WEBELOS DEN REQUIREMENT TRACKING

Cast Iron Chef Complete Requirements 1 & 2. Requirement 3 is optional. 1. Plan A Menu For A Balanced Meal For Your Den/Family. Determine 2. Prepare A Balanced Meal For Your Den/Family; Utilize 1 Of The 3. Using Wood Build A Fire In Appropriate Location, Safely Light Duty to God and You Complete Requirement 1 & 2 Others 1. Discuss W/ Parent, etc. What It Means To Do Your Duty To God 2. Earn The Religious Emblem Of Your Faith For Webelos If You Have 3. Discuss W/ Your Family, Family's Faith Leader Or Other Trusted 4. List 1 Thing That Will Bring You Closer To Doing Your Duty To God First Responder Complete Requirement 1 & 5 Others 1 1. Explain What First Aid Is. Tell What You Should Do After An Accident. 2 2. Show What To Do For The Hurry Cases Of First Aid: a. Serious Bleeding b. Heart Attack Or Sudden Cardiac Arrest c. Stopped Breathing d. Stroke e. Poisoning 2 3. Show How To Help A Choking Victim. 4. Show How To Treat For Shock. 1						
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b. Heart Attack Or Sudden Cardiac Arrest Image: Constraint of the second se						
c. Stopped BreathingId. StrokeIe. PoisoningI3. Show How To Help A Choking Victim.I						
d. Stroke					\square	
e. Poisoning						
3. Show How To Help A Choking Victim.						
					\square	
4 Show How To Treat For Shock						
5. Demonstrate That You Know How To Treat The Following:						
a. Cuts & Scratches						
b. Burns & Scalds						
c. Sunburn						
d. Blisters On The Hand & Foot						
e. Tick Bites						
f. Bites & Stings Of Other Insects				+		
g. Venomous Snakebite		++		+		
h. Nosebleed		$\uparrow \uparrow$		\top	\square	
i. Frostbite				\neg	$ \uparrow $	
6. Put Together A Simple Home First-Aid Kit. Explain What You Included.				\neg	$\uparrow \uparrow$	
7. Create & Practice An Emergency Readiness Plan For Your Home Or					\square	
8. Visit With A First Responder Or Healthcare Professional.					\square	

WEBELOS DEN REQUIREMENT TRACKING

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Stronger, Faster, Higher									
Complete Requirements 1-3 & 1 More		Г							
1. Understand & Explain Why You Should Warm Up Before Exercising	Τ								
2. Do The Following Activities & Record Your Results:									
a. 20 Yard Dash	Τ								
b. Vertical Jump									
c. Lifting A 5 Pound Weight									
d. Push-Ups									
e. Curls									
f. Jumping Rope									
3. Make An Excercise Plan That Includes At Least 3 Physical Activities									
4. Try A New Sport You Have Never Tried Before.									
5. With Your Den, Prepare A Fitness Course Or Series Of Games That									
6. With Adult Guidance, Lead Younger Scouts In A Fitness Game Or									
Webelos Walkabout			 	 	 	 			
Complete Requirements 1-4 & 1 More									
1. Plan A Hike Or Outdoor Activity.									
2. Assemble A Hiking First-Aid Kit Suitable For Your Hike/Activity.									
3. Recite The Outdoor Code & The Leave No Trace Principles For Kids									
4. With Your Webelos Den Or Family Member, Hike 3 Miles. Plan A									
5. Describe & Identify From Photos Any Poisonous Plant & Dangerous									
6. Perform 1 Of The Following Leadership Roles During Your Hike									
Protect Yourself Rules									
1. Watch The Protect Yourself Video Lessons For This Adventure.									
2. Know The 6 Protect Yourself Rules.									
3. Describe What Cyberbullying Is & Identify Things You Should									
4. Describe 3 Ways To Get Out Of Situation W/ Someone Who Is									
5. List 5 Safe Adults You Could Tell If Someone Has Made You Feel Unsafe.									

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ARRO\v/ OF LIGHT												
REQUIREMENT TRACKING												
Building A Better World												
1. Explain The History Of The United States Flag. Show How												
2. Learn About And Describe Your Rights & Duties As A Citizen			\neg					+	+	\square		
3. Discuss In Your Webelos Den The Term "Rule of Law," Talk About			\neg					+	+	\square		
4. Meet With A Government Leader & Learn About His Or Her Role			1					+	1			
5. Show That You Are An Active Leader By Planning An Activity			\uparrow			1		+	+	\square		
6. Do At Least One Of These												
a. Learn About Scouting In Another Part Of The World. With The								Т	Т		\square	
b. Set Up An Exhibit At A Pack Meeting To Share Info About The								\top	\top			
c. Find A Brother Den In Another Country.											\square	
d. Learn About Energy Use In Your Community & In Other Parts Of												
e. Identify One Energy Problem In Your Community & Find Out What												
Outdoor Adventurer												
Complete Option A or Option B												
Option A											\square	
1. With Help From Den Leader Or Family, Plan & Conduct A Campout											\square	
2. On Arrival At The Campout Determine Where To Set Up Tent											\square	
3. Discuss W/ Den What Actions You Should Take In The Following Conditions.												
a. Sever Rainstorm Causing Flooding.												
b. Server Thunderstorm With Lightning Or Tornadoes.												
c. Fire, Earthquake Or Other Disaster That Will Require Evacuation. Discuss												
4. Show How To Tie A Bowline. Explain When This Knot Should Be												
5. Recite The Outdoor Code & Leave No Trace Principles From Memory												
Option B												
1. With Help From Den Leader Or Family, Plan & Conduct A Campout												
2. Discuss W/ Den What Actions You Should Take In The Following Conditions.												
a. Sever Rainstorm Causing Flooding.												
b. Server Thunderstorm With Lightning Or Tornadoes.											\square	
c. Fire, Earthquake Or Other Disaster That Will Require Evacuation. Discuss								\top	+	\square		
3. Show How To Tie A Bowline. Explain How & Why It Should Be Used											\square	
4. Recite The Outdoor Code & Leave No Trace Principles From Memory									Τ		\square	
Duty To God In Action												
Complete Rquirements 1-2 & & 2 Others												
1. Discuss w/ Parent, etc. What It Means To Do Your Duty To God												
2. Under Direction Of Parent, etc. Do An Act Of Service For Someone												
3. Earn The Religious Emblem Of Your Faith For Webelos Scouts.												
4. W/ Parent, etc. Discuss & Make A Plan To Do 2 Things You Think Will						\neg	\top	\top	\top			
5. Discuss W/ Family How The Scout Oath & Scout Law Relate To Your			+	\vdash		+	+	+	+	\square		
6. For At Least A Month, Pray Or Meditate Each Day As Taught By	\vdash	$\left \right $	+	+	$\left \right $	+		+	+	\vdash	┝─┤	
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ARROW OF LIGHT REQUIREMENT TRACKING

Scouting Adventure									
Complete Requirements 1-6									
1. Prepare Yourself To Become A Boy Scout By Completing At Least a-c:									
a. Repeat From Memory The Scout Oath, Scout Law, Scout Motto &									
b. Explain What Scout Spirit Is. Describe Some Ways You Have Shown									
c. Give The Scout Sign, Salute & Handshake. Explain When They Are Used.		Τ			Τ				
d. Describe The First Class Scout Badge & Tell What Each Part Stands		Τ			Τ				
e. Repeat From Memory The Outdoor Code. In You Own Words		Τ							
2. Visit A Boy Scout Troop Meeting W/ Your Den. After Do The Following:		Τ							
a. Describe How The Scouts In The Troop Provide It's Leadership.		Τ							
b. Describe The 4 Steps Of Boy Scout Advancement.		Τ			T				
c. Describe Ranks In Boy Scouting & How They Are Earned.		T							
d. Describe What Merit Badges Are & How They Are Earned.		T							
3. Practice The Patrol Method In Your Den For 1 Month By Doing The Following:		T							
a. Explain The Patrol Method. Describe The Types Of Patrols That		\top			1				
b. Hold An Election To Choose The Patrol Leader.		Τ							
c. Develop A Patrol Name & Emblem As Well As A Patrol Flag & Yell		Τ							
d. As A Patrol Make Plans W/ A Troop To Participate In A Boy Scout		Τ							
4. With Your Webelos Leader, etc Participate In Boy Scout Troops Campout		T							
5. Do The Following:		Τ							
a. Show How To Tie A Square Knot, 2 Half Hitches & A Taut Line Hitch.		Τ							
b. Show The Proper Care Of A Rope By Learning How To Whip & Fuse		Τ							
6. Demonstrate Your Knowledge Of The Pocketknife Safety Rules &		T			T				
Protect Yourself Rules									
1. Watch The Protect Yourself Video Lessons For This Adventure.		Т		Т	Т				
2. Know The 6 Protect Yourself Rules.								\neg	
3. Describe What Cyberbullying Is & Identify Things You Should		T						\neg	
4. Expalin What You & A Friend Would Do If You Felt Unsafe At Home.		T			Ť			\neg	
5. List 5 Safe Adults You Could Tell If Someone Has Made You Feel Unsafe.		T						\neg	
6. Name 2 Of Scouting's Barriers to Abuse That Sdults Are To Follow.		Τ						\neg	

WEBELOS & ARROW OF LIGHT ELECTIVES DEN TRACKING SHEET Aquanaut 1. State Safety Precautions You Need To Take Before Doing Any Water Activity. 2. Discuss Importance Of Learning The Skills You Need To Know Before Boating. 3. Explain The Meaning Of "Order Of Rescue" & Demo The Reach & ... 4. Attempt The BSA Swimmers Test. 5. Demon The Precations You Must Take Before Attempting To Dive... 6. Learn & Demo 2 Of The Following Strokes: Crawl, Sidestroke, etc. Invite A Member Or Former Member Of A Lifeguard Team, etc.... 8. Demo How To Correctly Fasten A Life Jacket That Is The Right Size... 9. If You Are A Qualified Swimmer, Select A Paddle Of The Proper... Art Explosion 1. Visit An Art Museum, etc. Discuss W/ An Adult The Art You Saw. Create 2 Self-Portraits Using 2 Different Techniques Such As Drawing, etc. 3. Do 2 Of The Following: a. Draw Or Paint An Original Picture Outdoors Using The Art Material... b. Use Clay To Sculpt A Simple Form. c. Create An Object Using Clay That Can Be Fired, Baked In Oven or ... d. Create A Freestanding Sculpture Or Mobile Using Wood, Metal, etc. e. Make A Display Of Origami Or Kirigami Projects. f. Use A Computer Illustration Or Painting Program To Create A Work Of Art. g. Create An Original Logo Or Design. Transfer The Design Onto A... h. Using Camera Take 10 Photos Of Your Family, Pet, Scenery... i. Create A Comic Strip With Original Characters, Include 4 Panels... 4. Choose one of the following methods to show your artwork: a. Create A Hard-Copy Or Digital Portfolio Of Your Projects. Share It ... b. Display Artwork In A Pack, School, Or Community Art Show. **Build It** 1. Learn About Some Basic Tools & The Proper Use Of Each Tool. Learn... 2. With The Guidance Of Your Webelos Leader, etc. Select A Carpentry... 3. List The Tools That You Use Safely As You Build Your Project; Create... 4. Learn About A Construction Career. W/ Leader, etc. Visit A Construction Site...

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WEBELOS & ARROW OF LIGHT															
ELECTIVES DEN TRACKING SHEET															
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Aware And Care															
		1				-	1			1	1			-	4
1. Develop An Awareness Of The Challenges Of The Blind Through OR Participate In An Activity That Simulates The Challenges Of Being Deaf		-		\vdash	+	+	<u> </u>		_	_			_	+	_
		-		\vdash	+	_	-		_	_			_	+	\neg
2. Engage In An Activity That Simulates Mobility Impairment.		+			+	_	-		+	+	-	\vdash	_	+	\neg
OR Take Part In An Activity That Simulates Dexterity Impairment.			-	\vdash	+	_			_		-		\rightarrow	+	_
3. With Den, Participate In An Activity That Focuses On Acceptance Of														_	
4. Do 2 Of The Following		-								-				-	
a. Do A Good Turn For Residents At A Skilled Nursing Facility Or					-+	+			+		-		-+	+	\neg
b. Invite An Individual With A Disability To Visit Your Den & Discuss		+	-		-+	+			+	+	-		-+	+	\dashv
c. Attend A Disabilities Event Such As Special Olympics, Adaptive		-		\vdash	+	+	<u> </u>	\square	+	_			-+	+	\neg
d. Talk To Someone Who Works With People Who Have Disabilities		_			_	_	-		_	_				+	\neg
e. Using American Sign Language, Sign The Scout Oath.					+	_			_				_	+	_
f. With Help Of Adult, Contact A Service Dog Organization & Learn		-			+	_	-		_		-		_	+	\neg
g. Participate In A Service Project That Focuses On A Specific Disability.		_			+	_	<u> </u>		_	_	<u> </u>		_	+	4
h. Participate In An Activity W/An Organization Whose Members Are Disabled.															
Castaway	_														
Complete Requirement's 1 and 2.														-	4
1. Complete a and either b or c.		_			+	_	-		_	_			_	+	\neg
a. On A Campout W/ Den Or Family, Cook 2 Diff. Recipes That Do Not		-		\vdash	+	_	-		_	_	-		_	+	\neg
b. With Help Of An Adult, Demonstrate 1 Way To Light A Fire W/O Using Matches.		+	-	\vdash	+	_			+		-		-+	+	\neg
c. Using Tree Limbs Or Branches That Have Already Fallen, Build A					_	_			_				_	┢	
2. Do all Of The Following.															
a. Learn What Items Should Be In An Outdoor Survival Kit That You Can														\perp	
b W/ Your Den, Demo 2 Diff. Ways To Treat Drinking Water To Remove															
c. Discuss What To Do If You Become Lost In The Woods. Tell What The															
d. Make A List Of 4 Qualities You Think A Leader Should Have In An															٦
Engineer															
Complete Reg 1-2; Reg. 3-4 are optional.															
1. Pick 1 Type Of Engineer. Discover & Record In Your Book 3 Things That										T				T	٦
2. Learn To Follow Engineering Design Principles By Doing The Following:		+			+	\top		\square	+	+			+	+	۲
a. Examine A Set Of Blueprints. Construct Your Own Set Of Blueprints									+				\neg	+	Τ
b. Using The Blueprints Or Plans From Your Design, Construct Your Project					+	+	1		+				\neg	+	\neg
c. Share Your Project W/ Your Den & Pack By Displaying At A Pack Mtg.		+			+	+	1		+	+			+	+	\neg
3. Explore Other Fields Of Engineering & How They Have Helped Form		+			+	+	1		+	+		\vdash	\neg	+	\neg
4. Pick & Do 2 Projects Using Engineering Skills You Have Learned. Share		1			+	+	1		+	+		\vdash	\neg	+	\neg
		1	1				1				1				

WEBELOS & ARROW OF LIGHT ELECTIVES DEN TRACKING SHEET

ELECTIVES DEN TRACKING SHEET									
Earth Rocks!		 	 						
1. Do the following:									
a. Explain The Meaning Of The Word "Geology."									
b. Explain Why This Kind Of Science Is An Important Part Of Your World.									
2. Look At Diff. Kinds Of Rocks Or Minerals While On A Rock Hunt.									
3. Do the following:									
a. Identify The Rocks You See On Your Rock Hunt. Use The Info In Your									
b. With A Magnifying Glass, Take A Closer Look At Your Collection									
c. Share What You See With Your Family Or Den.									
4. Do the following:									
a. Make A Mineral Test Kit & Test Rocks According To The Mohs Scale									
b. Record The Results In Your Handbook.									
5. Identify On A Road Map Of Your State Some Geological Features In									
6. Do the following:									
a. Identify Some Of The Geological Building Materials Used In Your Home.									
b. Identify Some Of The Geological Materials Used Around Your Commuity.									
Game Design									
1. Decide On The Elements For Your Game.									
2. List At Least 5 Of The Online Safety Rules That You Put Into Practice While									
3. Create Your Game.									
4. Teach An Adult Or Another Scout How To Play Your Game.									
Into The Wild									
Complete At Least 6 of the Following Req's									
1. Collect And Care For An "Insect, Amphibian, Or Reptile Zoo"." Study Them									
2. Set Up An Aquarium Or Terrarium. Keep For At Least A Month. Share	+	\square							
3. Watch For Birds In Your Yard, etc. For One Week. Identify The Birds You	+	\vdash	+			_			
4. Learn About The Birds Flyways Closest To Your Home. Find Out Which	+	\vdash	+			_			 \vdash
5. Watch At Least 4 Wild Creatures In The Wild. Describe The Kind Of Place	+								
6. Identify An Insect, Reptile, Bird Or Wild Animal That Is Found Only	+		+						
7. Give Examples Of At Least 2 Of The Following:									
a. A Producer, A Consumer & A Decomposer In The Food Chain Of									
b. One Way Humans Have Changed The Balance Of Nature.	\neg								
c. How You Can Help Protect The Balance Of Nature.	+	\square	+						
8. Learn About Aquatic Ecosystems & Wetlands In Your Area. Talk With	+		+					\rightarrow	
9. Do One Of The Following:									
a. Visit A Museum Of Natural History, A Nature Center Or Zoo. Tell What									
	+	 	+	$\left - \right $		_		\rightarrow	 ┝
b. Create A Video Of A Wild Creature Doing Something Interesting									

WEBELOS & ARROW OF LIGHT ELECTIVES DEN TRACKING SHEET

Into The Woods Complete Req's 1-4 and 1 Other Requirement Image: Complete Req's 1-4 and 1 Other Requirement 1. Identify 2 Different Groups Of Trees & The Parts Of A Tree. Image: Complete Req's 1-4 and 1 Other Requirement 1. Identify 2 Different Groups Of Trees & The Parts Of A Tree. Image: Complete Req's 1-4 and 1 Other Requirement 2. Identify 4 Trees Common To The Area Where You Live. Tell Whether Image: Complete Req's 1-4 and Parts Of A Tree. 3. Identify 4 Plants Common To The Area Where You Live. Tell Which Animals Image: Complete Req's 1-4 and Parts Of Parts Plant Or Tree, Either 4. Develop A Plan To Care For & Then Plant At Least 1 Plant Or Tree, Either Image: Complete Req's 1-4 and Prom Wood & Share 5. Make A List Of Items In Your Home That Are Made From Wood & Share Image: Complete Req's 1-4 and Prom Wood & Share OR With Den Take A Walk & Identify Useful Things Made From Wood Image: Complete Req's 1-4 and Prom Prark & Speak W/ Someone 7. Visit A Nature Center, Nursery, Tree Farm Or Park & Speak W/ Someone Image: Complete Reg's 1-4 and Prom Prark Of A Team. 9. Sports Image: Sports Flote Prom Prark Of A Team. Image: Complete Reg's 1-4 and Prom Prark Of A Team. 1. Show The Signals Used By Officials In One Of These Sports: Football Image: Complete Reg's 1-4 and Prom Prark Of A Team. 2. Participate In Two Sports, Either As An Individual Or Part Of A Team. I				
Complete Req's 1-4 and 1 Other Requirement1. Identify 2 Different Groups Of Trees & The Parts Of A Tree.2. Identify 4 Trees Common To The Area Where You Live. Tell Whether3. Identify 4 Plants Common To The Area Where You Live. Tell Which Animals4. Develop A Plan To Care For & Then Plant At Least 1 Plant Or Tree, Either5. Make A List Of Items In Your Home That Are Made From Wood & ShareOR With Den Take A Walk & Identify Useful Things Made From Wood6. Explain How The Growth Rings Of A Tree Trunk Tell It's Life Story. Describe7. Visit A Nature Center, Nursery, Tree Farm Or Park & Speak W/ SomeoneSports1. Show The Signals Used By Officials In One Of These Sports: Football2. Participate In Two Sports, Either As An Individual Or Part Of A Team.				
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3. Complete the following requirements:				
a. Explain What Good Sportsmanship Means.				
b. Role-Play A Situation That Demonstrates Good Sportsmanship.				
c. Give Example Of Time When You Saw Good Sportsmanship.				
Yo Yo (Preview Adventure)	 			
1. Learn The Safety Rules Of Using Yo-Yo & Follow Them At All Times.				
2. Using a real yo-yo string, a regular string, or a piece of yarn, show				
3. Explain why it is important to have the correct string length and				
4. Demonstrate how to properly string a yo-yo & how to create a slip knot.				
5. Safely conduct the pendulum experiment with a yo-yo. Explain				
6. Show that you can properly wind a yo-yo.				
7. Demonstrate one of the following:				
a. Gravity Pull				
b. Sleeper				
c. Breakaway				
d. Elevator (AOL Only)				
Modular Design (Preview Adventure)				
1. Learn What Modular Design Is, Identify 3 Things That Use Modular				
2. Identify 3 Benefits Of Using Modular Design.				
3. Using Modular Based Pieces, Build A Model From A Set Of Instructions				\square
4. Using Modular Based Pieces, Build A Model W/Out A Set Of Instructions				
5. Using Model From Req. 4, Create Step By Step Instructions On How	$ \uparrow $			
6. Share Your Model With Den/Family. Explain What It's Designed To Do	$ \uparrow $	1	\top	\square
7. Watch A Video Demonstating How Something Was Built Using	$ \uparrow $		+	\square
8. Without Building It, Design A Model That Uses Modular (AOL Only)				\square