

BEAR ACHIEVEMENTS
(Must complete 12 achievements to earn Bear)

<i>GOD</i> (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 (Parvuli Dei)
<i>COUNTRY</i> (Do three)	
3. WHAT MAKES AMERICA SPECIAL <i>(do a and any 3 of the other 6 requirements)</i>	
a.	Write or tell what makes America special to you.
b.	With the help of your family or den leader, find out about two 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; it can be your favorite or your home state. Name its state bird, tree, and flower. Describe it's 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 <i>(Do all 3)</i>	
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.	b) Name at least five stories about American Folklore. Point out on a US map where they happened.
c.	c) Read two folklore stories and tell your favorite one to your den.

5. SHARING YOUR WORLD WITH WILDLIFE	
<i>(Do four)</i>	
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 on the endangered species list.
6. TAKE CARE OF YOUR PLANET	
<i>(Do three)</i>	
a.	Save 5 pounds of glass or aluminum or 1 month of daily newspapers. Turn them 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.
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. (p.54)
e.	Discuss with an adult in your family the ways your family uses energy. (p. 55)
f.	Find out more about your family's use of electricity (p.56)
7. LAW ENFORCEMENT IS A BIG JOB	
<i>(Do four)</i>	
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 of your home.
g.	Know what you can do to help law enforcement (p. 63).
<i>FAMILY</i>	
<i>(Do four)</i>	
8. The Past Is Exciting and Important	
<i>(Do three)</i>	
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 your great

		grand parents; or talk to a grandparent about what it was like when he or she was young.
	e.	Find out some history about your community.
	f.	Write a journal for two weeks.
9. What's Cooking?		
<i>(Do four)</i>		
	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 you supper.
	d.	Make a list of 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		
<i>(Do both)</i>		
	a.	Go on a trip with members of your family. (pg. 79)
	b.	Have a family "make and do" night. (pg. 80)
11. Be Ready.		
<i>(Do the first four)</i>		
	a.	Tell what to do in case of an accident in the home. A family member needs help. Someone's clothes catch fire. (pg. 83)
	b.	Tell what to do in case of a water accident. (pg. 86)
	c.	Tell what to do in case of a school bus accident. (pg 88)
	d.	Tell what to do in case of a car accident (pg. 88)
	e.	Have a health check up by a physician (optional).
12. Family Outdoor Adventure		
<i>(Do three)</i>		
	a.	Go camping with your family.
	b.	Go on a hike your family.
	c.	Have a picnic with your family.
	d.	Attend an outdoor event with your family.
	e.	Plan your outdoor family day. (pg. 95)
13. Saving Well, Spending Well		
<i>(Do four)</i>		
	a.	Go grocery shopping with a parent or other adult member of your family. (pg 97)
	b.	Set up a savings account (pg. 97)
	c.	Keep a record of how you spend money for two weeks. (pg. 98)
	d.	Pretend you are shopping for a car for your family. (pg. 99)
	e.	Discuss family finances with a parent or guardian. (pg. 100)
	f.	Play a board game with your family that involves the use of play money.
	g.	With an adult, figure out how much it costs for each person in your home to eat one meal. (pg.101)

SELF
(Do four)

14. Ride Right

(Do a and three more of the others)

	a.	Know the rules for bike safety. If your town requires a bicycle license, be sure to get one. (p. 103)
	b.	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. (pg.104)
	c.	Keep your bike in good shape. Identify the parts of a bike that should be checked often. (pg.105)
	e.	Change a tire on a bicycle.
	f.	Protect your bike from theft. Use a bicycle lock.
	g.	Plan and take a family bike hike.

15. Games, Games, Games!

(Do two)

	a.	Set up the equipment and play any two of these outdoor games with your family or friends: backyard golf, badminton, croquet, sidewalk shuffleboard, kickball, softball, tetherball, horseshoes, volleyball.
	b.	Play two organized games with your den.
	c.	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)

	a.	Do physical fitness stretching exercises. Then do curl-ups, push ups, the standing long jump, and the softball throw. (p.113)
	b.	With a friend compete in at least six different two person contests. (pg. 114-116)
	c.	Compete with your den or pack in the crab relay, gorilla relay, 30 yard dash, and kangaroo relay. (p.116-117)

17. Information, please.

(Do a and three others)

	a.	With an adult in your family, choose a TV show. Watch it together. After the show, talk about it. (p.119)
	b.	Play a game of charades at your den meeting or with your family at home.
	c.	Visit a newspaper office or a TV or radio station and talk to a news reporter.
	d.	Use a computer to get information. Write, spell-check, and print out a report on what you learned.
	e.	Write a letter to a company that makes something you use. Use e-mail or the US Postal service. (p.121)
	f.	Talk with a parent or other family member about how getting and giving facts fits into his or her job. (p.121)

18. Jot it Down		
<i>(Do five)</i>		
	a.	Make a list of the things you want to do today. Check them off when you have done them.
	b.	Write two letter to relatives or friends about what you have been doing in Cub Scouting.
	c.	Keep a daily record of your activities for 2 weeks. (pg. 124)
	d.	Write an invitation to someone. (p. 125)
	e.	Write a story about something you have done with your family. (pg. 126)
	f.	Write a thank you note.
	g.	Write about the activities in your den.
19. Shavings and Chips		
<i>(Do all)</i>		
	a.	Know the safety rules for handling a knife. (pg. 129)
	b.	Show that you know how to take care of and use a pocketknife. (pg. 129)
	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		
<i>(Do all)</i>		
	a.	Show how to use and take care of four of these tools. (pg. 135)
	b.	Build your own toolbox.
	c.	Use at least two tools listed in the requirement a to fix something.
21. Build a Model		
<i>(Do three)</i>		
	a.	Build a model from a kit
	b.	Build a display for one of your models.
	c.	Pretend you are planning to change the furniture layout in one of the rooms in your home. (pg.140)
	d.	Make a model of a mountain, a meadow, a canyon or a river. (pg.141)
	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		
<i>(Do five)</i>		
	a.	Whip the ends of a rope. (pg. 143)
	b.	Tie a square note, bowline, sheet bend, two half hitches and a slip knot. Tell how each is used. (p.144)
	c.	Learn how to keep a rope from tangling. (pg. 145)
	e.	Coil a rope. Throw it, hitting a 2 foot square marker 20 feet away. (p.146)
	f.	Learn a magic rope trick. (p.147)
	g.	Make your own rope. (p.148)

23. Sports, Sports, Sports		
<i>(Do all)</i>		
	a.	Learn the rules of and how to play three team sports. (pg. 151)
	b.	Learn the rules of and how to play two sports in which only one person is on each side: Tennis, bowling, marbles, table tennis, badminton, and 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 your den.
24. Be A Leader		
<i>(Do three)</i>		
	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.
	d.	Tell two people t hey have done a good job. (p..156)
	e.	Leadership means choosing a way even when not everybody likes your choice. (pg. 157)