

# BEAR ACHIEVEMENTS THAT CAN BE DONE WITH FAMILY

The bear trail has 24 achievements, 12 of which a boy must complete to earn the Bear badge. We do not have to pass off every goal for a boy to receive his bear badge. As with the wolf program, the bear program is for parents and children and den leaders to work on jointly. When your son is at home, you are Akela, and you can sign off achievements finished. Please try to finish at least one goal every week. When you do this, please record them in the front of your son's bear book on a post it note so we can keep our records current and try not to copy each other. As in the Wolf den, when you do things at home with your son, he will get beads and popsicle sticks to add to his den doodle to show how he is advancing in the program.

## **Achievement # 3**

3b With the help of your family or den leader, find out about 2 famous Americans. Tell the things they did or are doing to improve our way of life.

3d 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.

## **Achievement #6**

6a Save 5 pounds of glass or aluminum or 1 month of daily newspapers. Turn them in at a recycling center or use your community's recycling service.

6d List all the ways water is used in your home. Search for dripping faucets or other ways water might be wasted. With an adult, repair or correct those problems.

6e Discuss with an adult in your family the kinds of energy your family uses.

6f Find out more about your family's use of electricity.

## **Achievement #7**

7c Help with crime prevention for your home.

7e Learn the phone numbers to use in an emergency or post them by each phone in your home.

## **Achievement #8**

8d Trace your family back through your grandparents or great grandparents; or talk to a grandparent about what it was like when he or she was younger.

8f Start your own history: keep a journal for 2 weeks

## **Achievement #9**

9c Prepare one part of your breakfast, one part of your lunch, and one part of your supper.

9d Make a list of the "junk" foods you eat. Discuss "junk" food with a parent or teacher.

9f With an adult, make a dessert for your family.

9g With an adult, cook something outdoors.

9c Check for Danger from Fire (We will visit the fire station at Cubs)



### **Achievement #10**

- 10a Go on a day trip or evening out with members of your family
- 10b Have a family fun night at home.

### **Achievement #11**

- 11e With your family, plan escape routes from your home and have a practice drill.
- 11f Have a health checkup by a physician. (Optional)

### **Achievement #12**

- 12a Go camping with your family
- 12b Go on a hike with your family
- 12c Have a picnic with your family
- 12d Attend an outdoor event with your family
- 12e Plan your outdoor family day

### **Achievement #13**

- 13a Go grocery shopping with a parent or other adult member of your family.
- 13b Set up a savings account.
- 13c Keep a record of how you spend money for 2 weeks.
- 13d Pretend you are shopping for a car for our family.
- 13e Discuss family finances with a parent or guardian.
- 13f Play a board game with your family that involves the use of play money.
- 13g With an adult, figure out how much it costs for each person in your home to eat one meal.

### **Achievement #14**

- 14g Plan and take a family bike hike.

### **Achievement #15**

- 15a Set up the equipment and play any two of these outdoor games with your family or friends.

### **Achievement #17**

- 17a With an adult in your family, choose a TV show. Watch it together.
- 17b Play a game of charades at your den meeting or with your family at home.
- 17d Use a computer to get information. Write, spell-check, and print out a report on what you learned.
- 17f Talk with a parent or other family member about how getting and giving facts fits into his or her job.

### **Achievement #18**

- 18c Keep a daily record of your activities for 2 weeks.

### **Achievement #23**

- 23d Watch a sport on TV with a parent or some other member of your family.
- 23e Attend a high school, college, or professional sporting event with your family or your den.

**Once your son has received his Bear,  
start on Electives in the Arrow Point Trail! Have fun...**