



Welcome

LIBERTY IN ACTION
AMERICA'S 250TH ANNIVERSARY CHALLENGE

Let's Make History Together Starting March 2026 through February 2027

As America celebrates the 250th anniversary of the signing of the Declaration of Independence, Scouting America invites you to explore ideas about citizenship and community, take on creative challenges, and visit historic places. Team up with friends and family to complete these challenges to learn about and celebrate the spirit of our country.

How to Use This Guide

There are many ways to complete the requirements to earn this patch. You can:

- Throw a 250th Birthday party during a Pack or den meeting
- Using a Pack planner to plan your meeting
- Select your favorite, recommended activities to complete the requirements
- Come up with your own activities to complete the requirements

This guide has everything you'll need! While there are many options listed in this guide, you can create a plan including new activities that work for you and your Cub Scouts.

Technical Note: Some of the links in this document require an internet connection.

TABLE OF CONTENTS

[Snapshot of Liberty in Action: 250th Anniversary Challenge](#)

[Safety Moment](#)

[Requirements to Earn this Patch](#)

[Liberty in Action Pack Meeting Planning Worksheet](#)

Liberty in Action Pack Meeting Planner

[Requirements with Activity Ideas](#)

- Activity Ideas for Requirement 1
- Activity Ideas for Requirement 2
- Activity Ideas for Requirement 3
- Activity Ideas for Requirement 4
- Activity Ideas for Requirement 5



Snapshot of the Liberty in Action Patch

The 250th Anniversary of the U.S.A. patch is a temporary patch that can be earned:

- By all Youth, Scouts, Explorers, Family Members, and Adults
- From March 2026- February 2027
- Patches should be available for purchase on March 23rd in Scout stores.
- Please take photos and use #Celebrate250 #Cubscouts when posting on social media.

Safety Moment

- Prior to any activity, use the [Scouting America SAFE Checklist](#) to ensure the safety of all those involved.
- All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.
- Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines.
- Before conducting a craft activity, review the [Craft Tips video](#) (2 minutes 34 seconds.)

Requirements to Earn this Patch



LIBERTY IN ACTION AMERICA'S 250TH ANNIVERSARY CHALLENGE

Let's Make History Together Starting March 2026 through February 2027

As America celebrates the 250th anniversary of the signing of the Declaration of Independence, Scouting America invites you to explore ideas about citizenship and community, take on creative challenges, and visit historic places. Team up with friends and family to complete these challenges to learn about and celebrate the spirit of our country.

1. Founding Ideals in Today's Life

Choose one from the following options:

- Research what these three famous phrases from the Declaration of Independence meant in 1776 and what they mean today, and provide modern examples showing how they apply in real life to a family member, friend, or your unit:
 - "We hold these truths to be self-evident ..."
 - "All men are created equal ..."
 - "Life, Liberty, and the pursuit of Happiness ..."
- Identify something that makes you think of fairness, freedom, or happiness, and share your findings with a family member, friend, or your unit. Explain how it connects to your life.

2. Civic Spirit & Scouting

Choose one from the following options:

- Research and share examples of times when Scouting America or the Exploring program supported national spirit — such as significant service efforts, national events, or community initiatives. Share your findings with a family member, friend, or your unit.
- Create a time capsule — real, digital, or a simple list of items. Choose things that best show what Scouting in America or the Exploring program is all about.

3. Creative Expression

Choose one from the following options:

- Design a unit-level shoulder patch or commemorative coin for the United States Semiquincentennial (250th anniversary). Explain the symbolism you chose to a family member, friend, or your unit.
- Perform a 2- to 3-minute speech on one of the listed topics:
 - What liberty means to me in 2026
 - One right I won't take for granted
 - An American who inspires me and why
 - What freedom looks like where I live
- Create a short video (60-90 seconds) or a poster series suitable for sharing on social media that connects the ideals of 1776 to life today. (Youth must have parent/guardian approval before any posting.)
- Learn a skill or play a game from the 1700s.

4. Founding Era Site Visit (In-Person or Virtual)

Choose one from the following options:

- Visit a site from the American founding era (1760–1805). Virtual tours qualify.
- Attend the National Jamboree "America250" display.
- Research your local community's history and its development since 1776, and share what you learn with a family member, friend, or your unit.
- Participate in a 250th anniversary celebration event.

5. Service Milestone - Part of Scouting America's Impact365 Initiative

Participate in a service project that reflects American founding ideals — such as service to community, civic responsibility, liberty, equality, or the common good. Record and submit your service hours.



Pack Meeting Planning Worksheet



Before the Meeting:

Use this Pack planning worksheet to enlist others to help with this Pack meeting.

		Assigned to:
<u>Before the Meeting</u>	Ask families to bring patriotic, 250 th birthday snacks and drinks. (Req. 4)	
<u>During the Meeting:</u>		
Gathering Activity	Stars, Stripes, and Sketches (Req. 1)	
Flag Ceremony	Flag Ceremony	
Opening Remarks:	Opening Remarks Cub Scouts Do Their Best! Audience Participation Story (Req. 2)	
Activity Stations:	1. Colonial Games Carnival (Req. 3) 2. Rolled Beeswax Candle Making (Req. 3) 3. Make cards for 10,000 for Troops (Req. 5)	
	250 th Birthday Party Refreshments	
Closing Ceremony:	Lighting the Way Forward	

Cubmaster Minute	Building the Next 250 Years	
Closing Flag Retirement	Closing Flag Ceremony	
After the Meeting:		

Liberty in Action Pack Planner

SNAPSHOT OF THE PACK MEETING

This meeting resource is for the Liberty in Action special event patch. The pack meeting will celebrate America's 250th birthday with a fun, hands-on party that brings history, citizenship, and service to life. Throughout this special meeting, Cub Scouts will travel through engaging activity stations that explore the meaning of liberty, life in colonial times, and how Scouts can serve their communities today. Scouts will participate in historic games, create meaningful crafts, learn about the values that shaped our nation, and take part in a simple service project that reflects the Scout Oath and Law in action.

By participating in this exciting celebration, every Cub Scout will complete all the requirements to earn the Liberty in Action patch. This meeting not only honors our nation's past but also inspires Scouts to live as active, caring citizens who help shape America's future.

BEFORE THE MEETING

The details of the Liberty in Action - America's 250th Birthday Celebration should be planned and coordinated before this pack meeting; this way, the Cub Scouts will have completed all their requirements for earning the patch by attending the event, and the patches can be presented at the party.

The event should be scheduled for a date and time that works best for the families in the pack; this may mean planning it for a date and time that is not during a regular pack meeting schedule. Ideally, the celebration is at a time when all parents and family members can participate.

It is best to communicate details in a written form that is distributed to parents and legal guardians, and referred to often, as this will help ensure everyone is well informed and prepared.

- 30 days before the meeting, confirm access to the event location
- At the Pack Committee or Parents 'Meeting before the Pack Meeting, make assignments using the Liberty in Action Pack Meeting Planner.
- Purchase supplies, including Liberty in Action patches.
- 7 days before the meeting, send out a meeting reminder.
- 3 days before the meeting, send out a second meeting reminder.
- The morning of the meeting, send out a third meeting reminder.
- On the day of the meeting, set up the meeting location.
- Set Up Activity Stations.

DURING THE MEETING

GATHERING ACTIVITY – [Stars, Stripes, and Sketches](#)

OPENING FLAG CEREMONY - 250 Years of the American Flag

OPENING REMARKS

Hello Cub Scouts and families! Today, we're celebrating something amazing — a birthday party 250 years in the making!

Two hundred and fifty years ago, in 1776, brave people made a big choice. They believed that freedom was worth working for, protecting, and sharing. They didn't know exactly what the future would look like, but they had the courage to try — and because they did, we are here today.

Cub Scouts live by those same ideas. We do our best. We help others. We tell the truth. And we work to be good citizens in our homes, schools, and communities.

Today, as we celebrate America's 250th birthday, we're also celebrating you — because you are all a part of America's story. The choices you make, the kindness you show, and the help you give others will shape what the next 250 years will be like.

So let's celebrate, have fun, try new things, and remember: even the smallest actions can make a big difference!

PACK MEETING

Audience Participation Story - [Cub Scouts Do Their Best](#)

ACTIVITY STATIONS

Set up three activity stations, each station is led by an adult who has been given the resources ahead of time to prepare for the activity or activities. Cub Scouts rotate to each station either by den or multi-rank dens.

STATION 1: [Colonial Games Carnival](#)

STATION 2: [Rolled Beeswax Candle Making](#)

STATION 3: [10,000 for the Troops Service Project](#)

REFRESHMENT BREAK

Purpose

Cub Scouts and their families will share patriotic-themed snacks and birthday cake to celebrate America's 250th birthday and build community through fellowship.

Sing "Happy Birthday" to America!

CLOSING CEREMONY - Lighting the Way Forward

Purpose

The birthday candle ceremony helps Cub Scouts reflect on the values of freedom, responsibility, service, respect, and hope, while recognizing their completion of the Liberty in Action patch and reminding them that by living these values each day, they help carry the light of America forward into the future.

Supplies

- Printer
- Printed copy of Lighting the Way Forward script PDF
- 6 flameless LED candles
- Liberty in Action patches (1 for each participant)

Setup

1. Print the script.
2. Place the 6 candles on a table at the front of the room.

Directions

1. Narrator follows the script.

Script

LEADER: Tonight, each of you has taken part in activities that helped you learn about our country, serve others, and live the values of freedom, responsibility, and citizenship. You have successfully completed all the requirements for the Liberty in Action patch—well done and congratulations! This patch is a symbol of your commitment to helping others and being an active part of America’s story. Before you leave tonight, please come see me to receive your Liberty in Action patch.

For 250 years, the light of our nation has been carried by people who believed in freedom and worked together to protect it. Tonight, we remember that light — and how it continues to shine in each of us.

Leader turns on the first candle.

This light represents the beginning of our country and the ideals it was built upon. Just as this light shines brightly, those ideals continue to guide us today.

SPEAKER 1: This candle represents freedom. Freedom means being able to make choices and standing up for what is right.

Speaker 1 turns on second candle.

SPEAKER 2: This candle represents responsibility. Responsibility means doing what you say you will do and taking care of others.

Speaker 2 turns on third candle.

SPEAKER 3: This candle represents service. Service means helping our families, our communities, and our country.

Speaker 3 turns on fourth candle.

SPEAKER 4: This candle represents respect. Respect means treating people, our flag, and our nation with honor.

Speaker 4 turns on fifth candle.

SPEAKER 5: This candle represents hope. Hope means believing the future can be bright — and doing your part to make it so.

Speaker 5 turns on sixth candle.

LEADER: Each of these lights shines on its own, but together, they shine even brighter — just like the people of our country. These lights remind us that America's future is not built all at once. It is built day by day, by people who choose to live these values. And tonight, we are reminded that the light of America's next 250 years is already shining... in Cub Scouts like you.

Tonight, each of you also made your own candle. That candle is more than just a craft — it is a reminder that you carry this light with you. When you take your candle home, I encourage you to light it with your family as part of America's 250th birthday celebration. As its flame glows, remember the values you learned tonight and the important role you play in helping others and building a bright future. Just like that candle, may your light continue to shine wherever you go.

Congratulations on demonstrating Liberty in Action!










Requirements and Activity Suggestions

1. Founding Ideals in Today's Life

Choose one from the following options:

- a) Research what these three famous phrases from the Declaration of Independence meant in 1776 and what they mean today, and provide modern examples showing how they apply in real life to a family member, friend, or your unit:
 - "We hold these truths to be self-evident ..."
 - "All men are created equal ..."
 - "Life, Liberty, and the pursuit of Happiness ..."
- b) Identify something that makes you think of fairness, freedom, or happiness, and share your findings with a family member, friend, or your unit. Explain how it connects to your life.

Here are some ideas to fulfill requirement 1b:

<p>Req. 1 - All</p> <h4>Stars, Stripes, and Sketches</h4> <p> Indoor  3  3  2</p> <p>Cub Scouts create a giant Pack mural that shows what the ideas of fairness, freedom, and happiness mean to them.</p> <p>See Details</p>	<p>Req. 1 - All</p> <h4>Build the American Dream</h4> <p> Indoor  2  3  1</p> <p>Cub Scouts will build a Lego model that represents fairness, freedom, or happiness to them.</p> <p>See Details</p>	<p>Req. 1 - All</p> <h4>Picture What Matters!</h4> <p> Indoor  2  2  1</p> <p>Cub Scouts will create a collage that reminds them of the values of fairness, freedom, or happiness.</p> <p>See Details</p>
--	---	---

Requirement 2: Civic Spirit & Scouting

2. Civic Spirit & Scouting





Choose one from the following options:

- Research and share examples of times when Scouting America or the Exploring program supported national spirit — such as significant service efforts, national events, or community initiatives. Share your findings with a family member, friend, or your unit.
- Create a time capsule — real, digital, or a simple list of items. Choose things that best show what Scouting in America or the Exploring program is all about.

Here are some ideas to fulfill requirement 2b:

Req. 2 - All

Cub Scouts Do Their Best!





   
Indoor 4 1 1

Cub Scouts take part in an audience participation story about civic service and the Scouting movement.

[See Details](#)

Req. 2 - All

Home Front Helper





   
Indoor 3 5 5

Inspired by the Scouts who delivered important messages during World War II, Cub Scouts will create a small "message pouch" they can use to carry notes, kindness messages, or reminders to help others—just like Scouts did when phones didn't work.

[See Details](#)

Req. 2 - All

Bloom Ball





   
Indoor 3 4 3

Cub Scouts will make bloom balls and learn about how national spirit can be fostered through conservation and service projects.

[See Details](#)

Req. 2 - All

Be Prepared to Help

   
Indoor 3 3 2

Cub Scouts practice simple first aid and emergency response skills by learning how Scouts used their training to help others after a train accident.

[See Details](#)

Requirement 3: Creative Expression

3. Creative Expression

Choose one from the following options:

- Design a unit-level shoulder patch or commemorative coin for the United States Semiquincentennial (250th anniversary). Explain the symbolism you chose to a family member, friend, or your unit.
- Perform a 2- to 3-minute speech on one of the listed topics:
 - What liberty means to me in 2026
 - One right I won't take for granted
 - An American who inspires me and why
 - What freedom looks like where I live
- Create a short video (60-90 seconds) or a poster series suitable for sharing on social media that connects the ideals of 1776 to life today. (Youth must have parent/guardian approval before any posting.)
- Learn a skill or play a game from the 1700s.

Here are some ideas to fulfill requirement 3d:

<p>Req. 3 - All</p> <h3>Colonial Games Carnival</h3> <p>Indoor 5 4 3</p> <p>Cub Scouts play colonial-era games including hopscotch, graces, and ninepin bowling to experience how children had fun in early America.</p> <p>See Details</p>	<p>Req. 3 - All</p> <h3>Rolled Beeswax Candles</h3> <p>Indoor 2 4 3</p> <p>Cub Scouts make a rolled beeswax candle to celebrate America's 250th birthday and reflect on how their actions help carry the light of freedom forward.</p> <p>See Details</p>	<p>Req. 3 - All</p> <h3>Hopscotch</h3> <p>Indoor 3 2 2</p> <p>Cub Scouts will learn this Colonial-era game played by children at the time of the U.S.A.'s revolution.</p> <p>See Details</p>
<p>Wolf - 2nd Grade</p> <h3>Butter Churning</h3> <p>Indoor 4 4 2</p> <p>Cub Scouts will make their own butter from cream.</p> <p>See Details</p>	<p>Bear - 3rd Grade</p> <h3>Herbal Sachets</h3> <p>Indoor 2 4 3</p> <p>Cub Scouts will make herbal sachets, which helped keep insects away and a space smelling fresh during colonial times.</p> <p>See Details</p>	<p>Webelos - 4th Grade</p> <h3>Johnny Cakes</h3> <p>Indoor 2 2 1</p> <p>Cub Scouts will learn to make a simple cornmeal bread commonly eaten in early American history.</p> <p>See Details</p>













Requirement 4: Founding Era Site Visit

4. Founding Era Site Visit (In-Person or Virtual)

Choose one from the following options:

- a) Visit a site from the American founding era (1760–1805). Virtual tours qualify.
- b) Attend the National Jamboree "America250" display.
- c) Research your local community's history and its development since 1776, and share what you learn with a family member, friend, or your unit.
- d) Participate in a 250th anniversary celebration event.

Here are some ideas to fulfill requirement 4d:

<p>Req. 4 - All</p> <h3>4th of July Parade</h3> <p> Indoor  3  3  2</p> <p>Cub Scouts celebrate the 250th anniversary by walking in a 4th of July parade.</p> <p>See Details</p>	<p>Req. 4 - All</p> <h3>Happy Birthday, America!</h3> <p> Indoor  3  3  3</p> <p>Cub Scouts participate in a birthday party of the United States of America.</p> <p>See Details</p>	<p>Req. 4 - All</p> <h3>America250 Event</h3> <p> Indoor  3  3  3</p> <p>Cub Scouts participate in a birthday party of the United States of America.</p> <p>See Details</p>
--	---	---

Requirement 5: Service Milestone

5. Service Milestone - Part of Scouting America's Impact365 Initiative

Participate in a service project that reflects American founding ideals – such as service to community, civic responsibility, liberty, equality, or the common good. Record and submit your service hours.

Here are some ideas to fulfill this requirement:

Scouting for Food

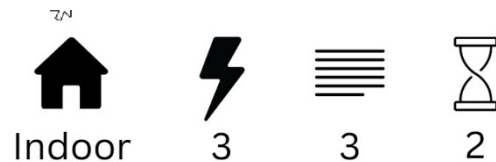
10,000 for Troops

<small>LION</small> Book Drive	<small>LION</small> Art Supply Drive	<small>TIGER</small> Sock Drive
<small>TIGER</small> Board Game Collection	<small>WOLF</small> Pet Supply Drive	<small>WOLF</small> Toys for Tots
<small>BEAR</small> Eyeglass Donation Drive	<small>BEAR</small> Plant Trees	<small>WEBELOS</small> Happy Birthday Bags
<small>WEBELOS</small> Diaper & Formula Drive	<small>ARROW OF LIGHT</small> Helping Neighbors	<small>ARROW OF LIGHT</small> Little Free Library

Req. 1 - Stars, Stripes, and Sketches

Snapshot of Activity

As Cub Scouts arrive, they will help create a giant Pack mural that shows what the ideas of fairness, freedom, and happiness mean to them. This activity helps Scouts reflect on our country's core values while creating a colorful and meaningful display that can be shared during the America's 250th birthday celebration.



If you want to know more about the Adventure Activity Key, [click here](#).

Stars, Stripes, and Sketches - Supply List

- White butcher paper
- Painters tape
- Markers

Stars, Stripes, and Sketches – Directions

Before the meeting:

1. Place butcher paper and markers on a table.

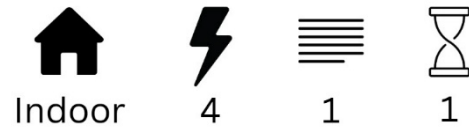
During the meeting:

1. Explain the activity. Everyone will be invited to draw pictures or write words that show what makes them feel free, how people can be fair to one another, or what brings them happiness in their lives and communities.
2. Give Cub Scouts time to add illustrations or notes to the mural. Some suggestions include:
 - Write/draw about a time you helped someone.
 - Write/draw about something that makes you happy.
 - Write/draw about a time someone was kind to you.
 - Write/draw about a special memory with your family.
3. Once completed, use painter's tape to hang up the mural as a decoration for the party!

Req. 2 - Cub Scouts Do Their Best!

Snapshot of Activity

Cub Scouts participate in an audience participation story about civic service and the Scouting movement.



If you want to know more about the Adventure Activity Key, [click here](#).

Cub Scouts Do Their Best! - Supply List

- Printer
- Printed copy of the script

Cub Scouts Do Their Best! – Directions

Before the meeting:

1. Print the script.

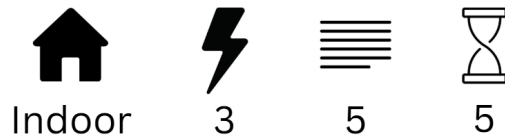
During the meeting:

1. Narrator follows the script.

Home Front Helper – Req. 2

Snapshot of Activity

Inspired by the Scouts who delivered important messages during World War II, Cub Scouts will create a small “message pouch” they can use to carry notes, kindness messages, or reminders to help others—just like Scouts did when phones didn’t work.



If you want to know more about the Adventure Activity Key, [click here](#).

Home Front Helper - Supply List

- Capri Sun juice pouches, empty, washed, and completely dry (1 per Cub Scout)
- Paracord, cut to 24 inch lengths with ends fused (1 per Cub Scout)
- Lighter
- Scissors
- Hole punch
- White spray paint
- Paint markers
- Colorful Duck Tape
- 3x5 index cards (3 per Cub Scout)
- Pencils (1 per Cub Scout)
- Markers

Home Front Helper – Directions

Before the meeting:

1. Empty the juice from all the Capri Sun juice pouches. (Preferably, have Cub Scouts enjoy the juice at a meeting and save the empty pouches to reuse and repurpose for this activity.)
2. Cut off the top 1/2 inch of the juice pouches.
3. Thoroughly clean and dry the inside and outside of the pouches.
4. Punch a hole through the top corner of each pouch, *only through the front layer, not through both*, about ½ inch down from the top edge.
5. Use the white spray paint to cover the front and back of all pouches.
6. Cut paracord into 24 inch lengths and fuse the ends.
7. Gather all materials and set up a clean workspace.

During the meeting:

1. Leader says: “Cub Scouts, during World War II, there were times when phones didn’t work and messages had to be delivered by hand. Scouts helped by carrying important notes and information across their towns so people could get help and stay informed. They used simple tools—bags, pockets, and pouches—to carry those messages. What mattered most wasn’t what the pouch looked like, but what it carried and who was willing to help. Today, we’re going to make our own message pouches using recycled juice pouches. Just like the Scouts during World War II, you’ll be creating something useful out of everyday materials. Your pouch will carry messages of help, kindness, and readiness—reminders that a Scout is always prepared to serve others. This craft reminds us that even small actions, like carrying a message or lending a hand, can make a big difference.”
2. Give each Cub Scout a blank pouch. Have them use paint markers and colorful Duct Tape to decorate the pouch.
 - Decorating ideas:
 - a lightning bolt for fast messengers
 - a smiley face for kindness
 - words like Helpful, Be Prepared, or Do Your Best
3. Give each Cub Scout a length of paracord. Have them thread the paracord through the pre-punched holes and tie an overhand knot at each end to act as a stopper. Help them adjust the length so it hangs comfortably. This creates their carrying strap.
4. Distribute the 3x5 index cards (3 per Cub Scout), pencils (1 per Cub Scout), and markers. Have them write and draw messages of kindness and encouragement on the index cards.
 - Message ideas:
 - I can help at home by ____.
 - I can help at school by ____.
 - A Scout is helpful.
 - Today I will Do My Best.
5. Ask the Cub Scouts to put their completed index cards into their pouches to take with them.
6. Have the Cub Scouts help to clean up their work area and wash their hands.

End the activity by having the Leader say: “Cub Scouts, today you learned that long ago, Scouts just like you helped their families, their neighbors, and their country during a difficult time. They didn’t wait to be asked. They didn’t think they were too small. They saw a need—and they helped. Your message pouch is a reminder of that same spirit. Inside it, you can carry special messages of kindness and encouragement—words that can make someone smile, feel hopeful, or know they are not alone. When you write a kind note and give it to someone in your family, your school, or your community, you are doing exactly what Scouts have always done: helping others feel stronger. You don’t need a big moment to make a difference. Sometimes the most powerful help is a few kind words, shared at just the right time. As you leave tonight, remember this: Scouts are helpers. Scouts are prepared. Scouts answer the call. Take your pouch with you, fill it with good messages, and look for chances to share them. Every note you give is a small act of service—and together, those small acts can make the world a brighter place. Now let’s go out and—
together—Do Our Best!”

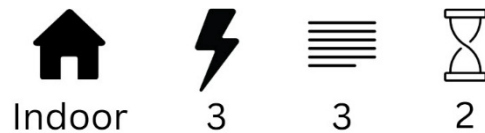
Home Front Helper - Additional Resources

None

Req. 2 - Be Prepared to Help

Snapshot of Activity

Cub Scouts practice simple first aid and emergency response skills by learning how Scouts used their training to help others after a train accident.



If you want to know more about the Adventure Activity Key, [click here](#).

Be Prepared to Help - Supply List

Supply List

- Band-Aids (1 per Cub Scout)
- Bandages (1 per 5 Cub Scouts)
- Gauze pads (1 per 5 Cub Scouts)
- Disposable gloves (1 pair per Cub Scout)
- Stuffed animal

Be Prepared to Help – Directions

Before the meeting:

1. Gather all supplies.
2. Set up three stations labeled Bandage a Buddy, Comfort and Care, and Call for Help.
3. Place appropriate supplies at each station.

During the meeting:

1. Leader says: “Cub Scouts, before we start our first aid activity, I want to tell you a true story. A few years ago, some Scouts were riding on a train after a long trip. Suddenly, the train was in an accident, and people were hurt. The Scouts were tired and probably a little scared—but they remembered what they had learned in Scouting. They stayed calm. They used their first aid skills. They got help. And most importantly, they cared about other people. Those Scouts didn’t help because they were superheroes. They helped because they were prepared. Today, we are going to practice some of those same skills. You will be learning how to help, how to stay calm, and how to care for someone who is injured when something unexpected happens.
2. Divide Cub Scouts into 3 groups and assign each group a starting station.

3. At the Bandage a Buddy station, have Cub Scouts put on disposable gloves. Then, have Cub Scouts practice placing a gauze pad and bandage on a stuffed animal. Next, have them practice putting a Band-Aid on their buddy's finger.
4. At the Comfort and Care station, have Cub Scouts practice saying calm and helpful phrases to someone who is hurt.
5. At the Call for Help station, have Cub Scouts practice telling an adult what happened, where they are, and their name.
6. Rotate groups through each station until all Cub Scouts have completed all activities.
7. Lead a short discussion asking how Cub Scouts felt helping someone and why staying calm is important.
8. End the activity by having the Leader say: "Cub Scouts, take a moment and think about what you practiced today. You learned how to stay calm. You learned how to help. You learned how to take care of someone else. The Scouts in our story were ready because they practiced these same skills, over and over, just like you did today. They didn't know when they would need them—but when the moment came, they were prepared. Every bandage you practice, every kind word you share, and every time you jump in to help or remember to get help, that is all a part of becoming a Scout who makes a difference. You may not face a big emergency today or tomorrow—but every day, you can be helpful, brave, and kind. That's how Cub Scouts live the Scout Oath and Scout Law. That's how Cub Scouts help other people. And that's how you make the world a little better, one good turn at a time."

Be Prepared to Help - Additional Resources

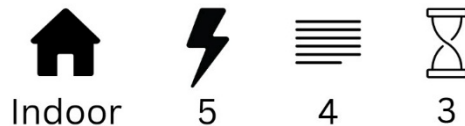
<https://blog.scoutingmagazine.org/2022/10/28/train-derailment-heroes-recognized-with-bsa-lifesaving-awards-watch-and-share-this-inspiring-video/>

<https://www.foxnews.com/video/6308774447112>

Req. 3 – Colonial Games Carnival

Snapshot of Activity

Cub Scouts will learn this Colonial-era game played by children at the time of the U.S.A.'s revolution.



If you want to know more about the Adventure Activity Key, [click here](#).

Colonial Games Carnival - Supply List

- Painter's tape
- Small bean bag
- 10" wooden hoop (1 for every 2 participants)
- 1/4" x 12" wooden dowel rods (2 for each participant)
- 9 plastic bottles (1/4 filled with sand)
- Small ball

Colonial Games Carnival – Directions

Before the Meeting

1. Use painter's tape to mark hopscotch courts on the floor.
2. Set up the Graces Station with enough space for Cub Scouts to safely pass the hoop.
3. Arrange the nine bottles in a diamond pattern to create the nine-pin bowling station.
4. Mark bowling lanes using painter's tape.
5. Assign an adult or den chief to supervise each game.
6. Ensure the area is open and clear of any hazards.

During the Meeting

1. Explain to Cub Scouts that before electricity, televisions, cell phones, the internet, and video games, children played outdoor games like these for fun and exercise.
2. Divide Cub Scouts into small groups and assign each group to a starting station.
3. Instruct Cub Scouts at the hopscotch station to toss the bean bag into a square and hop through the pattern, skipping the square with the marker.
4. Instruct Cub Scouts at the Graces Station to work with a partner to pass the hoop back and forth using the sticks. Standing 10 feet apart, each player holds two sticks, and one player starts with a hoop. To begin, the first player holds two sticks in an X-shape. The hoop is placed over these sticks, and by quickly pulling the arms apart, the hoop is launched towards the other player. The goal is to catch the flying hoop on the sticks. Once caught, the partner then tosses the hoop back in the same way. Players continue passing the hoop back and forth, trying to keep it moving smoothly without dropping it.
5. Instruct Cub Scouts at the nine-pin bowling station to roll the ball and try to knock down as many pins as possible.
6. Rotate groups through each station so everyone participates in all three games.

7. Encourage Cub Scouts to cheer for one another and demonstrate good sportsmanship.
8. Gather Cub Scouts at the end and explain that these games helped children stay active, build friendships, and have fun in early America.

Tips:

- Demonstrate each game before Cub Scouts begin.

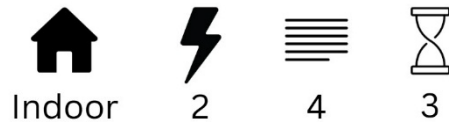
Colonial Games Carnival - Additional Resources

None

Req. 3 – Rolled Beeswax Candle Making

Snapshot of Activity

Cub Scouts make a rolled beeswax candle to celebrate America's 250th birthday and reflect on how their actions help carry the light of freedom forward.



If you want to know more about the Adventure Activity Key, [click here](#).

Rolled Beeswax Candles - Supply List

- Beeswax candle sheets 8x8 inches (1 per participant)
- Cotton wicks 9 inches long (1 pre-cut piece per participant)
- Scissors

Rolled Beeswax Candles – Directions

Before the Meeting

1. Purchase supplies.
2. Pre-cut cotton wicks into 9" lengths.

During the Meeting

1. Explain that candles have long been used to represent hope, freedom, and remembrance. Before electricity was invented, people used candles to see in the dark. Candles gave light in homes, schools, and meeting places so families could cook, read, and spend time together after the sun went down. In colonial times, people made their own candles from materials like beeswax or animal fat, and each candle was important because it helped bring light and safety.
2. Give each participant 1 beeswax candle sheet and 1 9" cotton wick.
3. Show how to place the wick along one edge of the beeswax sheet.
4. Demonstrate how to press the beeswax edge tightly around the wick to begin the roll.
5. Instruct participants to slowly and carefully roll the beeswax sheet, keeping the roll tight and straight.
6. Encourage them to gently press the edge at the end to seal the candle.
7. Assist in using the scissors to trim the wick at the top if needed, leaving about one-half inch exposed.
8. Remind everyone to clean up their area once their candle is completed.

Req. 3 - Hopscotch

Snapshot of Activity

Cub Scouts will learn this Colonial-era game played by children at the time of the U.S.A.'s revolution.



If you want to know more about the Adventure Activity Key, click [here](#).

Hopscotch - Supply List

- Sidewalk chalk (outdoor)
- Painter's Tape (indoor)
- Bean bag or small flat stone

Hopscotch - Directions

1. Mark a hopscotch grid of numbered squares on the ground.
2. Stand behind the starting line and toss your marker into square 1.
3. Hop through the grid, skipping the square with your marker; balance on one foot in single squares and both feet in adjacent squares.
4. At the end, turn and hop back; pick up your marker before finishing.
5. If you complete without stepping on a line or missing a square, continue by tossing your marker into the next number.
6. Players lose a turn if they step on a line or miss their toss.

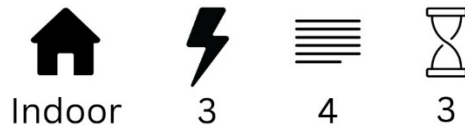
Hopscotch - Additional Resources

<https://www.youtube.com/watch?v=fZzswQalCfM>

Req. 2 – Bloom Balls

Snapshot of Activity

Cub Scouts will make bloom balls and learn about how national spirit can be fostered through conservation and service projects.



If you want to know more about the Adventure Activity Key, [click here](#).

Bloom Balls - Supply List

- Wildflower seeds/native plant seeds (1 tablespoon per Cub Scout)
- Recycled paper/newspaper (3 sheets per Cub Scout)
- Compost/potting soil (2 cups per Cub Scout)
- Water
- Mixing bowls (1 per Cub Scout)
- Tray (1 for every 3 Cub Scouts)

Bloom Balls - Directions

Before the meeting:

1. Tear the recycled paper/newspaper into small pieces and place them in a bowl.
2. Soak the paper pieces in water for about 30 minutes to make them soft.
3. Drain remaining water and store the damp paper in a Ziplock bag.
4. Gather all materials and set up a clean workspace.

During the meeting:

1. Leader says: “In 1954, President Dwight Eisenhower asked Scouts across the country to help care for our nation’s natural resources in what became known as the National Conservation Good Turn. Cub Scouts and Scouts answered the call in a big way — they shared millions of conservation posters, planted more than 6 million trees, built thousands of birdhouses, and created displays to teach their communities how to protect the world around them. Together, they showed that when Scouts work as a team, even small actions can make a big difference for our country and our planet. Today, we can continue that same spirit of service with a simple and fun conservation project: making bloom balls. Bloom balls are small balls made of soil, paper pulp, and native wildflower seeds. When we toss them onto the ground, they help grow native plants that provide food and homes for birds, bees, and other wildlife. By making and planting bloom balls, Cub Scouts can help repopulate native plants, support pollinators, and care for the land we all share. Just like the Scouts in 1954, we can do our part to protect nature — one small Good Turn at a time.”
2. Give each Cub Scout a mixing bowl. Add 2 cups of paper pulp, 1 tablespoon of seeds, and 2 cups of potting soil. Have them mix thoroughly with their hands until well combined.

3. Once mixed, have the Cub Scouts take small amounts of the mixture (about a tablespoon at a time) and roll them into balls, roughly the size of a golf ball. Remind them that each ball must contain seeds, pulp, and soil.
4. Dry the bloom balls by placing them on a tray.
5. Give instructions to the Cub Scouts and their adult partners, reminding them to air-dry for at least 24 to 48 hours. Keep them in a shady area to prevent them from drying too quickly. To “plant” their bloom ball, Cub Scouts should make sure they have approval for that location. Preferably, they should choose a sunny area with bare soil. They should place their bloom ball on the soil and, if necessary, lightly cover it with a bit of soil. Gently water the bloom ball and the surrounding area.
6. Have the Cub Scouts help to clean up their work area and wash their hands.
7. End the activity by having the Leader say: “Each of you made a difference today. Now imagine millions of Cub Scouts across America and around the world doing these same good turns. That’s the power of Scouting!”

Bloom Balls - Additional Resources

None