



## BUSY BEARS CHALLENGE: Adventuring From Home

### Bear Picnic Basket



Adventure Requirements: Complete at least **three** of the following.

1. Create your own Bear cookbook using at least five recipes you might cook or prepare either on your own or with some adult help. Include at least one recipe each for breakfast, lunch, dinner, and a nutritious snack.
2. With a family member or den leader, prepare for cooking by explaining the importance of planning, tool selection, sanitation, and cooking safety.
3. Select and prepare two nutritious snacks for yourself, your family, or your den.
4. With the help of an adult, select a recipe to prepare in a kitchen for your den or your family. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.
5. With the help of an adult, select a recipe to prepare in the outdoors for your family or den. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.



Ideas: Work with your parents to create a cookbook of meals you make together while you're at home. Choose five family recipes, making sure to include one recipe each for breakfast, lunch, dinner, and your favorite snack. Help prepare one of your recipes, talking with your family about how to plan the recipe, what tools you should use, how to clean your prep and cooking surfaces, and how to make sure you've cooked your food safely. Help your family out by lending a hand at dinner time and showing the Pack the wonderful meal you helped prepare! You can download a PowerPoint template we made for Bear Picnic Basket [HERE](#)

### Critter Care



Adventure Requirements: Complete **all** of the following.

1. Do **one** of the following:
  - a. If you have a pet, make a list of tasks that you did to take care of the pet for two weeks.
  - b. If you do not have a pet, research one that you would like to have and prepare a report about the care it needs.
2. Complete **one** of the following:
  - a. Make a poster or a PowerPoint presentation about your pet or a pet you would like to have. Share the poster or presentation with your den, pack, or family.
  - b. Make a poster or PowerPoint presentation explaining three ways that animals can help people. Share the poster or presentation with your den, pack, or family.
3. Complete at least **one** of the following and share with your den, pack, or family:
  - a. Visit with a local veterinarian or an animal shelter caretaker. Find out what types of animals he or she might see on a regular basis and the types of care he or she gives to them.
  - b. Learn about careers that involve the care of animals. What education, training, and experience are required?



Ideas: If you have a pet at home, make a list of tasks that you did to take care of your pet for two weeks. If you don't have a pet at home, research one that you'd like to have and draw a picture about the care it needs. Learn about the careers that involve the care of animals. What education, training, and experience is required to have a job like that? You can download a PowerPoint template we made for Critter Care [HERE](#)

## Super Science



Adventure Requirements: Complete **at least four** of the following and explain what you learned:

1. Make static electricity by rubbing a balloon or a plastic or rubber comb against another material, such as a fleece blanket or wool sweater. Explain what you learned.
2. Conduct one other static electricity investigation. Explain what you learned.
3. Do a sink-or-float investigation. Explain what you learned.
4. Do a color-morphing investigation. Explain what you learned.
5. Do a color-layering investigation. Explain what you learned.

## Protect Yourself Rules



Adventure Requirements: Complete **each** of the following:

1. Watch the "[Protect Yourself](#)" video lessons for this adventure.
2. Explain the difference between a safe touch and an unsafe touch.
3. Identify five trusted adults and share this list with your parent or legal guardian.
4. Describe "personal space," and complete the Personal Space Bubble.
5. Come up with three different ways to say no to someone who touches you on a private body part.



Ideas: Visit the [Protect Yourself Rules Preview Adventure information page on Scouting.org](#) for additional links and information.



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