



3RD GRADE

**BEAR CUB
SCOUT
HANDBOOK**

BEAR

THIS BOOK BELONGS TO



BOY SCOUTS OF AMERICA

REQUIRED ADVENTURES

Must complete each of the 6 required adventures



Bobcat

(Character & Leadership)



Bear Habitat

(Outdoors)



Bear Strong

(Personal Fitness)



Paws for Action

(Citizenship)



Standing Tall

(Personal Safety Awareness)



Fellowship

(Family & Reverence)

ELECTIVE ADVENTURES

Must complete at least 2 elective adventures



A Bear Goes Fishing



Balancing Bears



Baloo the Builder



Bears Afloat



Bears on Bikes



Champions for Nature



Chef Tech



Critter Care



Forensics



Let's Camp



Marble Madness



Race Time



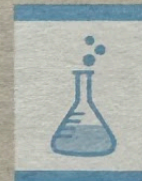
Roaring Laughter



Salmon Run



Summertime Fun



Super Science



Whittling



Archery*



BBs*



Slingshot*

* Range and target sports Adventures are special Adventures that can only be completed at approved events with qualified instructors.

Bobcat - Character & Leadership (Required)

SNAPSHOT OF ADVENTURE



The Bobcat Adventure is the first required Adventure on your trail and will get you and your den off to a great start. Once you have completed the Bobcat Adventure, you can work on the other Adventures in any order.

REQUIREMENTS

1. Get to know the members of your den.
2. Recite the Scout Oath and the Scout Law with your den and den leader.
3. Learn about the Scout Oath. Identify the three points of the Scout Oath.
4. With your den, create a den code of conduct.
5. Learn about the denner position and responsibilities.
6. Demonstrate the Cub Scout sign, Cub Scout salute, and Cub Scout handshake. Show how each is used.
7. Share with your den or family a time when you demonstrated the Cub Scout motto "Do Your Best." Explain why it is important to do your best.
8. At home, with your parent or legal guardian, do the activities in the booklet "How to Protect Your Children From Child Abuse: A Parent's Guide."



- Required Adventure
- Scan for this Adventure page

Bear Habitat - Outdoors (Required)

SNAPSHOT OF ADVENTURE



A bear is at home in the outdoors, and so is a Bear Scout! In this Adventure, you'll learn how to plan a one-mile walk with your den. Your walk may be around where you live, it may be on a historical trail that has been in use for hundreds of years, or it may be on a nature trail.

When we are outside, we also have responsibilities to make sure that others can enjoy the outdoors, too. Knowing and following the Leave No Trace Principles for Kids helps us do just that.

REQUIREMENTS

1. Prepare for a one-mile walk by gathering the Cub Scout Six Essentials and weather-appropriate clothing and shoes.
2. **"Know Before You Go"** Identify the location of your walk on a map and confirm your one-mile route.
3. **"Choose the Right Path"** Learn about the path and surrounding area you'll be walking on.
4. **"Trash Your Trash"** Make a plan for what you'll do with your personal trash or trash you find along the trail.
5. **"Leave What You Find"** Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.
6. **"Be Careful With Fire"** Determine the fire danger rating along your path.
7. **"Respect Wildlife"** From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, or reptiles.
8. **"Be Kind to Other Visitors"** Identify what you need to do as a den to be kind to others on the path.
9. With your den, pack, or family, go on your one-mile walk while practicing your Leave No Trace Principles for Kids.

Bear Strong - Personal Fitness (Required)

SNAPSHOT OF ADVENTURE



In the Scout Oath, Cub Scouts promise to keep themselves physically strong and mentally awake. Personal fitness is about keeping your body strong by eating right and exercising, but it also means getting enough rest and exercising your mind by reading, solving problems, or even listening to music.

REQUIREMENTS

1. Sample food from three of the following food groups: protein, vegetables, fruits, dairy, and grains.
2. Be active for 30 minutes with your den or at least one other person in a way that includes both stretching and moving.
3. Be active for 15 minutes by doing personal exercises that boost your heart rate, use your muscles, and work on flexibility.
4. Do a relaxing activity for 10 minutes.
5. Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.



- Required Adventure
- Scan for this Adventure page

Paws for Action - Citizenship (Required)

SNAPSHOT OF ADVENTURE



This Adventure is about America and the powerful symbols that represent the best of our country and how communities come together to help solve problems they are facing. Citizenship in America is about participation. One way to show citizenship is by making an impact locally through nonprofit organizations. Nonprofit organizations are a place for people to give their time, talents, and resources to make a difference in their community. You, too, can make an impact by participating in a service project that makes your community a better place.

REQUIREMENTS

1. Familiarize yourself with the flag of the United States of America including the history, demonstrating how to raise and lower the flag, how to properly fold and display, and the United States flag etiquette.
2. Identify three symbols that represent the United States. Pick your favorite and make a model, work of art, or other craft that depicts the symbol.
3. Learn about the mission of any nonprofit. Find out how they fund their activities and how volunteers are used to help.
4. Participate in a service project.



- [Required Adventure](#)
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SNAPSHOT OF ADVENTURE



In this Adventure, the Protect Yourself Rules will give you guidance on keeping yourself safe. You will also identify ways to use electronics responsibly and ways to protect your body when you're playing or working. When bears feel they are in danger, they may stand on their back legs, standing tall, to let the danger know that they are brave and know how to keep themselves safe.

REQUIREMENTS

1. With permission from your parent or legal guardian, watch the "Protect Yourself Rules" video for the Bear rank.
2. Complete the Personal Space Bubble worksheet that is part of the Protect Yourself Rules resources.
3. With your parent or legal guardian, set up a family policy for digital devices.
4. Identify common personal safety gear for your head, eyes, mouth and nose, hands, and feet. List how each of these items protect you. Demonstrate the proper use of personal safety gear for an activity.



- Required Adventure
- Scan for this Adventure page

Fellowship - Family & Reverence (Required)

SNAPSHOT OF ADVENTURE



In this Adventure, you're encouraged to learn more about your family's faith traditions. You will complete most of these requirements at home with your family. Faith means having complete trust or confidence in someone or something. Always be respectful when talking about your faith and when learning about other faiths.

You may earn this Adventure by either completing the requirements below or earning the religious emblem of your choosing. To learn more about available religious emblems, visit scouting.org or scan this QR code.



REQUIREMENTS

1. With your parent or legal guardian, talk about your family's faith traditions. Identify three holidays or celebrations that are part of your family's faith traditions. Make a craft, work of art, or a food item that is part of your favorite family faith tradition holiday or celebration.
2. With your family, attend a religious service OR other gathering that shows how your family expresses reverence.
3. Carry out an act of kindness.
4. With your parent or legal guardian, identify a religion or faith that is different from your own. Determine two things that it has in common with your family's beliefs.

A Bear Goes Fishing (Elective)

SNAPSHOT OF ADVENTURE



Grizzly bears in the wild use their fishing skills to catch good, nutritious food. After you complete this Adventure, you'll be able to do the same thing. You won't have to use your paws and teeth, however. Instead, you'll use a cane pole or a rod and reel.

You'll also learn about the fish that live nearby and the rules that must be followed when fishing. And who knows? You may discover a hobby that you can enjoy for years to come. So grab your tackle, and let's go fishing!

REQUIREMENTS

1. Learn about three types of fish in your area.
2. Learn about your local fishing regulations with your den leader or another adult.
3. List three of the regulations you learned about and one reason each regulation exists.
4. Become familiar with the safe use of the fishing equipment you use on your outing.
5. Learn the proper way to attach the hook, lure, or fly to the line.
6. Go on a fishing adventure, and for 30 minutes or more, put into practice the things you have learned about fish and fishing equipment.



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Balancing Bears (Elective)

SNAPSHOT OF ADVENTURE



You are probably familiar with a basic math problem like $3 + 2 = 5$. Mathematicians don't call these problems; they call them equations. The equal sign means that the expressions on the left side and right side of the equal sign are the same, or you could think of them as being balanced.

Math doesn't always involve adding and subtracting numbers. Finding patterns in things is the first step in becoming a mathematician. After spotting a pattern, a mathematician uses the math tools to find a way to recreate that pattern. In this Adventure, you'll have fun making "trail mix math." Then, you'll look to nature and discover a world of mathematics called symmetry in which things are balanced.

REQUIREMENTS

1. Make trail mix using trail mix math.
2. Identify an animal that has a pattern to its physical appearance. Investigate how the animal uses its pattern.
3. Find examples of bilateral symmetry in nature.
4. Find examples of radial symmetry in nature.



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Baloo the Builder (Elective)

SNAPSHOT OF ADVENTURE



Learning to build things that are useful or fun is an important skill. You might grow up to build houses as a career or models as a hobby. Or you might just learn some skills that will help you in everyday life.

Building materials may include wood, cement, plastic, steel, or a combination of all these things. For this Adventure, we will focus on wood. You will learn about hand tools and how to use them safely. You will learn how to choose the right type of wood for a project and follow project instructions. And before you're finished, you will use your new skills to make two projects from wood.

If your project requires the use of a pocketknife, you must first earn the Whittling Adventure before using a pocketknife.

REQUIREMENTS

1. Learn about some basic tools and the proper use of each tool. Learn about and understand the need for safety when you work with tools.
2. Practice using four of the tools you learned about in requirement 1.
3. Choose a project to build.
4. Determine the tools and materials needed to build your project in requirement 3.
5. Build your project.



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Bears Afloat (Elective)

SNAPSHOT OF ADVENTURE



Grip, shaft, throat, shoulder, blade, and tip are all parts of a paddle. In this Adventure, you'll discover the world of paddle crafts. Canoes, kayaks, and stand-up paddleboards all rely on you as the source of power. There are places that you can get to only by paddle craft.

You will also learn how to be safe when using a paddle craft, from learning about your equipment to proper ways to paddle your craft.

REQUIREMENTS

1. Before attempting requirements 6 and 7 for this Adventure, you must pass the BSA swimmer test.
2. Pick a paddle craft you'll use to complete all requirements: canoe, kayak, or stand-up paddleboard.
3. With your den or an adult, discuss the role of qualified adult supervision at a paddle-craft activity.
4. Explain the safety rules to follow when safely using a paddle craft.
5. Discover how to tell if a life jacket is the correct size and approved for your paddle-craft activity. Demonstrate how to wear it.
6. Explore how your paddle craft responds as you move your paddle through the water from different places.
7. Have 30 minutes, or more, of canoe, kayak, or stand-up paddleboard paddle time.



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Bears on Bikes (Elective)

SNAPSHOT OF ADVENTURE



Get together with your den, pack, or family to go on a bike ride. In this Adventure, you'll learn what to wear to ride your bike safely and some basic maintenance. Then get ready for a bike ride. Grab your helmet, check your tires, and take a buddy to head out on another Cub Scout Adventure.

REQUIREMENTS

1. Show how to properly wear a bicycle helmet.
2. Decide what you should wear when riding a bike.
3. Demonstrate proper hand signals.
4. Demonstrate how to adjust saddle height.
5. Demonstrate how to operate brakes.
6. Learn how to use a pump to inflate your tires. Discuss why riding with low-pressure or flat tires is unsafe and can cause damage to your bike.
7. With your den, pack, or family, follow the buddy system, and go on a 30-minute bike ride.



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Champions for Nature (Elective)

SNAPSHOT OF ADVENTURE



We have three important resources for all living things on our planet: water, soil, and air. We use water to clean ourselves, our dishes, and our clothes. Soil is the resource that allows us to grow food.

The air we breathe goes into our lungs, providing our bloodstream with oxygen. In this Adventure, you'll discover more about the resources of water, soil, and air and put what you discover into use with a conservation project. Knowing more about the resources of the planet will help you make good decisions about conserving the resources of our world.

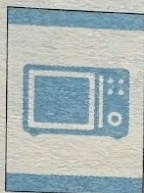
REQUIREMENTS

1. Discover natural resources.
2. Discover what happens to the wastewater in your community.
3. Investigate soil.
4. Investigate air pollution.
5. Participate in a conservation project.



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SNAPSHOT OF ADVENTURE



Cooking is a great way to see how technology has impacted our lives. As a Cub Scout, you may cook a hot dog using a stick on an open fire, which is the same way humans have cooked with fire for thousands of years. You could also cook a hot dog by boiling it in water in a pot on a stove. The fastest way to cook a hot dog is in a microwave in a matter of seconds. In this Adventure, we will explore technology in the kitchen.

REQUIREMENTS

1. Pick a kitchen appliance that uses technology to complete the following requirements.
2. With an adult, review the safety guidelines in the owner's manual and follow all safety guidelines.
3. With adult supervision, download a cooking app or search online to find a recipe.
4. With adult supervision, follow the selected recipe and make the recipe.
5. Think of a way technology can improve the appliance used to make your recipe.



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SNAPSHOT OF ADVENTURE



Many Americans have a pet dog, cat, horse, bird, fish, hamster, or other animal. The most popular pet is a dog. Almost one out of three American households have a dog as a pet. One out of four have a cat as a pet.

Pets are fun, but they are also a big responsibility. Pets need food, water, shelter, and exercise to stay healthy. When you look after a pet, whether it belongs to you or a neighbor, you learn a lot about love, loyalty, and caring. Learning to look after pets — and having fun with them — is what this Adventure is all about.

REQUIREMENTS

1. Identify an animal that would be a good pet for your family.
2. Choose two animals that are allowed as pets in your community. Compare and contrast why these pets may be a good choice for you.
3. Based on your choice in requirement 1, investigate how to properly care for your chosen animal.
4. Discover three ways a pet can help people.



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SNAPSHOT OF ADVENTURE



Everywhere you go, you leave behind clues: fingerprints on your juice glass, DNA on your toothbrush, bits of fabric on your favorite chair, and footprints in your yard. Criminals leave behind clues, too. Forensic scientists study those clues to help law enforcement officers solve crimes.

Forensics is all about using science to answer questions about crimes (and other things that have happened). In this Adventure, you will practice some of the skills of a forensic scientist.

You will analyze a fingerprint, a footprint, the contents of ink, and some mysterious white powder. Grab your magnifying glass and start detecting!

REQUIREMENTS

1. Explore the term “forensics” and how it is used to help solve crimes.
2. Analyze your fingerprints.
3. Make a shoe imprint.
4. Do an analysis of four different substances: salt, sugar, baking soda and cornstarch.
5. Learn about chromatography and how it is used in solving crimes.
6. Find out how officers collect evidence.



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Let's Camp (Elective)

SNAPSHOT OF ADVENTURE



Camping is a fun way to spend time with family and friends. Prepare for your campout by gathering what you will bring with you and setting up a tent. Your den leader and parents will help you get ready. Find the best spot to pitch your tent and make it your home for the campout.

When you are camping, remember the Outdoor Code and Leave No Trace Principles for Kids found in the front of this book.

REQUIREMENTS

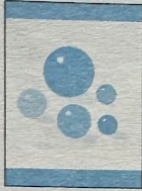
1. Review the buddy system and how it works in the outdoors.
2. Pack your Cub Scout Six Essentials for the campout.
3. In addition to your Cub Scout Six Essentials, show the personal items you need for your campout.
4. Help set up a tent. Determine a good spot for the tent. Explain why you picked the spot.
5. Attend a council or district Cub Scout overnight camp or attend an overnight campout with your pack.



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Marble Madness (Elective)

SNAPSHOT OF ADVENTURE



Long before board and video games, kids played with marbles. Those little balls of glass are just as fun to play with now as they were back then. In this Adventure, you'll play several different marble games. You'll also learn special words only marble players know and discover how to use marbles in mazes, obstacle courses, and more. Are you ready? Then grab your taws, aggies, and cat's eyes, and let's play marbles.

REQUIREMENTS

1. Make a marble bag.
2. Learn five words that are used when talking about marbles.
3. Play three different marble games.
4. Build a marble racetrack with at least two lanes.
5. Build a marble maze.



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Race Time (Elective)

SNAPSHOT OF ADVENTURE



There are many ways to make things go — electricity, fuel, and batteries, to name a few. Did you know that you have the power to make a boat sail in the water or that a car can move using the force of gravity?

Propulsion is what gives an object (such as a plane, car, or boat) the power to move. You will learn different ways to make and propel vehicles. Think about how the shapes of cars, boats, and planes affect the distance they can go. In this Adventure, you'll explore how you can use the air in your lungs, the force of gravity, and the power of your imagination to make things go.

REQUIREMENTS

1. With an adult, build either a Pinewood Derby[®] car or a Raingutter Regatta[™] boat.
2. Learn the rules of the race for the vehicle chosen in requirement 1.
3. Identify how you could increase the speed of your chosen vehicle.
4. Before the race, discuss with your den how you will demonstrate good sportsmanship during the race.
5. Participate in a Pinewood Derby or a Raingutter Regatta.



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Roaring Laughter (Elective)

SNAPSHOT OF ADVENTURE



Laughing makes you feel good, and when you laugh others may start laughing, too. With just a smile, you can meet a new friend, make someone else smile, and create a happy feeling in yourself and other people. In this Adventure, you'll find lots of ways to smile and laugh.

REQUIREMENTS

1. Think about what makes you laugh. Discuss these with your den or family.
2. Practice reading tongue twisters.
3. Play charades with your den or family.
4. Have a "funniest joke contest" with your den or family.
5. Practice "run-ons" with your den or family.



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Salmon Run (Elective)

SNAPSHOT OF ADVENTURE



Did you know that nearly three-fourths of the Earth is covered by water? It is! If you want to explore a lot of the world, you have to go by boat or know how to swim. Grizzly bears are animals that know how to swim even though they live in the forest. They swim in ice-cold rivers to catch the salmon they eat. As a Bear Scout, you will get to go swimming, too – not to catch fish, but to have fun. In this Adventure, you'll learn about swimming and boating and how to stay safe around the water.

This elective Adventure may be earned by completing the requirements below **OR** passing the BSA swimmer test **OR** taking swimming lessons.

REQUIREMENTS

1. With your den or an adult, identify the attributes of qualified adult supervision at a swimming activity.
2. Learn the three swimming ability groups for the Boy Scouts of America and the water depths appropriate for each.
3. Go swimming with your den, pack, or family for 30 minutes using the buddy system.
4. Demonstrate the use of the buddy system, buddy checks, and ability groups with your den or an adult.
5. Attempt the BSA beginner swim test.
6. Demonstrate both a reach rescue and a throw rescue.



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Summertime Fun (Elective)

SNAPSHOT OF ADVENTURE



The summertime is a great time to get together with your den or pack. The requirement for this Adventure is simple. Participate in three Cub Scout activities during the summer months. This can be at council-organized camps, like day camp or resident camp, or it can be a den or pack get-together for a summertime picnic.

To earn this Adventure as a Bear, you participate in summer activities during the summer after you completed the second grade. If you are just now learning about this Adventure don't worry – the requirement to earn it as a Webelos Cub Scout is exactly the same.

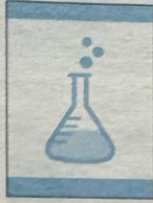
REQUIREMENTS

1. Anytime during May through August participate in a total of 3 Cub Scout activities.



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SNAPSHOT OF ADVENTURE



Have you ever wondered why the sky is blue or how gravity works or what makes a rainbow? Scientists wonder about those things, too. Then, they figure out the answers using experiments.

ANSWERING SCIENTIFIC QUESTIONS

Scientists try to create a fair test when they want to answer a question. The steps below can help you answer questions like a scientist.

1. Ask a question. (What do you want to discover?)
2. Do research. (What have other scientists already learned?)
3. Make a good guess at the answer. (This guess is called a hypothesis.)
4. Test your hypothesis with an experiment. (This is the fun part!)
5. Decide whether your hypothesis was supported by the information you collected.
6. Share what you discovered.

REQUIREMENTS

1. Conduct a static electricity investigation.
2. Conduct the sink-or-float investigation.
3. Conduct the color-morphing investigation.
4. Conduct the color-layering investigation.



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Whittling (Elective)

SNAPSHOT OF ADVENTURE



A pocketknife is a useful tool to have for Scouting activities. It can also be dangerous if you don't use it the right way. In this Adventure, you will learn how to use a pocketknife safely. You will also get to learn the basics of carving.

Completing the Whittling Adventure allows you as a Bear Scout to use a knife, with adult permission, during Cub Scout activities.

Your pocket certificate for this Adventure may serve as proof you have earned this Adventure.

Next year as a Webelos Scout you will need to earn the Chef's Knife Adventure to use a knife, with adult permission, during Cub Scout activities.

REQUIREMENTS

1. Read, understand, and promise to follow the "Cub Scout Knife Safety Rules."
2. Demonstrate the knife safety circle.
3. Demonstrate that you know how to care for and use your pocketknife safely.
4. Make two carvings with a pocketknife.



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