
- Collect digital files of photos from Scouting hikes and camping trips. Enlarge the photos and frame them in do-it-yourself frames. Sell the framed photos for a fundraiser for your next adventure.
- Attend a book reading by an author.
- Depict the same subject in at least five ways, exploring a variety of medium: carving, pottery, photographs, sculptures, pen and ink, watercolours, pencil, pastels, oil paints, tempera, acrylics, charcoal, digital, and more.
- Dance or create movement or write a skit for the Scout Law
- Complete a journal of a Scouting adventure such as a Jamboree or a longer camp, canoe trip, etc. Use pictures, video and/or text to describe the adventure, the planning, friends you made, activities you did, what worked well, what went wrong and how you dealt with it, sites you saw and more
- Learn how to hand build pottery or throw a piece of pottery on a wheel from a local potter
- Explore various types of paints - oil, acrylic, watercolour - as you paint scenes from your Scout hiking adventures
- Experiment with a variety of products for sculpting and moulding, such as potter's clay, air-dry clay, homemade clay, etc. Which do you enjoy working with most?

**Need some more ideas?** Look at the activities for **Cabot Trail** (Creative Expression) to inspire an Arts adventure you'd like to try on your own.



## Scouts Canada



**Objective:** I will explore what it means to be an active and contributing citizen of my country, Canada.

**When planning your adventure, consider including:**

- an aspect that helps you learn about and/or engage municipal, provincial and/or national levels of government
- community involvement or service
- the spirit of the Scout Law or Promise in your adventure

**Here are some ideas to get you going on creating your own adventures:**

**Adventure Idea 1:** Explore Canada's Provinces and Territories

1. What do you find most fascinating about that province or territory? Find out about its points of interest, flag, crest, provincial/territorial flower, provincial/territorial tree, provincial/territorial bird, history and key geographical wonders. Create a game for your Patrol or a younger Section that uses these elements as answers to trivia questions, items to collect in a scavenger hunt, memory flash cards, or some other fun way to learn about another province or territory's symbols, history and culture.
2. Create a plan for visiting another province or territory. Research historical sites, museums and accommodation for a trip you might make soon or in the future. Visit the province or territory and put your plan into action. You might travel with your family, or with your Troop – possibly to attend a jamboree!
3. With the support of your Scouters, organize a video call or Pen Pal opportunity with a Troop in a part of Canada beyond your home province or territory. Ask some questions of the other Scouts to find out how their part of Canada is the same as your own, and how it's different. You might ask about wildlife, the natural landscape, the seasonal weather, and so on.
4. If you were dividing up the country into provinces and territories, how might you divide up the regions and why? Draw your version of Canada. What names might you give any new provinces or territories?
5. Start a collection that reflects Canada's different provinces and territories. You might try to collect crests from all of Canada's provinces and territories, or pins, or postcards... Share your collection with your Patrol. What provinces and territories are most difficult to collect?

**Adventure Idea 2:** Be an Explorer

1. Visit the historic sites closest to your home. Read the plaques at the sites. Look at your surroundings and consider how things have changed since the time commemorated on the plaque.
2. Visit a local museum or interview an historian (possibly a history teacher) to find out more about the history of your community, and your community's place in the history of Canada.
3. Pick one key story about the explorer who put your part of the country on the map and practise telling it until you can bring it to life for an audience, then share it at Scouts or in another appropriate group.
4. Do you feel that the history of your town is properly celebrated? Imagine a way to recognize some of your community's history (like the contributions of First Nations, explorers or settlers). Write an email or a letter to an elected official to share your idea(s).
5. With your Patrol or Troop, re-enact a chapter of your community's history. You might hike or paddle an early travel route, spend the night at an historic site or share a meal that has historic and cultural significance to your area.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Visit a national historic site. (Sites are listed on the Parks Canada website.)
- Tour your provincial legislature or Parliament. Arrange to visit with your MLA, MPP, MNA or MHA in their office at the provincial legislature or your MP in Ottawa, if possible.
- What is an issue of Canadian significance that is important to you? Send an email or write a letter to your Member of Parliament about the issue. Find other ways to make a positive difference regarding the issue.
- During a federal election, watch a televised debate between the party leaders. Find out how and where you would vote in your area, if you were old enough. If possible, go with an adult when he/she goes to vote, to see how things are set up and how they work. Research candidates for your riding during a federal election. Chart their parties' positions on several issues. Watch the polls and predict who will win for your riding.
- We honour the Flag of Canada within our Scouting ceremonies. Use the flag as the basis for an art project (a collage, a sculpture, a quilt, etc.). Perhaps your flag can hang in your Scouting meeting place.
- Organize your Patrol or your family to volunteer for a day building or maintaining a section of the Trans Canada Trail in your community.
- Invite a First Nations elder to visit your Troop. Find out about his or her culture and the community's history in your part of the country.

**Need some more ideas?** Look at the activities for **Rideau Trail** (Citizenship), **Red Coat Trail** (Leadership) and **West Coast Trail** (Beliefs & Values) to inspire an adventure to try on your own.

## Scouts Community



**Objective:** I will explore what it means to be an active and contributing citizen of my community.

**When planning your adventure, consider including:**

- an aspect that helps you learn about and/or engage municipal, provincial and/or national levels of government
- community involvement or service
- the spirit of the Scout Law or Promise in your adventure

**Here are some ideas to get you going on creating your own adventures:**

**Adventure Idea 1:** Become a tour guide!

1. Spend time getting to know about your community. Investigate places of historical interest, local amenities and facilities, recreation opportunities, emergency facilities and more.
2. Interview some people who have lived in your community for a long time. What are some memorable personal stories that you would like to share?
3. Develop a way of sharing a tour of your town. Perhaps it is a photo tour or slideshow tour. Or maybe you will develop a pamphlet with a “do-it-yourself” tour of points to visit and a bit of history or information about each of those points.
4. When your tour is ready, lead your Patrol or another Section on the tour.
5. Offer your tour to be used at a facility in town or the town welcome centre, as appropriate.

**Adventure Idea 2:** Join in a Festival!

1. What festivals or special activities are coming soon in your community? Pick one in which you’d like to participate. Connect with the organizers of this festival or activity and discover in what ways you might volunteer to help. Provide a day or two of service to the festival.
2. Share with your Patrol or Troop or family the highlights of your experience at the festival. If you were to become the organizer of the event, what might you do the same, and what would you do differently?

3. Write or email a thank-you to the organizers, sharing your experience and what you enjoyed about the event.
4. Select an element from the event that you would like to share with your Patrol. You might make a snack that was offered by a vendor at the festival; design T-shirts, buttons or posters similar to those that may have been sold at the festival; or plan to attend a performance similar to one that was part of the festival at which you volunteered.
5. Organize a formal campfire for your Group. Invite every Section to contribute a skit or a song. Work with the Patrols in your Troop to plan some crowd-pleasing entertainment for the rest of your Group.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Create a treasure map for your town or a bicycle rally and invite your Patrol to try it out. On the way, make sure they will discover new things about your community.
- What does your community need? Create a vision for your community. Use models, pictures, slideshows and/or maps. Consider what you’d like to see added to or removed from your community.
- Create a geocaching spot in your community. Go on a geocaching adventure to find other nearby geocaches.
- Take a careful look at a nearby playground. What equipment do children enjoy playing with the most? What might need fixing or should be removed for safety reasons? Who would you alert about this? If you were designing the playground, what would you include. Create your design.
- What service groups are part of your community? (Lions Club International, Kinsmen & Kinettes, Rotary, Elks & Royal Purple, Rebekahs & Oddfellows, Masons & Eastern Star, etc.) What contributions have they made to your community? Contact one of these organizations and offer to come and speak about Scouting in your community (as a way to practise your public speaking skills). Be ready to answer some questions.
- Visit a part of your community to which you have never been. Look at a map of your community to identify a spot. With a buddy or an adult, explore this area (by bike, vehicle, on foot, etc.), after addressing any needed safety precautions.
- What is a social or environmental challenge in your community? How can you make a positive difference?

**Need some more ideas?** Look at the activities for **Rideau Trail** (Citizenship), **Red Coat Trail** (Leadership) and **West Coast Trail** (Beliefs & Values) to inspire an adventure to try on your own.

## Scouts Earth



**Objective:** I will explore environment, nature, research and/or leisure pursuits as they relate to the earth.

**When planning your adventure, consider including:**

- an environmental aspect and/or a leisure pursuit.
- an outdoor activity or research

**Here are some ideas to get you going on creating your own adventures:**

**Adventure Idea 1:** Hiking on Different Terrains

1. Plan several day hikes for your Patrol, with each planned for a different terrain. How does hiking on a variety of terrains influence your planning? For example, what challenges can you expect when hiking on steep, rocky slopes? What equipment will you need for this hike?
2. Hike through the forest, off of a marked trail. How can you travel in the forest off of a trail and not get lost?
3. Hike a trail at a wetland. Consider how the trail has been engineered for the terrain.
4. Plan an urban hike. Consider how people have changed the landscape, and how these changes influence your experience.
5. Create a photo journal of your hikes to share with your family and/or Patrol.

**Adventure Idea 2:** Tent Peg Challenge

1. Visit your local Scout Shop or another camping store to find out about different kinds of tent peg.
2. Plan a camping trip with your Patrol. Bring along a variety of pegs for your tent. Try them out and find out which works best for different kinds of terrain.
3. Experiment with ways to Leave No Trace when setting up camp. Do some pegs have less impact than others?
4. Having done the research, invent your own tent peg, then try it out on various terrains.
5. Share what you've learned with your Troop when it is time to plan your next camp.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Take on the Scoutree challenge. Lead your Scout Troop in taking on this annual activity. Find out more about Scoutrees: when it started and what its purpose is. What do you need to do in order to spread the word about Scoutrees? Think about a planting day and come up with a plan to make it a special day for your Group.
- Learn from someone knowledgeable how to feed yourself with edible plants in your area and create a cooking challenge using these plants. Be aware of dangerous plants.
- Discover what natural disasters related to the theme of this badge (like landslides and earthquakes) might happen in your area. Present your Patrol with a disaster scenario to hone its response skills.
- Sod huts kept people on the prairies warm and dry through the cold winters. Learn about building sod huts and create a small version.
- Live off the land! Plant crops of your own choosing and work on your garden from planting through to harvest. Then create a meal for your family or your Patrol with the produce from your garden. What did you need to do to be a successful gardener?
- Near a beach? Set up a sandcastle building challenge. What will be the rules? What equipment can each group use? How much time will they have to build their castle? Who will be the judges? What will be the categories for judging? Will you have prizes?
- In Scouting, we use compasses to help find our bearings or sense of direction. Compasses work because of the composition of our planet. Explore how compasses work, and attempt to produce your own compass using metal.

**Need some more ideas?** Look at the activities for **Mackenzie River** (Environment & Outdoors) and **Cabot Trail** (Creative Expression) to inspire an adventure you'd like to try on your own.

## Scouts Engineering



**Objective:** I will explore various dimensions of engineering, including design, materials and construction.

### When planning your adventure, consider:

- learning about how a tool, an appliance, or a vehicle functions
- designing and building a tool, an appliance, or a structure
- working with materials or tools you have not used before
- engineering fields include: aerospace, architectural, civil, computer, electrical, marine, mechanical, and mining

### Here are some ideas to get you going on creating your own adventures:

#### Adventure Idea 1: Electric Cars

1. Imagine having a solar powered car. Explore designs for solar powered cars. Collect the needed materials and build a car that can travel using energy from sunlight.
2. Make adjustments to get help your car travel farther on a single charge.
3. Make changes to your car to make it look awesome! Consider how the solar panels can be used to make your car look great.
4. Imagine a community of electric vehicles. What changes would you have to see to help support electric vehicles? Design and make a model of the city of the future – a city in which people travel by electric vehicles.
5. Show off your solar car to your Patrol or Troop, or to a younger Section. Present how you improved the design and performance of your car.

#### Adventure Idea 2: A Transportation Challenge

1. How many different forms of transportation exist in your community? Create a slideshow or pamphlet to show the variety of transportation methods. Think carefully. Have you included every possible mode of transportation?
2. As possible, take a different mode of transportation to school every day of the school week. Consider the pros and cons of each form of transportation. How do they help your fitness? The environment? Traffic volume? How efficient are they in getting you where you want to go? How accessible are they for those who have disabilities?

3. What might your community do to make transportation work better? Consider the roads, the pathways, traffic reports, rail lines, and any other transportation infrastructure. If you were the engineer proposing a plan for improving the transportation in your community, what would be your chief recommendation? On a map of your community, indicate the changes that you think would help people to move around quickly, safely and easily.
4. Meet with an engineer who specializes in designing roads and overpasses. Find out what is considered in the design and the role the engineer plays throughout the building process.
5. Imagine how you would help people to move around more efficiently. Design, either on paper or with a computer program, the ultimate vehicle or form of transportation.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Design a better backpack. Interview other Scouts about what they like best in backpacks. Do research at a camping equipment store (like your local Scout Shop). Create the design for the ultimate backpack.
- Ever wondered how something is made or done? Visit an industrial plant, an electricity generating plant, a food processing or packing plant, a sewage treatment plant, a mine or another centre of engineering activity. What would you need at home to do the same job?
- Select a manufactured item in your home (such as a toy or an appliance) and, under adult supervision or with permission, investigate how and why it works as it does.
- Build and operate a robotic rover. Visit your local Scout Shop to borrow the STEM robotics kit. Follow the instructions provided.
- Use everyday materials to design and build a strong structure (e.g. a bridge or a tower). Choose at least one material with which you've never before built.
- Enter a project in a science or engineering fair or similar competition. Check the Scouts Canada website for possible STEM competitions.
- What exactly does an engineer do? There are many different fields of engineering. If possible, interview a number of engineers who work in different fields.

**Need some more ideas?** Look at the activities for **Cabot Trail** (Creative Expression) to inspire an Engineering adventure you'd like to try on your own.

## Scouts Hobby



**Objective:** I will explore a new creative pursuit or take a hobby I already do to new levels.

### When planning your adventure, consider:

- learning a new hobby
- developing an aspect of a hobby that you have never before tried
- sharing what you've made or teaching this hobby to someone.

### Here are some ideas to get you going on creating your own adventures:

#### Adventure Idea 1: Photography

1. Make a point of taking photos on the next camping trips and hikes. For each outing, take pictures according to a different theme. Try to identify what makes a good picture, depending on the theme. For one outing, focus on taking good candid pictures of your fellow Scouts. On another, focus on your natural environment.
2. Take photographs on an outing using a film camera. Compare the developed results with another day's photographs taken using a digital camera.
3. Challenge yourself to take photographs in a wide variety of light conditions, from the dark of night to the light of mid-day. Experiment with accessories and the settings on your camera to improve your photographs.
4. Use editing software to refine the digital photographs you have taken. Watch tutorials online to learn some new tricks with the software.
5. Create a slideshow and share your photographs with your Troop.

#### Adventure Idea 2: Knitting and Sewing

1. Learn to knit. If you already know how to knit, challenge yourself with a project you've never tried before. If you are just

- learning for the first time, try a small project, like a washcloth.
2. When you have some experience knitting, set yourself a goal of knitting some manageable items for charity.
3. Take on the time-consuming challenge of knitting or crocheting a blanket.
4. Learn to sew. Find some items of clothing that you can repair with some basic stitches.
5. Learn to use a sewing machine and follow a simple pattern to make an article of clothing or a soft toy.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Have you ever built a model of something, either from a kit or with your own materials? Create some new models and show them to your Patrol or Troop. What did you enjoy?
- Become a chess master. Learn how to play chess and challenge others to a game. Keep a record of your wins/losses, your strategies, length of games, number of moves, etc. Take part in a community tournament or organize a tournament for the Troop. Find out more about the current world chess champion.
- Tackle the Rubik's Cube and learn how to solve it. What are the different algorithms and strategies that can be used to solve the cube? What is your fastest time for completing it?
- Start a new collection or add to a collection you already have. Improve your display for the collection. What would you recommend to others if collecting similar items? What is the value of your collection? How do you take care to preserve your collection?
- Observe and identify as many different species of wild birds as possible. Use a field notebook or a phone app to track your sightings. Take part in a winter bird count.
- Plan a geohunt for your Patrol. Choose a theme, set up a course with at least four waypoints, teach the players how to use a GPS unit, and play the game. Or maintain a Geocache and track who has visited.
- Create a book filled with drawings and paintings of a favourite subject, favourite sayings, birds and animals you have seen while hiking, or some other subject that interests you.
- Participate in a local, national, or international competition in a field that you are interested in. Take your skills in this pursuit to a new level. Celebrate with your Patrol or Troop.
- How about an adventure involving agricultural or farm animal care or veterinary work?

**Need some more ideas?** Look at the activities for **Cabot Trail** (Creative Expression) to inspire a Hobby adventure you'd like to try on your own.



## Scouts Home



**Objective:** I will explore what it means to be a contributing member of my home.

**When planning your adventure, consider including:**

- the spirit of the Scout Law or Promise in your adventure
- something about household relationships with humans and/or with animals
- home maintenance, repair or chores

**Here are some ideas to get you going on creating your own adventures:**

**Adventure Idea 1:** Home Repair Expert

1. Do a survey of your home and find at least five repairs or maintenance items on your home itself that need attention.
2. In discussion with your parents/guardians, decide which of these you could address, considering budget, timeline, tools needed, skills and more. Make the repairs you can manage.
3. Determine who can help you learn the skills needed to make the repairs you could not make with the skills you already have. Learn some new repair skills and apply them to some home repairs.
4. Identify five other repairs in your home that you could do. These repairs may be to furniture, clothing, toys, etc. Plan your repairs, considering tools, budget, timeline, etc. Make the repairs you can manage.
5. Consider the skills you used to make repairs. Apply the same skills to make something new for your home.

**Adventure Idea 2:** What does “home” mean to a refugee or immigrant?

1. Is your family a refugee or immigrant family (maybe several generations back)? Do you have neighbours or schoolmates who are new refugees or immigrants? Identify some friends, family or neighbours who would be willing to share with you their refugee/immigrant experience. Interview two or three of those you have identified.

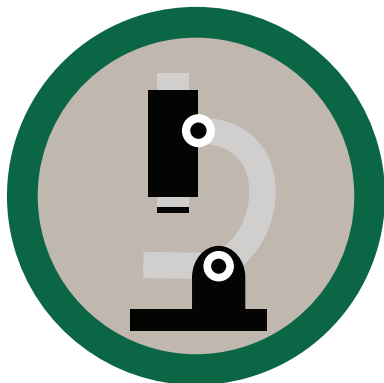
2. How have you come to see your day-to-day life differently as a result of these interviews? Identify several positive changes you can make to your own lifestyle that are commonly practised in other parts of the world. Live according to these practices for a few weeks. How do you feel about these changes?
3. Prepare a meal for your family with dishes that reflect some of the immigrant and refugee groups in your community.
4. Contact a local organization that helps to welcome immigrants and refugees to your community and find out how you can support the organization's efforts. Give the organization some of your time.
5. Investigate ways to support refugees outside of Canada. Provide service to refugees abroad.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Sew a button on, fix a hem, bake some bread, make popsicles, iron your shirt, make the perfect bed corners...set yourself goals of helpful household tasks you would like to learn to do.
- Talk with your family about the jobs that need to be done in the household. Who does what? How do you usually help? Would someone like to trade a job with you? Or take on a new chore? For how long? Do you need training to do the job? Or you might surprise others by doing a chore for them occasionally.
- Be the primary caregiver for a pet for at least six months, including veterinary visits.
- Build or repair a piece of furniture. Log your work with pictures.
- Paint a room, wall, or ceiling. Log your work with pictures.
- Compose a decorating plan for a room. Create illustrations and a budget for the project.
- Install drapery or curtain rods and then hang drapes or curtains. Log your project with pictures.
- Introduce a new family activity and be the organizer and motivator for that activity.
- Cook your family suppers for a week. Prepare a budget, a shopping list, consult with your parents/guardians and start cooking.

**Need some more ideas?** Look at the activities for **Bruce Trail** (Active & Healthy Living) and **West Coast Trail** (Beliefs & Values) to inspire a Home adventure you'd like to try on your own.

## Scouts Science



**Objective:** I will explore and discover in one of the many areas of scientific pursuit.

When planning your adventure, consider:

- exploring more than one scientific field
- experimenting with or observing something you have not seen before
- involving the outdoors and/or nature and/or care of the environment.

**Here are some ideas to get you going on creating your own adventures:**

**Adventure Idea 1:** Plastic is everywhere!

1. Do a survey of your home. How many items are made of plastic? In the recycling, how many different numbers of plastic do you find? Compare the items your household recycles with the list of recyclable items in your community. Are any recyclables winding up in the trash? Are non-recyclable items being put in the recycle bin? Share the results of your investigation with your family.
2. Some home and personal cleaning products have tiny beads of plastic in them to help scrub surfaces and your skin. Check the labels of the products in your home to find out which use plastic beads and which use other materials for the same purpose. Share the results of your investigation with your family.
3. Make your own bio-plastic using milk and vinegar. Investigate how using different amounts of these materials impact the final product. Compare its characteristics (strength, flexibility, etc.) with different types of factory-produced chemical plastics.
4. Investigate the behaviour of plastics and other materials in water. Create and perform an experiment to find out what materials float, what materials sink and what materials dissolve. Share the results of your experiment with your Patrol. What might the results mean for the environment? Have you heard of plastic islands?

5. What day-to-day items are made of plastic, but are also available made from other materials? Are the plastic items typically recycled in your community? What material should be used, in your opinion, all things considered? Send an email or write a letter to your mayor to suggest any changes that you feel your community should make regarding plastics?

**Adventure Idea 2:** How do you make that sound?

1. Explore the differences between strings, brass, percussion and woodwind families of instruments. How do they produce the kinds of sounds that they do? Find an opportunity to try at least one instrument from each family of instruments.
2. How do animals make musical sounds in nature? Match pictures of animals with pictures of instruments that make sounds in a similar way.
3. Design and build a musical instrument that has at least seven notes.
4. Practise with your instrument until you can play a simple tune with it.
5. Create another instrument made with materials you find in nature, such as a willow whistle.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Read an old science fiction novel, such as Jules Verne's *From Earth to Moon* (and/or the sequel, *Around the Moon*). How much did the author get right about space travel?
- Visit a science centre, aquarium, planetarium or another science-themed public attraction.
- How many different ways can electricity be created? How do you rely on electricity? What affect does a power outage have and how can you be prepared? Create your own source of electricity. How might you use a bicycle to generate electricity? What are you able to power?
- Get up close and personal with at least 20 different live species of insects in their habitat. How many orders of insects can you identify? How will you record your discoveries? What role do insects play in our world, even though they can be annoying?
- Put your green thumb to work. Grow a plant from seeds, roots, cuttings, tubers, and grafting. How will you record your experiments and their results? Experiment with soil, fertilizer and watering.
- Become a rumour buster. Pick some "rumoured" things you've heard, such as what happens when you put a certain type of candy into a certain type of pop. Test the rumours.

**Need some more ideas?** Look at the activities for **Cabot Trail** (Creative Expression) and **MacKenzie River** (Environment & Outdoors) to inspire a Science adventure you'd like to try on your own.

## Scouts Space



**Objective:** I will explore environment, nature, research and/or leisure pursuits as they relate to space.

**When planning your adventure, consider including:**

- an environmental aspect and/or a leisure pursuit
- an outdoor activity or research

**Here are some ideas to get you going on creating your own adventures:**

**Adventure Idea 1:** Create your own space base.

1. Have you ever imagined living on another planet? Read a science fiction account or watch a movie based on this concept.
2. Take a telescope out on a clear night or visit a planetarium and catch a glimpse of places in our solar system where a space base might be built, with the right equipment and conditions.
3. Design a space base located on *terra firma* (firm ground) within our solar system. This may be on the moon, Mars or an asteroid. Make drawings or a computer design.
4. Now make a model of your space base, including the actual base as well as the landscape.
5. Share your model with a Beaver Colony or Cub Pack, then lead the other youth in a space-themed activity or game.

**Adventure Idea 2:** Three, two, one...Blast off!

1. Find out about building model rockets. Who sells the kits? Do you need a license to buy the engines? What kits are available and which one would be a good challenge for you?
2. If you've never built a rocket before, start with a smaller kit, and then proceed to a more challenging one.
3. Build your rocket(s). What will you need to do to get the best height, smoothest flight, etc.?
4. Launch your rocket(s). How will you figure out how high it flew?
5. Recover the rocket and examine it. What can you learn about its flight from how it looks?

**Other Ideas! Start with these and develop the five parts to your adventure.**

- Build and operate a robotic rover. Visit your local Scout Shop to borrow the STEM robotics kit, and follow the instructions provided. What can you learn from this robotic rover? How have such devices been used in space?
- Build and operate a solar vehicle. How might such a vehicle be useful on another planet?
- Spend an evening stargazing. Consider making arrangements with a local science centre or university to get access to a quality telescope, and invite a local expert along to help guide your observations.
- Build a model solar system. Try to make it to scale.
- Design a series of collector cards, with pictures on the front and information on the back, about your favorite space pioneers. Develop a "space" game to play with the cards.
- Imagine that beings from another planet arrived on earth. Do you think that they would be greeted in peace or immediately contained or killed by the people of earth? Host a debate for your Patrol or Troop on the topic.
- What is required to become an astronaut? Explore the Canadian Space Agency, NASA and other space agencies. Find out about Canadian astronauts who have been to space and how they were chosen.
- Plan a stargazing night with your Patrol. When looking at the stars, make up your own constellations and the stories behind them.
- Follow a space mission for a month or more. Collect information, newspaper articles, photos, etc. and organize them into a story about the mission.
- Do you know how telescopes work? Make your own telescope and use it to look at the night sky.
- Could there be life on Mars? What does a planet have to have to support life? Imagine the technology that could help us to find life on other planets. Share the design for your invention with your Patrol.
- How does the moon affect the earth and its oceans? What experiment could you do that would demonstrate these effects? Ever see the "man in the moon" or the "rabbit in the moon"? What are you actually seeing? Check out a map of the moon's surface.

**Need some more ideas?** Look at the activities for **Mackenzie River** (Environment & Outdoors) and **Cabot Trail** (Creative Expression) to inspire a Space adventure you'd like to try on your own.



## Scouts Summer Fitness



**Objective:** I will participate in healthy and active summer fitness

**When planning your adventure, consider including:**

- physical fitness
- mental health and fitness
- food as it relates to health and fitness

**Here are some ideas to get you going on creating your own adventures:**

**Adventure Idea 1:** Let the hiking begin!

1. Consider where you have already hiked as a Scout or with your family. Set yourself some new hiking challenges. Explore new terrain and new areas.
2. How does hiking help you keep you in good shape, physically, mentally and spiritually? Create a poster or slideshow to share your thoughts on the benefits of hiking.
3. Consider food for the hikes. What kind of food is best to take on a hike? What food might be better for some hikes and not as good for others? If you've never tried dehydrating food before, why not give that a try to get ready for your hikes?
4. Add a unique challenge to your hike. If your hike is an overnight adventure, save weight and camp out under a tarp or in a camping hammock. If you're headed out for a day, carefully plan a safe route that will take you off of marked trails, and make your way using map and compass, or following the shore of a river or lake.
5. Record the adventures of your hikes with photos, stories and/or drawings and then share them with your family or your Patrol.

**Adventure Idea 2:** Grab your wheels!

1. Pull out your bicycle, clean it, grease it and adjust it to have it ready for the summer season. If you are not familiar with how to do these tasks, find someone who can teach you. Find a bicycle safety checklist and use it to check your bike. What are the local laws and requirement for bicycles?

2. Cycling can be done just for fun or for racing. Specially adapted bicycles provide freedom of movement for those who cannot move around otherwise or who do not own cars. Explore the mental and spiritual benefits of cycling. Share your thoughts creatively by making a video, poster, slideshow, etc.
3. Do you know how to repair a flat bike tire? Practise all steps: removing the tire, replacing or patching the tube, and remounting the tire. Demonstrate for your friends or your Patrol.
4. Organize a cycling ride with your family or your Patrol, following Plan-Do-Review and addressing safety considerations and different cycling abilities. Prepare an easy-to-carry nutritious snack for the whole group.
5. Offer to safety check and prepare bicycles for summer riding for your family or your friends.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Create a new ball game for a group to play. Consider ball games that have been played through the centuries by different cultures. How were the balls made? What were the rules? Why were the games played?
- Train to participate in a kids' triathlon. Set yourself goals to prepare to swim, bike and run.
- How did children in Canada entertain themselves 100 years ago through the summer when there were not swimming pools, organized sports teams or recreation facilities? Learn some of the games played by previous generations and teach them to your friends or the Troop.
- Work with a personal trainer or coach and explore the best warm-up and cool-down stretches and exercises for the type of sports that you enjoy doing.
- Know how to golf? Learn from an adult, a coach, as part of a summer camp or a small group. Keep a photo or written record of your scores and experiences.
- Develop your skills in archery. What various types of archery equipment can be used? What are the tricks for good aim? What is essential for safety? Why does pulling back and releasing a bow without using an arrow ruin the bow?
- Set yourself a distance to run or bike through the summer. For example, will you run a distance equivalent to Calgary to Edmonton? Will you bike the distance equivalent to Ottawa to Montreal?
- We all love food. What are the best foods for summer fitness? How might a trail mix you create for summer fitness be different than one for winter fitness?

**Need some more ideas?** Look at the activities for **Bruce Trail** (Active & Healthy Living) to inspire a Summer Fitness adventure you'd like to try on your own.

## Scouts Technology



**Objective:** I will explore what it means to be an active and contributing citizen of the technological world.

### When planning your adventure, consider

- using technology to carry out the spirit of the Scout Law
- exploring the ethics of the use and development of technology
- developing your own piece of technology

### Here are some ideas to get you going on creating your own adventures:

#### Adventure Idea 1: The Application of Apps

1. How many apps do you currently have on your phone? How many do you use regularly? Which are the most useful for you and why? Identify any apps that you consider bad habits and delete them from your phone.
2. How were some of the tasks you do with apps done before the apps existed? Apps are meant to be time savers, but are they really? Pick one or two apps and find out whether the same task can be done faster in the “old-fashioned” way.
3. Which apps lend themselves to bullying? Why do you think people are attracted to using these apps? What might be changed on these apps to make them less useful (or not useful at all) for bullying? Share your suggestions with the maker of one of the apps you feel can be used to bully.
4. What task do you think could use an app? Pick something that is a constant problem or challenge for you. Create a design for an app that would address this problem or task.
5. Find several apps that you think could be useful to your Patrol or Troop and share them. Try them out when planning, doing and reviewing your next adventure.

#### Adventure Idea 2: Reduce, Re-use, Recycle that Modern Technology

1. Reduce: Take on the task of organizing your family's technology. Do a survey of what needs to be organized. Identify items that your family no longer uses and gather them to be reused or recycled.

2. Re-use: What items, no longer needed for their original purpose, can be used in a new way or donated to an organization that refurbishes them? Deal with some of your items in this way.
3. Recycle: Encourage others in your Troop to recycle their electronics, too. Coordinate the collection of used electronics and find out how they can be recycled as a fundraiser for your Troop.
4. Promote your efforts so that others can follow your good example. Make a video with some useful tips and post it to your Troop's website..
5. Technology is good and bad for the environment. Organize a debate for your Troop to explore the pros and cons of technology in terms of its impact on the environment.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Locate five Troops in other parts of Canada that have a homepage. Email them. Explain that you are completing your Technology Scout Badge and invite them to send a greeting to your Troop.
- If your Troop doesn't yet have a website, create one. Discuss with your Troop or Group what you should include. If your Troop already has a site, work with the administrator to see how you can contribute.
- Use a digital camera to take pictures of your Troop (with permission) on an outing. Use the pictures to create a presentation (include photos, captions, and, if possible, sound) that your Troop can use at a parents' night or a linking activity with a Cub Pack.
- Use a computer graphics program to design a logo for your Patrol or Troop.
- Create a video that raises awareness about online safety and teaches youth and adults how to protect their identity and their privacy online. Share the video on your Troop webpage or on Youtube.
- Technology has advanced rapidly in the past 30 years. What kinds of computers or devices might be available in another 30 years? Illustrate the devices you've imagined and share your ideas with your Patrol or Troop.
- Create your own computer program or app. If you don't know how to code, illustrate the interface (what users would see on a screen). Present the idea to your Patrol or Troop.
- Learn how to program. You can use online platforms like [Scratch \(scratch.mit.edu\)](https://scratch.mit.edu), [Hour of Code \(csedweek.org\)](https://csedweek.org) or [Tech Spark \(techspark.ca\)](https://techspark.ca) to learn the basics of programming.
- Build and operate a robotic rover. Visit your local Scout Shop to borrow the STEM robotics kit, and follow the instructions provided.

**Need some more ideas?** Look at the activities for Rideau Trail (Citizenship), Red Coat Trail (Leadership) and West Coast Trail (Beliefs & Values) to inspire an adventure to try on your own.

## Scouts Water



**Objective:** I will explore environment, nature, research and/or leisure pursuits as they relate to water.

**When planning your adventure, consider including:**

- an environmental aspect and/or a leisure pursuit
- an outdoor activity or research

**Here are some ideas to get you going on creating your own adventures:**

**Adventure Idea 1:** Canoe or hike an historical water route

1. Pick an historical water route accessible to you. Find out about the route and plan a paddling or hiking trip for your Patrol. Share some of the history when you are on your outing.
2. Integrate a challenge that fits with the history of your route. For example, First Nations and early European explorers would prepare their meals over campfires – not on camp stoves. If you are on an overnight adventure, plan to cook your meals without the aid of stoves.
3. How is the water route a source of food as well as a means of travel? Identify and sample wild edible plants on your outing. Bring fishing gear and try to catch a fish. Be safe – eat only what you are sure is edible.
4. Find out what environmental stresses this waterway faces. Add to your plan a way that you can help the environment along the route, either by gathering litter, keeping to pathways, counting bird species, etc.
5. Create a log of your journey by taking photos, recording video, drawing pictures, taking notes or in some other way.

**Adventure Idea 2:** The Best Paddle of All

1. Why are canoe paddles the shape they are? Find out about some of the different shapes of paddles, then collect a few of them to try out. Which shape is your favourite?
2. What other paddles are used for other water activities? What are the differences between a kayak paddle, a canoe paddle and a row boat oar? Try these different kinds of paddles out, too. Is there a style of paddling or rowing that you enjoy most?
3. Try out paddles made out of different materials. Reflect on the

pros and cons of each material.

4. Using what you've learned, create your own canoe paddle. You might start with a kit or start from scratch.
5. What can be done with old canoe paddles that are no longer water worthy? Find an old canoe paddle and reuse it to create a new item.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Panning for gold has always intrigued people, and has made a few rich. Do any rivers or streams in your area have a history of producing gold? Learn about the techniques of panning for gold, and give your luck a try in an appropriate and safe location.
- Discover a local fish species improvement project. This might include restoring stream banks, planting stream cover, cleaning up river banks, or releasing fingerling fish in spring. Find out how you can be involved and lend a hand.
- Ever been fishing? Learn about fishing outfits and how the gear is used. Plan, prepare and go on a fishing outing. Learn how to clean and cook a fish. Do you need a fishing license? Is there a catch and release program in your area for certain species?
- Pick a nearby body of water. Observe plant and animal life in and around water. What human activities might have an effect? Keep a detailed log. If possible, take pictures and/or videos.
- Learn to handle a fly fishing rig, and set up a safe and fun fly fishing adventure.
- Learn about natural disasters related to water that might occur in your area, such as flooding or tsunamis, including the likelihood of various disasters occurring in your area and in other parts of Canada. Create a plan for these emergencies.
- Set up a healthy fish and plant population in an aquarium.
- Learn about different technologies for personal floatation devices and life jackets. Design and build your own model PFD or life jacket, for demonstration purposes.
- Design and build a model water vehicle like a sailboat, canoe or kayak.
- Set up raft races. Decide upon the materials each team will use. Then build and race.
- Take a dip in as many different bodies of water as you can this summer, while keeping safe.

**Need some more ideas?** Look at the activities for Mackenzie River (Environment & Outdoors) and Cabot Trail (Creative Expression) to inspire a Water adventure you'd like to try on your own.

## SCOUTS Winter Fitness



**Objective:** I will participate in healthy and active winter fitness

**When planning your adventure, consider including:**

- physical fitness
- mental health and fitness
- food as it relates to health and fitness

**Here are some ideas to get you going on creating your own adventures:**

**Adventure Idea 1:** Personal Bests in Outdoor Activities

1. Ever find yourself out of breath after sledding down a hill (or climbing up after the ride) or in the midst of building a snowman? We can get good exercise from many fun winter activities. Build a snowman, sled a hill, skate a river or lake (if the ice is thick enough), play “fox & goose” in the snow, throw snowballs at a target -- what do you love doing outside in the winter?
2. Set yourself a goal for each of your favourite activities. How tall a snowman might you build? How far could you skate in one go? What is the longest sled ride you could make? How many snowballs could hit the bull’s eye on the target? Check out the Guinness Book of World Records. What records are there for some or all of these activities?
3. What do you need to consider for each of these activities in terms of temperature, safety, clothing, equipment? Do you need a team or will these be solo challenges? Note: even if you choose to do these alone, have a friend or family member observing and supporting.
4. It’s time to challenge yourself to meet each of your goals. Have your friend or family member record your adventures with video or photographs.
5. Create a presentation demonstrating your personal records in these fun activities. What are the advantages of making these fun activities into winter fitness? How have they helped your mental, emotional and physical health?

**Adventure Idea 2:** Go for a Polar Bear Dip

1. Have you gone swimming outdoors in the spring, summer and fall? Quite likely! Have you gone swimming outdoors in winter? Take part in an event organized by a group that knows how to prepare for the risks associated with a polar bear dip.
2. Often, polar bear dips are organized as charity events. If you are taking part in a charity polar bear dip, collect pledges to help the charity and to motivate you when it’s time to head into the cold water.
3. The organizers of your polar bear dip should have a good safety plan in place. However, it’s good for you to think about how you would react if you accidentally fell into cold water. Present an emergency scenario to your Patrol, and practise responding correctly.
4. How will you warm up after your dip? Organize an event for other participants (like members of your Patrol) to enjoy after the dip. You might host people at your home for hot chocolate, or head to a local café.
5. Find a fun way to share your experience, what you learned, how it felt, whether you’d ever do it again and why it is a challenge that people take on.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Challenge yourself with a new winter sport (indoors or outdoors) such as: hockey, curling, ringette, skiing, speed skating, figure skating, skiing or snowboarding.
- Have a snowshoeing adventure. Organize an outing for your Lair or Troop.
- Downhill skiing, cross-country (Nordic) skiing, snowboarding - all of these require specific types of wax and have best practices for waxing. Learn about these waxes, how best to use them and then give them a try on various kinds of snow in various temperatures. How can you track your findings? Discover other tips for properly maintaining these items and related gear.
- Introduce a new Canadian to a winter sport, especially someone who has come from a country that doesn’t experience winter or snow.
- Being cooped up when it’s cold and dark can take a toll on people’s mental wellbeing. Plan a board game night for your family to lift everyone’s spirits!

**Need some more ideas?** Look at the activities for **Bruce Trail** (Active & Healthy Living) to inspire a Winter Fitness adventure you’d like to try on your own.

## SCOUTS World



**Objective:** I will explore what it means to be an active and contributing citizen of the world.

**When planning your adventure, consider including:**

- an aspect that helps you learn about and/or engage municipal, provincial and/or national levels of government
- community involvement or service
- the spirit of the Scout Law or Promise in your adventure

**Here are some ideas to get you going on creating your own adventures:**

**Adventure Idea 1:** Think Globally, Act Locally

1. Make a list of world issues that are important to you. Find out how Scouting makes a positive difference for an issue on your list. Contact a Service Scouter to find out how you can get involved.
2. Lend a hand to your cause. Organize your Patrol in a service project that can help others in another part of the world.
3. Keep a journal of your effort. With your Patrol, tell the rest of the Troop about what you did for the cause you've chosen and why you were motivated to help. You might use a play, a song, a slideshow or a video.
4. Now act locally. How is this world issue connected in your community? For example, we hear of famine and hunger in other countries, but we have people who are in need of food in our own communities. Find a way that you can make a positive impact. Try to get your Patrol to help with your project.
5. Now find a creative way to share what you have learned. How can you encourage others outside of your Troop to follow your example and take positive action on this issue?

**Adventure Idea 2:** Around the World in Five Courses

1. What are the countries of origin for the recipes and foods your family enjoys? What foods of other ethnic origins have you always wanted to taste or make? Create a list of foods you would like to taste and/or learn to cook. Find recipes for some of the foods on your list and give them a try.

2. Plan and prepare a meal for your family or your Patrol that takes them around the world in five courses. For example, a Caribbean style salad, a Peruvian appetizer, a South African main dish, a dessert based on a recipe from Pakistan and to finish, a plate of Dutch style cheeses. Make sure to include some of the foods you have always wanted to try from the list you made.
3. Arrange a trip to a restaurant, market or someone in your neighbourhood who can help you taste and learn about the foods you want to include in your meal.
4. Prepare and serve your "around the world" meal. With each course, share some fun facts about the country of origin for your dish.
5. Imagine coming from another country and needing to start grocery shopping in your part of Canada (maybe this is your family's experience.) What foods might be a challenge to find? Visit a local foodbank and find out about "ethnic" foods that are requested but not always available.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Where is the next World Scout Jamboree? Plan to attend and make the preparations for the Jamboree into your World Scout badge adventure.
- Are there nearby Scouts or Scouters who have attended a jamboree in another country who would love to share their experience with you or your Troop? Invite someone who's attended an international jamboree to come and tell you all about it.
- Be part of international Scouting through Messengers of Peace. Find out more about this program at Scouts.ca.
- Find out about a ScoutsAbroad development project. Details are available on the Scouts Canada website. Get involved in a project that interests you.
- Organize your Troop's participation in a Pen Pal Program. Register your Troop's interest on the ScoutsAbroad page of the Scouts Canada website and manage the Pen Pal Program for your Troop.
- Study a new language and learn some phrases that would be useful if you travelled where that language is used.
- Check the country of origin of all the food and materials you use in a week in your household. On a map of the world, pinpoint all the countries.
- What world religions are you familiar with? Have you worshipped with another faith group? Pick another faith and learn more about it. Interview someone for whom this faith is important. Visit his or her place of worship.

**Need some more ideas?** Look at the activities for **Rideau Trail** (Citizenship), **Red Coat Trail** (Leadership) and **West Coast Trail** (Beliefs & Values) to inspire an adventure to try on your own.



## SCOUTS Year-round Fitness



**Objective:** I will participate in healthy and active year-round fitness

**When planning your adventure, consider including:**

- physical fitness
- mental health and fitness
- food as it relates to health and fitness

**Adventure Idea 1:** Train like a Winter Olympian

1. Pick one of your favourite Winter Olympic outdoor sports. Give it a try – or, if you already enjoy the sport, set yourself a goal of developing your skills further. If you need to, adapt the sport for the season.
2. For Winter Olympians to excel, they must train year-round, not just when it is cold or when there is snow on the ground. Find out how Canadian athletes train for winter sports year-round. Try some of the training techniques yourself.
3. Keep a journal of your experience. Measure your progress as you develop your skills.
4. How do Olympic athletes prepare mentally for competition? How do they keep their focus and keep striving for their goals, in spite of set-backs, loss, and injuries? Practise some of the mental exercises you learn about and find out how they can help you in your sport.
5. How do Olympic athletes feed their bodies to be ready for competition? How do they adapt the foods they eat to the seasons? How has research affected the kind of foods athletes eat? Prepare a healthy meal or snack that an Olympian would eat when training.

**Adventure Idea 2:** Active in Every Season

1. With your family, choose a sport or activity that you can enjoy together in every season. Figure out how you can pursue the activity together, set a routine and begin being active together in a new way. If you prefer, you can do this on your own instead.
2. Take photos and/or video of your family's activity. Create a photo journal of your experiences.

3. Find a mental health survey that you can complete and have your family members complete, if they are participating with you in this adventure. Take the survey again after taking part in your activity for a time. What, if any, difference has being physically active made to your mental health?
4. Pick a new healthy recipe to try out and cook it for your family. Why is it a good recipe for the season? What does it provide for you?
5. Celebrate having been active in with a family slideshow or video night. Share stories and celebrate achievements. Enjoy healthy snacks.

**Other Ideas!** Start with these and develop the five parts to your adventure.

- Pick a sport or fitness activity that is available to you in every season. Take part in that sport or fitness activity for a period of time, and measure your progress.
- What would you like to improve in a sport or fitness activity in which you already participate? Create yearly goals for your personal performance in that sport or activity. What milestones will you seek to achieve along the way? Who can help you meet your goals?
- Take a typical summer or winter sport and figure out how it could be adapted for every season. Now try it out. How have other people adapted this sport to engage it in every season?
- Hold a fitness fashion show. What clothes are best for fitness activities in each season? Create a slideshow or invite your Patrol to join you in modelling the right clothing for each season.
- Work with a personal trainer or coach to learn best practices regarding warm-up, cool-down and stretching before and after vigorous activity in each season. What adaptations are helpful?
- Pick a sport or fitness activity you enjoy which you can do in every season. What are the most common injuries or risks associated with that sport in each season? For example, running in winter means you need to avoid hypothermia, slipping on ice, etc. Running in summer means making sure you are well hydrated and not overheated. Leg cramps may be more common in summer. Learn how to prevent, address and treat injuries and risks associated with each season.
- Set a goal of to walk a certain number of steps every day. Use a pedometer or an app to count your steps. Log your step counts for a month or longer.

**Need some more ideas?** Look at the activities for **Bruce Trail** (Active & Healthy Living) to inspire a Year-round Fitness adventure you'd like to try on your own.