

Adventures for Boys and Girls in 4th & 5th Grade....We call them Webelos!



Webelos Adventure: Cast Iron Chef

Complete Requirements 1 and 2 below. Requirement 3 is optional.

1. Plan a menu for a balanced meal for your family. Look up prices online and determine the budget for the meal.
2. Prepare a balanced meal for your family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety practices while preparing the meal.
3. Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location in your yard. If circumstances permit and there is no local restriction on fires, show how to safely light the fire, under the supervision of an adult. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site.



Webelos Adventure: Duty to God and You

Complete Requirement 1 and at least two others.

1. Discuss with your parent, guardian, or other caring adult what it means to do your duty to God. Tell how you do your duty to God in your daily life.
2. Earn the religious emblem of your faith that is appropriate for your age, if you have not done so already.
3. Discuss with your family, family's faith leader by phone, or other caring adult how planning and participating in a service of worship or reflection helps you live your duty to God.
4. List one thing that will bring you closer to doing your duty to God and practice it for one month. Write down what you will do each day to remind you.



Webelos Adventure: First Responder

Complete 1 and at least five others.

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for hurry cases of first aid: Serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.
3. Show how to help a choking victim.
4. Show how to treat for shock.
5. Demonstrate how to treat at least five of the following:
 - A. Cuts and scratches,
 - B. Burns and scalds,
 - C. Sunburn,
 - D. Blisters on the hand or foot,
 - E. Tick bites,

- F. Bites and stings of other insects,
- G. Venomous snakebites,
- H. Nosebleed,
- I. Frostbite

- 6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
- 7. Create and practice an emergency readiness plan for your home.



Webelos Adventure: Stronger, Faster, Higher

Complete Requirements 1-3 and at least one other.

- 1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
- 2. Do these activities at home and record your results: 20-yard dash, vertical jump, lifting a 5-pound weight, push-ups, curls, jumping rope.
- 3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days and write down your progress each week.
- 4. Try a new sport that you have never tried before.
- 5. Prepare a fitness course or series of games that includes jumping, avoiding obstacles, weightlifting, and running. Time yourself going through the course and try to improve your time over a two-week period.
- 6. With adult guidance, lead your family in a fitness game or games.



Webelos Adventure: Webelos Walkabout

Complete Requirements 1-4 and at least one other.

- 1. Plan an outdoor activity in your back yard.
- 2. Assemble a suitable first aid kit.
- 3. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your activity.
- 4. With a family member, prepare a nutritious lunch or snack that you would enjoy on a hike. Eat it and clean up afterward.
- 5. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter in your area.
- 6. Discuss the following leadership roles on an organized group hike: trail leader, first aid leader, or lunch or snack leader.