



Activity Bead Book



Camp Fire

Light the fire within

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NOTE TO FAMILIES

Welcome to the world of Camp Fire activity beads. Earning beads has long been one of the favorite parts of Camp Fire. Since Camp Fire was founded in 1910, doing activities and earning “honors” has been an important part of the program. Today, as in the past, Camp Fire activities allow young people to learn a skill, participate in something new, give service or begin to form a good habit.

The focus for Camp Fire’s five program trails is to achieve outcomes that help youth light the fire within. All the activities in this book relate to one or more of these trails. Each trail is associated with specific program outcomes as follows:

Trail to Knowing Me helps children learn leadership skills, relationship and communication skills, and focuses on increasing children’s self-knowledge.

Activities in the *Trail to Knowing Me* focus on fitness, emotions, health, self awareness, getting along with others, respecting differences, leadership, communication, conflict resolution and safety.

Youth outcomes include:

- Reinforced motor skills and physical development
- Greater self-awareness (identity, self-esteem)
- Increased appreciation and respect for others
- Increased knowledge and application of governance process and teamwork
- Youth apply rules for “Fair Play” and conflict resolution
- Making program choices and planning sequentially

Trail to Family and Community strengthens each child’s place in the family and community and focuses on service-learning and citizenship.

Activities in the *Trail to Family and Community* focus on genealogy, family activities, community, neighborhoods, maps, geography, stories, service-learning, cultures and citizenship.

Youth outcomes include:

- Extended friendship circles
- Greater sense of belonging
- Strengthened family ties

Trail to Creativity stimulates children’s creativity and imagination through activities that involve the arts.

Activities in the *Trail to Creativity* include visual and performing arts, hands-on projects and wood working.

Youth outcomes include:

- Increased personal creativity

Trail to the Environment helps children understand and appreciate the natural world.

Activities in the *Trail to the Environment* focus on nature, conservation, natural resources, camping, hiking, pets, planting and weather.

Youth outcomes include:

- Increased appreciation and understanding of nature

Trail to the Future focuses on developing mental and physical skills that will help young people become successful adults.

Activities in the *Trail to the Future* include science, learning new skills, technology, games, sports and business.

Youth outcomes include:

- Increased competency in and appropriate application of basic learning skills

Educational Standards

In addition to Camp Fire outcomes, the activities in the *Camp Fire Activity Bead Book* help children and youth achieve educational competencies. Using the McREL educational standards (recommended by the US Department of Education), Camp Fire activities support learning. Each project for each trail in the Camp Fire curriculum books is linked to the educational competency it is intended to reinforce. Many of the activities in the *Camp Fire Activity Bead Book* relate to those same competencies. For information about the McREL standards and how children's learning is enhanced through Camp Fire activities, refer to the Adventure curriculum project book, or contact your local Camp Fire council, or the national program department at 800 669 6884.

WELCOME TO THE WORLD OF CAMP FIRE ACTIVITY BEADS

A Long History

In 1910 ceremonial costumes, songs of the fire, tales of work, health, and love, and the presentation of honors during a council fire were a weekly part of the activities at Camp WoHeLo near South Casco, Maine. On the banks of Lake Sebago, Camp Fire members were awarded honors for their accomplishments in the form of shells strung on strips of leather. Then, as early as 1912, it was decided that wooden beads were to take the place of shells, and ever since, Camp Fire members have been receiving wooden beads in recognition of achievements.

Of course, much has changed since then! Beads are still a traditional component of the Camp Fire program. You can earn certificates, colorful emblems, pins and other items that recognize your accomplishments. Other organizations do this, too. In Camp Fire you can also earn beads, something very unique to Camp Fire.

Today, doing activities for the purpose of **learning something new, giving service or beginning to form a good habit** is rewarded with trail activity beads that you can display, wear or use to create works of art. You can earn as many as you want!

Camp Fire activity beads are not only fun, they help you learn things that are important to know. The activity choices support classroom learning and give you the chance to use what you are learning in a practical, fun way.

Educators agree that certain standards are needed to help people know what is important for children to learn. Camp Fire activities support McREL standards for learning. Your Camp Fire adult mentors can tell you more about these standards.

THE CAMP FIRE TRAILS

In Camp Fire activities are organized into five topic areas called trails.

The five trails are:

- Trail to Knowing Me
- Trail to Family and Community
- Trail to Creativity
- Trail to the Environment
- Trail to the Future

There are lots of fun activities on each of the trails. Together the trails lead you along a Camp Fire adventure that is filled with fun, learning, leadership and service.

Trail to Knowing Me is about relationships, communication and leadership skills that help you learn more about yourself.

Activities in the *Trail to Knowing Me* focus on fitness, healthy choices, emotions, self awareness, health, getting along with others, respecting differences, communication, conflict resolution, leadership and safety.

Trail to Family and Community strengthens your place in the family and community and focuses on service-learning and citizenship.

Activities in the *Trail to Family and Community* focus on topics like genealogy, family activities, community, neighborhoods, maps, geography, stories, service-learning, cultures and citizenship.

Trail to Creativity encourages your creativity and imagination through activities that involve the arts.

Activities in the *Trail to Creativity* include visual and performing arts, hands-on projects and wood working.

Trail to the Environment helps you understand and appreciate the natural world.

Activities in the *Trail to the Environment* focus on nature, conservation, natural resources, camping, hiking, pets and plants.

Trail to the Future focuses on developing your mental and physical skills.

Activities in the *Trail to the Future* include topics such as science, learning new skills, technology, games, sports and business.

GETTING STARTED

The activities in this book are organized within each of the five trails by interest areas. Look at the headings in each interest area to help you find activities that interest you. Read quickly through them and put a pencil mark by the activities that sound interesting. Choose what you are most interested in doing. There are more activities than you will ever hope to do.

You can do activities at home, at small group meetings, at camp, or at your after-school program. You can do them by yourself, with your family or neighbors, with your friends and with other members of Camp Fire.

You can work on these trail activities during the time that you are in Camp Fire's *Adventure* program, and even beyond. You might even find that you want to repeat an activity and earn another bead for it. This is allowed (up to five beads) as long as you do the activity differently each time.

Remember you must learn something new, give service or begin to form a good habit each time you earn a bead.

For example, if you are in the school choir and you sing in three concerts, you may receive three beads. In this case, you are learning different styles of music and three different songs.

Another example is earning a bead when you learn to tie a square knot. Once you have learned this skill, you are repeating what you already know. So you do not earn another bead each time you tie a square knot. You can, however, earn a bead if you use a square knot to make something.

Each interest area has blank spaces for you to create your own activity to fulfill the bead requirement. The activity needs to be related to the interest area, and you must learn something new, give service or begin to form a good habit. If you have a question about whether or not an activity qualifies for a bead, talk with your leader or an adult helping you.

When you complete the activity, talk to an adult who knows what you did. This may be your Camp Fire leader, an adult family member, a teacher, after-school leader or other adult. Have that person initial and date the activity in this book. This shows that you have successfully completed what you set out to do.

When you finish a trail activity, you earn a bead. The bead stands for your accomplishment in one of the five Camp Fire trails. Each bead has a different design and a color that symbolizes the trail it comes from.

Trail

Knowing Me

Family and Community

Creativity

Environment

Future

Trail Tips

Here are some things to remember as you work on activity beads:

- Some are easy and some are hard. Some will require you to find instructions on how to do the activity. Some will require use of a computer and the Internet. Some will take more time than others. It is expected that you will challenge yourself.
- Do the activities to the best of your ability. If you need help, be sure to ask.
- Keep a record of what you do. Use this book to keep track of what you have accomplished and when you did it. There is a page at the end of each trail section for you to do this.
- When you finish a trail activity, ask yourself these questions:
 - Did I complete it to the best of my ability?
 - Did I learn something new, give service or begin to form a good habit?

Symbolism

One of Camp Fire's core colors, blue, represents self-knowledge and personal expression that leads to good citizenship at home, in the community and in the world.

Families and communities work together to reap the harvest of healthy relationships. Yellow represents the Trail to Family and Community.

Youth find expression for the creative force within each person. Green represents the Trail to Creativity.

Youth learn and practice good stewardship of the earth and its resources. Brown represents the Trail to the Environment.

The Navajo see the sun as warmth and life itself. Realizing the sun as the essential light of the future, red represents the Trail to the Future.

Displaying Your Beads

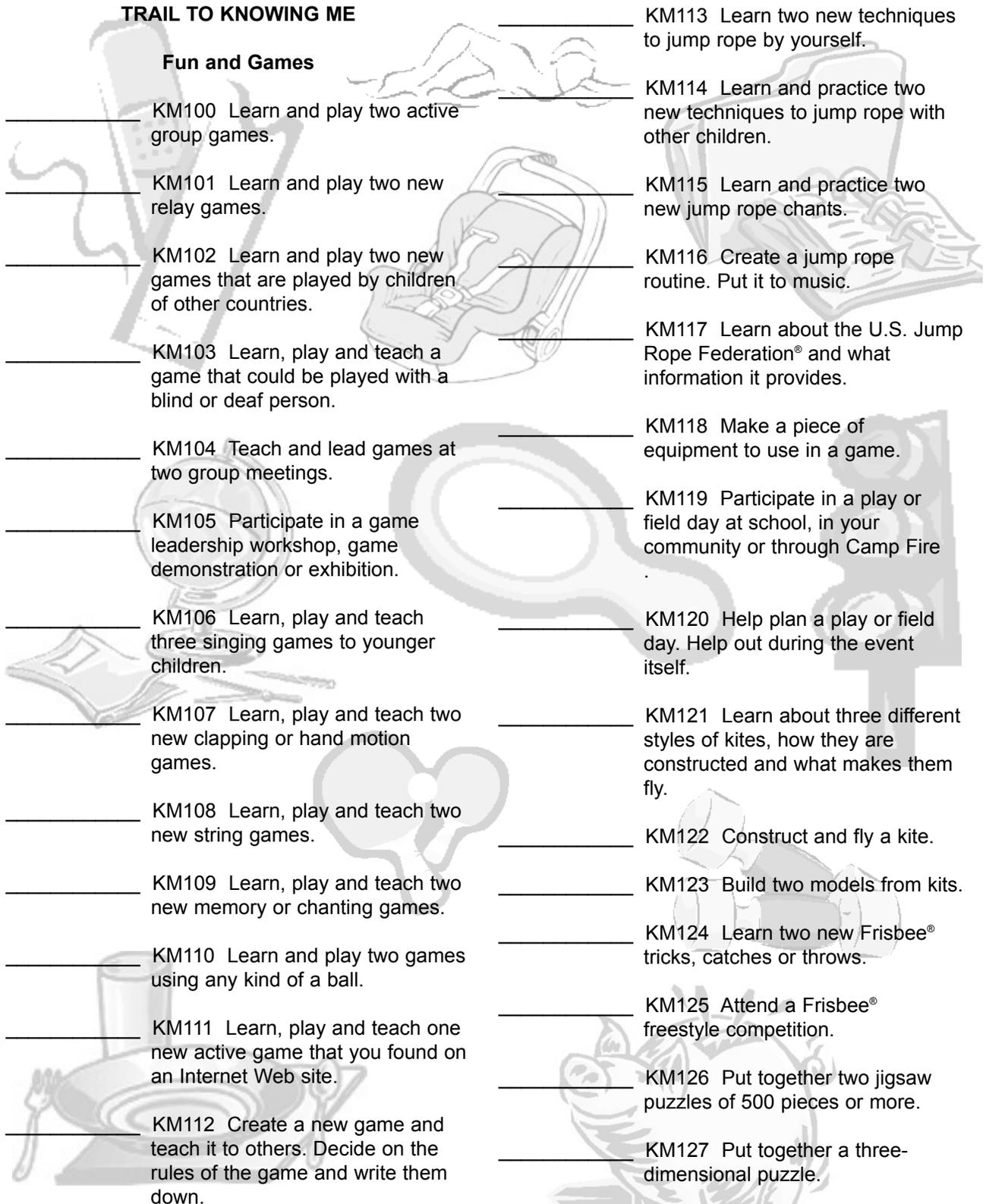
The beads you earn help you remember what you have learned. You can use them in many ways. They can decorate an award vest or wall hanging, or you can use them to make belts, pins, decorations or jewelry.

Many designs and shapes can be made with beads. Thread or twine in various colors can be used to string them. The thread can be heavy cotton, nylon, or elastic. Think ahead about all the beads that you will earn in Camp Fire and create a design that has room to expand as you earn more and more beads. Whatever you design will remind you of the new things you learned in Camp Fire.

TRAIL TO KNOWING ME

Fun and Games

- _____ KM100 Learn and play two active group games.
- _____ KM101 Learn and play two new relay games.
- _____ KM102 Learn and play two new games that are played by children of other countries.
- _____ KM103 Learn, play and teach a game that could be played with a blind or deaf person.
- _____ KM104 Teach and lead games at two group meetings.
- _____ KM105 Participate in a game leadership workshop, game demonstration or exhibition.
- _____ KM106 Learn, play and teach three singing games to younger children.
- _____ KM107 Learn, play and teach two new clapping or hand motion games.
- _____ KM108 Learn, play and teach two new string games.
- _____ KM109 Learn, play and teach two new memory or chanting games.
- _____ KM110 Learn and play two games using any kind of a ball.
- _____ KM111 Learn, play and teach one new active game that you found on an Internet Web site.
- _____ KM112 Create a new game and teach it to others. Decide on the rules of the game and write them down.
- _____ KM113 Learn two new techniques to jump rope by yourself.
- _____ KM114 Learn and practice two new techniques to jump rope with other children.
- _____ KM115 Learn and practice two new jump rope chants.
- _____ KM116 Create a jump rope routine. Put it to music.
- _____ KM117 Learn about the U.S. Jump Rope Federation® and what information it provides.
- _____ KM118 Make a piece of equipment to use in a game.
- _____ KM119 Participate in a play or field day at school, in your community or through Camp Fire .
- _____ KM120 Help plan a play or field day. Help out during the event itself.
- _____ KM121 Learn about three different styles of kites, how they are constructed and what makes them fly.
- _____ KM122 Construct and fly a kite.
- _____ KM123 Build two models from kits.
- _____ KM124 Learn two new Frisbee® tricks, catches or throws.
- _____ KM125 Attend a Frisbee® freestyle competition.
- _____ KM126 Put together two jigsaw puzzles of 500 pieces or more.
- _____ KM127 Put together a three-dimensional puzzle.



_____ KM128 Build a soapbox car, go-cart or a scooter. Make sure it has a simple steering device.

_____ KM129 Play two games in the snow, such as fox and geese or statues.

_____ KM130 Sled, toboggan, inner tube or snowshoe on three separate occasions. Wear appropriate clothing.

_____ KM131 Learn two kinds of solitaire. Teach them to another person.

_____ KM132 Learn the rules and scoring for a board game such as chess, checkers, cribbage or backgammon. Play several games.

_____ KM133 Learn the rules and scoring for a card game requiring more than one person. Play the game.

_____ KM134 Learn the rules and scoring and play bridge and/or mah jongg with another person.

_____ KM135 Participate in an organized bridge tournament.

_____ KM136 Participate in an organized group of mah jongg players.

_____ KM137 Teach a game of checkers to a younger child.

_____ KM138 Join a chess club and participate in a tournament.

_____ KM139 Create a game board and pieces that can be used for chess, checkers or backgammon.

_____ KM140 Learn and play a new video game. Set a goal to increase your score and improve your strategy. Teach someone else how to play.

_____ KM141 Learn, play and teach a two-person video game.

_____ KM142 Learn, play and teach two new word games.

_____ KM143 Create your own activity having fun with a game. _____

_____ KM144 Create your own activity having fun with a game. _____

_____ KM145 Create your own activity having fun with a game. _____

Keeping Fit

_____ KM146 Learn about the President's Council on Physical Fitness® and what programs are applicable for your age.

_____ KM147 Participate and complete the President's Challenge that is appropriate for your age.

_____ KM148 Learn about the National Center for Health Statistics® and what information they provide about maintaining a healthy body.

_____ KM149 Learn and explain the four main kinds of body types. Determine which body type you are.

_____ KM150 Learn and explain the meaning of Body Mass Index (BMI) and why it is important to achieve body fitness.

_____ KM151 Create an exercise program that is appropriate for your body type and is approved by your doctor, parent and/or coach and complete it regularly for at least a month.

_____ KM152 Create a series of warm-up and cool-down exercises to use before and after vigorous activities. Use these exercises yourself.

_____ KM153 Walk regularly for fitness under the guidance of your doctor, parent and/or coach for at least a month.

_____ KM154 Learn and explain the difference between aerobic and anaerobic exercise and tell the advantages of both.

_____ KM155 Learn and explain cardiovascular fitness and why it is important.

_____ KM156 Ride a bike for fitness under the guidance of your doctor, parent and/or coach for at least a month.

_____ KM157 Tour a gym or fitness facility and talk to a personal trainer to see what fitness programs they offer for children.

_____ KM158 Know the symptoms for some common sports injuries such as shin splints, pulled muscles, strains or stress fractures. Demonstrate how to care for one of these injuries.

_____ KM159 Participate in an aerobics class under the guidance of your doctor, parent and/or coach.

_____ KM160 Participate in a yoga or a pilates class under the guidance of your doctor, parent and/or coach.

_____ KM161 Practice regularly a team or individual sport of your choice under the guidance of your doctor, parent and/or coach.

_____ KM162 Learn about sports medicine. Interview an athletic trainer about what his or her job entails.

_____ KM163 Create your own fitness activity. _____

_____ KM164 Create your own fitness activity. _____

_____ KM165 Create your own fitness activity. _____

WATER FUN
Fishing

_____ KM166 Go fishing with a group led by an adult. Learn how to cast and reel in. Observe and practice all safety rules.

_____ KM167 Make a live bait container.

_____ KM168 Learn and demonstrate how to tie on a hook, sinker and bobber.

_____ KM169 Make two types of artificial bait.

_____ KM170 Learn the types of fish attracted to various bait. Bait a hook with three different kinds of bait.

_____ KM171 Learn and explain the fishing laws in your area.

_____ KM172 Learn the types of fish that are found in your area. Collect pictures of each.

_____ KM173 Learn and demonstrate how to take a fish off a hook and put it on a stringer.

Swimming and Diving

_____ KM174 Learn and explain the safety rules for swimming and diving.

_____ KM175 Place your face into the water. Open your eyes enough to identify an object under water. Do this several times for several days. (This may be done in a basin of clear water.) Stoop down in waist deep water. Pick up several different small objects from the bottom.

_____ KM176 Learn and practice two different floats. Hold each for at least ten seconds.

_____ KM177 Jump into deep water wearing a personal flotation device (PFD). Stay afloat for five minutes.

_____ KM178 Jump feet first off of a dock, diving board or the side of a swimming pool into water at least waist deep. Do this several times.

_____ KM179 Jump feet first off of a dock, diving board or the side of a swimming pool into water at least up to your armpits and swim to shallow water.

_____ KM180 Jump or dive into deep water and swim to shallow water.

_____ KM181 Swim 25 feet using only your legs.

_____ KM182 Swim, float or tread water or do a combination of these for ten minutes.

_____ KM183 Change body position from back to front and to back again. Do this while sculling for 50 feet.

_____ KM184 Swim one of the basic swimming strokes in good form. Do this for a distance of at least 50 feet.

_____ KM185 Keep yourself afloat for ten minutes while fully dressed (pants, shirt, sneakers over your swim suit). Then take off your pants, shirt and sneakers in the water.

_____ KM186 Learn and demonstrate two different types of dives using good form.

_____ KM187 Learn and demonstrate the rescue of a person, without getting into the water yourself, using some object between you and the victim such as a board, tire, inner tube or life jacket.

_____ KM188 Plan a swimming party. Before it begins, review safety rules. There must be a qualified water safety instructor in charge of the swimming.

_____ KM189 Participate in a water event such as swim meet.

_____ KM190 Learn and teach two water games.

_____ KM191 Learn and demonstrate the correct use of mask, snorkel and fins.

_____ KM192 Learn and demonstrate how to use scuba equipment.

_____ KM193 Learn and demonstrate three synchronized swimming stunts.

_____ KM194 Create and perform a synchronized swimming routine to music.

_____ KM195 Participate in a synchronized swimming exhibition.

_____ KM196 Create your own water fun activity. _____

_____ KM197 Create your own water fun activity. _____

_____ KM198 Create your own water fun activity. _____

_____ KM205 Do two craft activities with a small child. Make sure the activities are ones that a child of that age can do. A parent or child care worker can help you pick craft activities.

_____ KM206 Teach a small child his or her telephone number and street address. You'll have to repeat this many times to be sure the child can remember.

_____ KM207 Visit a children's clothing store. Find out how children's clothing is sized. Learn about fire-resistant clothing for young children.

Little Ones To Care For

_____ KM199 Observe someone caring for an infant. Do this for half of a day or more. Help out when you can. Describe to someone else what you learned about the care of infants.

_____ KM200 Visit a preschool or care center. Watch different age groups of children. Talk to a preschool teacher or day care worker about the children and what they are learning.

_____ KM201 Pick out several books that a toddler would enjoy. Ask a teacher or librarian to help you. Read these books to a small child.

_____ KM202 Teach young children two games you enjoyed when you were their age. Play these games several times with the children.

_____ KM203 Prepare a nutritious snack for a toddler. Help the child eat it.

_____ KM204 Prepare, feed and clean up a meal for a toddler. Have an adult help you prepare the meal.

_____ KM208 Entertain a small child for two to three hours. Play games, read stories, sing songs or do a craft activity. Do this at least twice.

_____ KM209 Make up a story for a young child. Include the child as one of the characters in the story. Tell your story.

_____ KM210 Have the parent of a small child show you what changes he or she made in a house to make it safe for children.

_____ KM211 Learn the correct way to restrain an infant or small child in an automobile. Find out why the use of child restraint systems in automobiles is so important.

_____ KM212 Put an infant or small child to bed. Put pajamas on the child. Sing lullabies or read stories until the child is ready to fall asleep. Do this several times.

_____ KM213 Dress and undress an infant or a small child with an adult supervisor. Do this several times.

_____ KM214 Have someone talk to you about toy safety. Find out what to look for in choosing safe toys for different age levels of children. Visit a toy store and pick out toys you think meet safety requirements. (You do not have to purchase the toys to earn this bead.)

_____ KM215 Take a babysitting course.

_____ KM216 Start a babysitting file. In it, keep a list of questions to ask parents when you baby-sit for them. You should know important phone numbers and emergency procedures. Also include ideas for entertaining children such as games, songs and crafts. Add to your file as you collect new ideas.

_____ KM217 Volunteer to entertain the young children of leaders at a Camp Fire event. Be prepared with games and craft activities.

_____ KM218 Create your own activity to care for a little one. _____

_____ KM219 Create your own activity to care for a little one. _____

_____ KM220 Create your own activity to care for a little one. _____

Safety First

_____ KM221 Make a chart with emergency numbers. Include phone numbers for the police, fire department, family doctors, family members at work, cell phone numbers, a neighbor your family trusts and poison centers. Post the chart by the telephone.

_____ KM222 Meet with your family to talk about home emergencies. Show that you know what to do and whom to call in case of an emergency.

_____ KM223 Discuss with an adult what you should do when you are home alone. Show how you would handle phone calls for your parents. Show what you would do if a stranger came to the door.

_____ KM224 Meet with your family to plan escape routes in case of fire. Practice your plan for escaping from a fire several times.

_____ KM225 Meet with your family to plan what to do in case of an earthquake or a violent storm such as a tornado or hurricane. Practice seeking shelter in case of a storm several times.

_____ KM226 Learn about fire hazards in the home. With an adult, inspect your home for these hazards. As a family, do something about the hazards you find.

_____ KM227 Tell what materials you should use to put out different kinds of fires such as a grease fire or electrical fire. With the help of an adult, make sure these materials are available in your home.

_____ KM228 Find out how to decide if an electrical appliance is no longer safe to use. Demonstrate how to safely use at least three electrical appliances.

_____ KM229 Find out what poisonous substances are kept around your house. Look for poisonous houseplants, cleansers, pesticides, medicines and other items. With the help of an adult, make sure these poisons are out of reach of small children.

_____ KM230 Demonstrate how to call a poison control center to report a poisoning. Know what kind of information you should tell people at the center.

_____ KM231 Visit a poison control center or hospital emergency room that handles poisonings. Find out what kinds of poisonings occur most frequently. Learn how these poisoning accidents can be prevented.

_____ KM232 Read the labels on products you use around the home that are dangerous. Show that you understand how to safely use these products. Tell what you should do if someone swallowed one of these products or gets it on the skin or in the eyes.

_____ KM233 Learn what items should be stocked in a first aid kit. Explain what each item is for.

_____ KM234 Put together a first aid kit for your family. Have an adult help you. Put the kit where all members of the family can easily use it.

_____ KM235 Put together a first aid kit for a family trip. Have an adult help you. Think about the kinds of activities you'll be doing on the trip. Include first aid items that you might need for those activities.

_____ KM236 Talk to your family about accidents that have happened in your home. Talk about how you can avoid similar accidents.

_____ KM237 Demonstrate how to care for minor injuries. Show the proper treatment for a scrape, a small cut, a splinter and a burn.

_____ KM238 Show how to take care of yourself in different kinds of weather. Learn what hypothermia is and how to avoid it. Explain the signs of heat exhaustion and heat stroke. Show how to care for a sunburn or frostbite.

_____ KM239 Describe the symptoms of shock. Demonstrate what to do for a person who is in shock.

_____ KM240 Demonstrate how to help someone who is choking.

_____ KM241 Demonstrate the correct method for giving mouth-to-mouth artificial respiration.

_____ KM242 Take a first aid course.

_____ KM243 Discuss with your family what precautions should be taken in your home before leaving town. Help take steps to keep your home and possessions safe.

_____ KM244 Help an adult inventory your family's valuables. Help mark these valuables with an identifying number. Explain how this would help police locate these items if they were stolen.

_____ KM245 Make a get-well card or poster for someone who is ill. Decorate it with pictures or drawings.

_____ KM246 Learn how to use a thermometer to take a person's temperature.

_____ KM247 Put together an activity box for a young child who is confined to bed. Have an adult check your box for safety. Give your box to a sick child.



_____ KM248 Help prepare a meal tray for someone who is confined to bed. Include a thoughtful card, a flower or some other decoration to cheer up the patient.

_____ KM249 Read a story or play a game to help entertain a person who is sick.

_____ KM250 Create your own safety activity. _____

_____ KM251 Create your own safety activity. _____

_____ KM252 Create your own safety activity. _____

Money Matters

_____ KM253 Open a savings account. Know the rate of interest your account earns. Figure out how much interest you will earn in a year with the amount of money you have in the account right now.

_____ KM254 Make a plan for saving a set amount of money weekly or monthly to deposit in a savings account. Follow your plan for a period of time agreed upon by you and an adult.

_____ KM255 Find out what kinds of financial services are available at a full-service bank. You might ask to tour the bank used by your family or Camp Fire group.

_____ KM256 Make a plan to save a set amount over a period of time to purchase something costing over \$10. Follow your plan and make your purchase.

_____ KM257 Ask adults in your family to show you the systems they use to keep track of family income and expenditures.

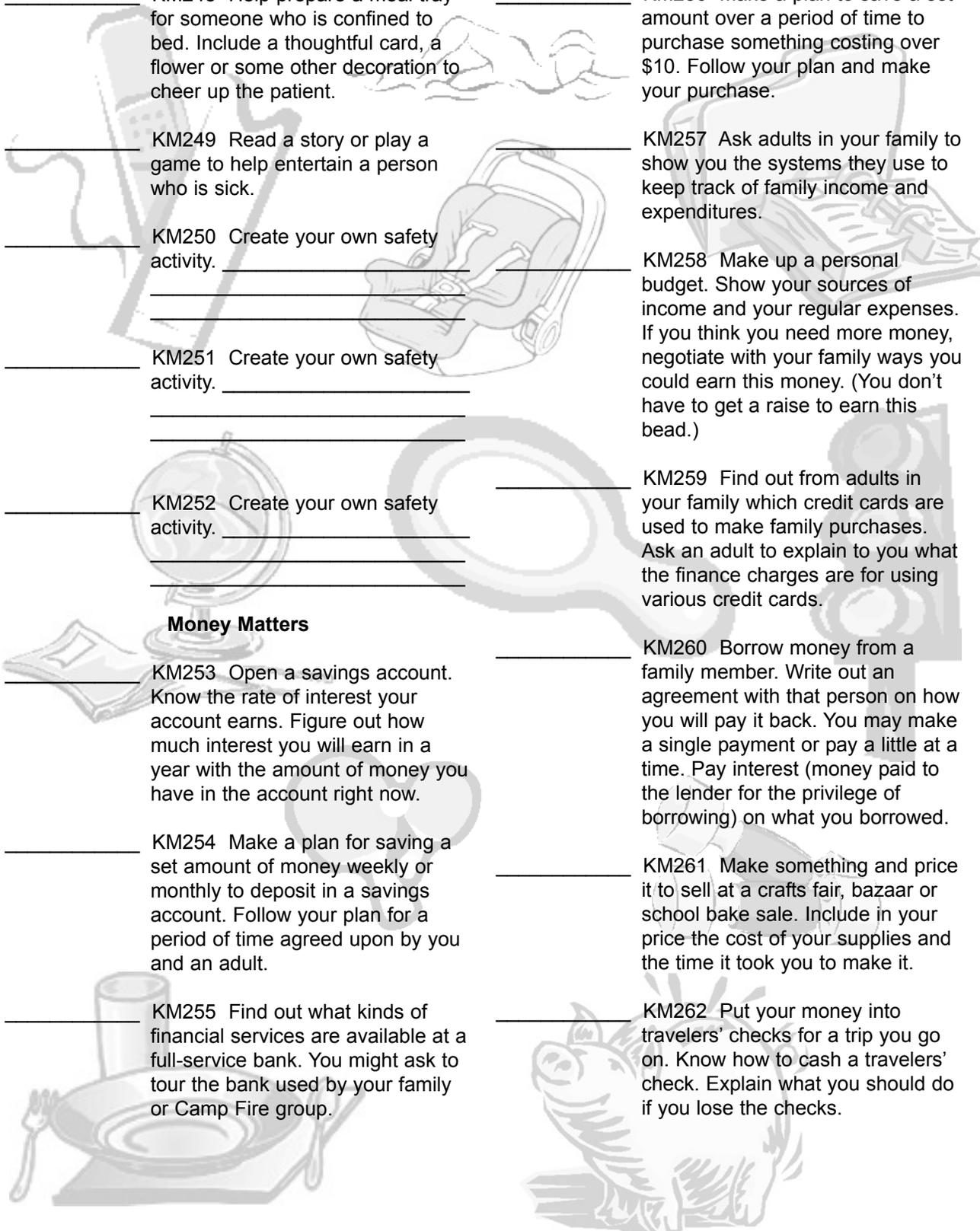
_____ KM258 Make up a personal budget. Show your sources of income and your regular expenses. If you think you need more money, negotiate with your family ways you could earn this money. (You don't have to get a raise to earn this bead.)

_____ KM259 Find out from adults in your family which credit cards are used to make family purchases. Ask an adult to explain to you what the finance charges are for using various credit cards.

_____ KM260 Borrow money from a family member. Write out an agreement with that person on how you will pay it back. You may make a single payment or pay a little at a time. Pay interest (money paid to the lender for the privilege of borrowing) on what you borrowed.

_____ KM261 Make something and price it to sell at a crafts fair, bazaar or school bake sale. Include in your price the cost of your supplies and the time it took you to make it.

_____ KM262 Put your money into travelers' checks for a trip you go on. Know how to cash a travelers' check. Explain what you should do if you lose the checks.



_____ KM263 Create your own money matters activity. _____

_____ KM264 Create your own money matters activity. _____

_____ KM265 Create your own money matters activity. _____

Look At Me

_____ KM266 Draw a chart showing all the immunizations a person your age should have. Get this information from your parents and your doctor or health clinic staff. Check off the immunizations you have had. Make sure you get the ones you need.

_____ KM267 Collect pictures of different hairstyles you like. Cut them out of magazines, draw them or take photos with a camera. Include styles for boys and girls.

_____ KM268 Draw a picture of a hairstyle and an outfit that you think will be worn 50 years from now.

_____ KM269 Visit at least two of the following places where clothing is sold: a department store, a designer's section of a store, a resale clothing store, a rummage sale, a vintage clothing store, a boutique and an online catalog. Compare prices and kinds of merchandise.

_____ KM270 Plan a wardrobe by cutting out pictures from magazines, catalogs and newspapers. Estimate the cost of your wardrobe.

KM271 Find out which colors look best on you. Hold fabric scraps and clothing items you already have up next to your skin, hair and eyes to help you decide. Ask others what they think are your best colors. Keep your colors in mind when you choose clothing or fabric.

KM272 Visit a hair stylist. Talk to that person about hair care.

KM273 Help an adult in your family shop for health and beauty aids. Compare prices and ask why certain items are bought.

KM274 Find natural substitutes for some of the health and beauty aids your family uses, such as using pure aloe on a burn rather than a medicated cream. Talk to older people or your parents, or look in magazines. Try some of the substitutes but be alert for allergies.

KM275 Brush and floss your teeth correctly. Do this regularly without being told for a period of time agreed upon by you and your family.

KM276 Show different ways to protect your skin in different kinds of weather. Tell why it is important to avoid overexposure to sun and wind.

KM277 Learn about UV protection. Use the protection that is best for your skin type.

KM278 Learn how to take care of your face to help you have a better complexion. Follow a schedule for skin care for a period of time agreed upon by you and your family.

_____ KM279 Create your own activity to learn more about yourself. _____

_____ KM280 Create your own activity to learn more about yourself. _____

_____ KM281 Create your own activity to learn more about yourself. _____

Let's Eat

_____ KM282 Find the Food Guide Pyramid (or Food Plate) online at the U.S. Department of Agriculture website. Print or write down the correct number of daily servings for each food group.

_____ KM283 Keep a food diary for one week. Write down everything you eat for meals and snacks. At the end of the week, go through your diary. Mark which food groups the foods you eat fall into. See if you are eating the recommended amounts each day.

_____ KM284 Make a menu plan for your family for three days. Plan breakfast, lunch and dinner. Make sure you include foods from each food group.

_____ KM285 Follow your menu plan for one day. Help an adult prepare a meal that you planned.

_____ KM286 Read a book about vegetarian diets or talk to someone who is a vegetarian. Find out what vegetarians eat.

_____ KM287 Plan a vegetarian meal. Prepare your meal with the help of an adult.

_____ KM288 Visit a natural food store. Talk to the store workers about the kinds of food sold there. Choose one item to sample at home.

_____ KM289 Make three main dishes that use cheese or eggs instead of meat.

_____ KM290 Make three main dishes using ground beef, turkey or pork.

_____ KM291 Cook a beef, pork, poultry or fish item three different ways. Bake, fry, blacken, broil, grill outdoors, stir-fry, steam or put in a casserole.

_____ KM292 Make a drink using fresh fruit or fruit juices. Also, make a frosted drink such as a milkshake or a smoothie. Use a blender if available.

_____ KM293 Make two salads using vegetables, fruit or pasta.

_____ KM294 Make two salad dressings. Make one from a mix and one from scratch.

_____ KM295 Cook vegetables three different ways. Boil, bake, fry, sauté, steam or stir-fry different vegetables.

_____ KM296 Cook two boiled meals of soup, beans or vegetables.

_____ KM297 Visit a produce market if possible or the produce section of a grocery store. Pick out a fruit or vegetable you have never eaten before. Purchase, prepare and eat it.

_____ KM298 Learn how to prepare a vegetable or fruit for freezing. Clean, cut and pack the vegetable or fruit.

_____ KM299 Learn how to wrap three different foods for freezing. Thaw and cook a food you wrapped.

_____ KM300 Prepare hors d'oeuvres or appetizers. Serve them to your family or friends.

_____ KM301 Make homemade jelly, jam or preserves, or can a vegetable, fruit, pickles or relish. Do this with the help of an adult.

_____ KM302 Preserve something by dehydrating it. Use the sun, the oven, or a food dehydrator. Do this with an adult if necessary.

_____ KM303 Make two kinds of bread or two desserts such as brownies, cookies, cupcakes or a cake. Make one from a mix and one from scratch.

_____ KM304 Make homemade ice cream. Do this at least twice. Experiment with different ingredients to make different flavors.

_____ KM305 Make homemade cheese or yogurt.

_____ KM306 Make two pies. Make one that you bake and one that you chill in the refrigerator.

_____ KM307 Make two kinds of homemade candy.

_____ KM308 Use a microwave oven to cook three different kinds of foods.

_____ KM309 Experiment with different kinds of sandwich fillings. Share two that you like with someone else.

_____ KM310 Make up your own recipe. Try it out. Decide how successful your experiment was.

_____ KM311 Make your own lunch to take to school or day camp. Include food from the Food Guide Pyramid. Use foods that will not spoil. Do this five times.

_____ KM312 Plan and prepare two meals using leftovers.

_____ KM313 Make your own breakfast. Include food from the Food Guide Pyramid or Food Plate. Do this for one week, using at least three different menus.

_____ KM314 Make a food to give to someone as a gift. Store it securely and gift wrap it.

_____ KM315 Enter a food item that you made into a competition.

_____ KM316 Prepare a dish that meets the special dietary needs of a person. This might be low fat, sugar-free, salt-free or kosher.

_____ KM317 Start a recipe collection. Add to it from various sources. Organize it in a way that you can easily find the recipes you need.

_____ KM318 Visit a gourmet food shop. Purchase one item to sample at home.

_____ KM319 Visit an ethnic food store. Have a store worker explain the different kinds of foods. Purchase one item to sample at home.

_____ KM320 Prepare two foods from another country.

_____ KM321 Visit a food processing plant such as a dairy, meat packing company, cannery or frozen food plant. Find out how foods are processed.

_____ KM322 Make a grocery list. Follow it when you go to the store. Put the groceries away in their proper places when you get home. Do this several times.

_____ KM323 Cook a meal with your Camp Fire friends that you plan, purchase, prepare and eat together.

_____ KM324 Create your own activity to learn more about food. _____

_____ KM325 Create your own activity to learn more about food. _____

_____ KM326 Create your own activity to learn more about food. _____

My Family and Me

_____ KM327 Keep your living space clean and neat. Put away your books and games. Hang up your clothes. Do this for two weeks without being told.

_____ KM328 Prepare an identification card for yourself. Include your name, emergency contacts, blood type and any special medical problems. Carry it with you at all times.

_____ KM329 Find out how fingerprints are taken. With your group, take your own fingerprints. Find out what fingerprinting is used for.

_____ KM330 Decide to do one family chore you have not done before. Do this chore regularly for one month without being told.

_____ KM331 Plan an activity night at home where your family plays games together and talks about important things that are happening that week. You be in charge of the night.

_____ KM332 Create your own activity to learn more about your family. _____

_____ KM333 Create your own activity to learn more about your family. _____

_____ KM334 Create your own activity to learn more about your family. _____

Camp Fire Business

_____ KM335 Serve as the treasurer for your Camp Fire group for a minimum of one month.

_____ KM336 Be in charge of refreshments for four meetings of your Camp Fire group.

_____ KM337 Participate in the product sale for your Camp Fire council. Keep accurate records of the product you take and the money you receive for selling them.

_____ KM338 Sell tickets to a Camp Fire event. Keep accurate records of the tickets you take and the money you receive for selling them.

_____ KM339 Help make up a budget for a Camp Fire group outing. Show the expenses you expect and how you will get the money you need. After the outing compare your actual expenses and income with the amounts budgeted.

_____ KM340 Keep a record of your own expenses on a group trip. Stay within the amount that you have budgeted to spend.

_____ KM341 Talk to a member of your council's finance committee. Ask for an explanation of this committee's job.

_____ KM342 Participate in a group fundraiser other than the council product sale. Use the money for a special purchase or a trip for your Camp Fire group.

_____ KM341 Learn how to run a formal business meeting. Be in charge of at least four group meetings.

_____ KM342 Demonstrate at a Camp Fire group meeting the proper way to introduce a guest, such as a speaker, to your group.

_____ KM343 Write a letter to a business asking if your group may visit or take a tour. Write a thank-you note after the tour.

_____ KM344 Make a calling chart for your Camp Fire group to notify members of important information quickly. Update your chart as needed.

_____ KM345 Learn how to take minutes of a meeting. Do this for at least four group meetings.

_____ KM346 Learn how to lead a discussion among your group members making a plan for a project. Lead at least four discussions.

_____ KM347 Create your own activity to learn more about Camp Fire business practices. _____

_____ KM348 Create your own activity to learn more about Camp Fire business practices. _____

_____ KM349 Create your own activity to learn more about Camp Fire business practices. _____

My Neighborhood and Me

_____ KM350 Set aside a study area in your home. Keep all your school materials there. Make and follow a plan for one month to improve your study habits.

_____ KM351 Show an improvement in your school grades. Set a goal to improve one grade and do it.

_____ KM352 Make a map of your neighborhood identifying who lives where, where are "safe places" and where are "danger places."

_____ KM353 Create your own activity to learn more about your neighborhood. _____

_____ KM354 Create your own activity to learn more about your neighborhood. _____

_____ KM355 Create your own activity to learn more about your neighborhood. _____

_____ KM356 Put together a slide show, video or scrapbook about a vacation you took. Share your show or book with your group. Tell them about the places you visited.

_____ KM357 Create your own activity to learn more about your neighborhood or country. _____

_____ KM358 Create your own activity to learn more about your neighborhood or country. _____

_____ KM359 Create your own activity to learn more about your neighborhood or country. _____

The World

_____ KM360 Learn how to say five useful phrases in three different languages. Or, learn a song from another culture.

_____ KM361 Learn about the flags of several foreign countries. Show models or pictures of the flags to your group.

_____ KM362 Collect postcards from several different countries. Mount them in a scrapbook.

_____ KM363 Collect stamps from different countries. Organize them in a collection.

_____ KM364 Collect coins from other countries. Learn the different denominations in the money of another country.

_____ KM365 Learn something about how people live in another culture. Read a book and watch a film. Which tells you more?

_____ KM366 Attend a naturalization ceremony where people become new U.S. citizens.

_____ KM367 Have a ceremony for or give a small gift to a person who has just become a U.S. citizen.

_____ KM368 Find out what documents you would need to travel to another country. Learn how to apply for a passport.

_____ KM369 Find out about a hero from another culture. Read about this person or watch a television show or movie.

_____ KM370 Follow the news about an event in another country. Use television, radio, newspapers and magazines. Share what you learned with your group.

_____ KM371 Learn about UNICEF or another world service organization. Visit a local office of the organization, if possible.

_____ KM372 Volunteer your time to do something for people in another country. Collect items for a project of your place of worship. Help at a local UNICEF event. Or, plan your own service project.

_____ KM373 Tour the United Nations Headquarters in New York City. Or, visit the consul office of another country in your city.

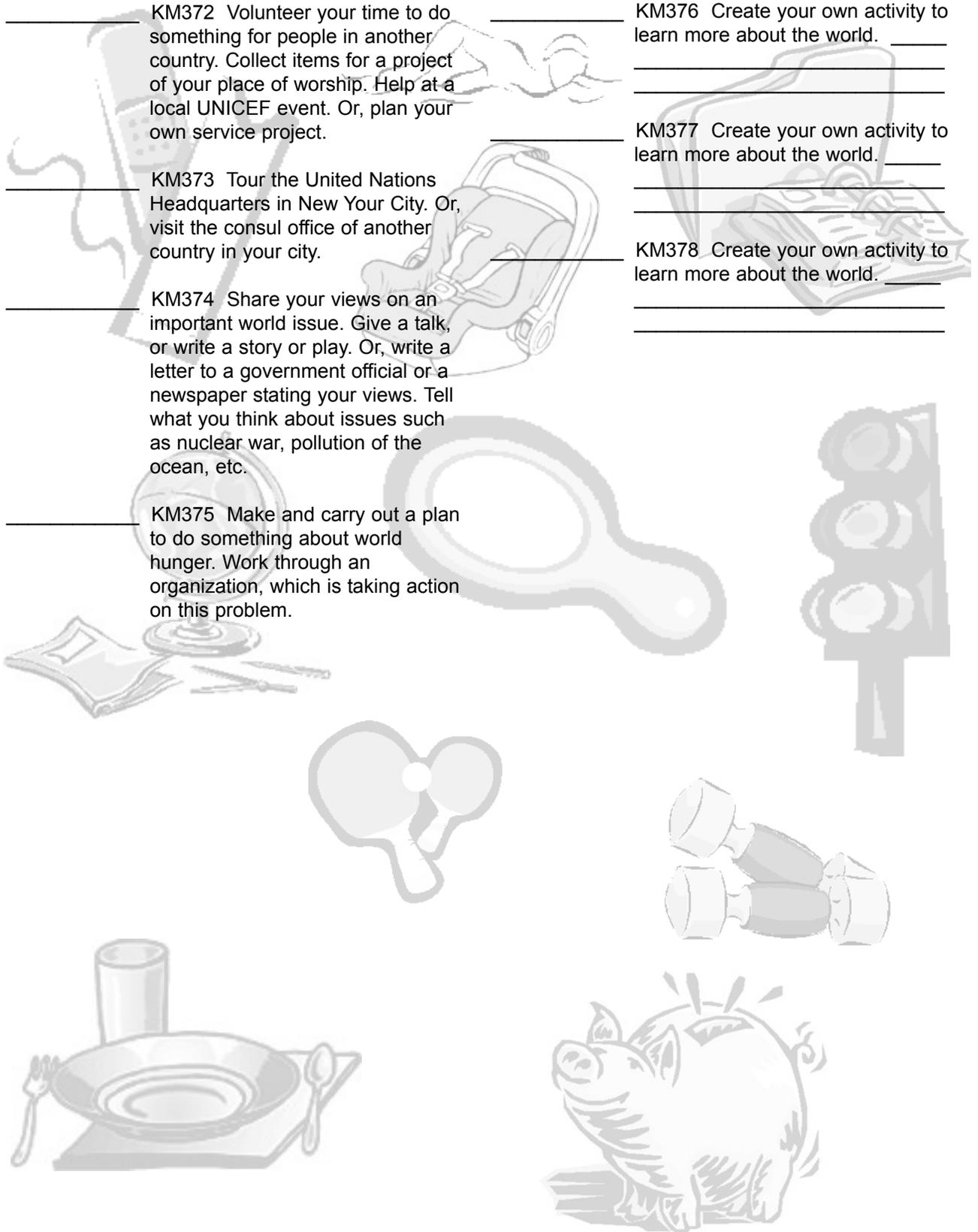
_____ KM374 Share your views on an important world issue. Give a talk, or write a story or play. Or, write a letter to a government official or a newspaper stating your views. Tell what you think about issues such as nuclear war, pollution of the ocean, etc.

_____ KM375 Make and carry out a plan to do something about world hunger. Work through an organization, which is taking action on this problem.

_____ KM376 Create your own activity to learn more about the world. _____

_____ KM377 Create your own activity to learn more about the world. _____

_____ KM378 Create your own activity to learn more about the world. _____



TRAIL TO FAMILY AND COMMUNITY

My Family

FC100 Draw pictures of people in your family. Write on each picture what that person means to you. Share these with family members.

FC101 Draw and cut out a paper doll that looks like each member of your family. Color or paint your paper dolls and make clothes for them.

FC102 Write a poem. Express how you feel about your family in your poem. Share it with your family.

FC103 Make a photo album or collage to acknowledge the achievements of your family members.

FC104 Give a gift you make yourself. Do this for a family member on a special occasion.

FC105 Do something special for a family member to show your appreciation. Make a gift. Write a poem. Offer to take over a chore. Or, do something else that says, "Thank you for all you've done for me."

FC106 Make and decorate a bulletin board. Put it in a place where the family can use it as a message center.

FC107 Work with your family to save money for a special purchase or a trip together. Decide how much you will save and carry out your plan.

FC108 Make a calendar or book of family birthdays and special events. Decorate it with drawings or photographs.

FC109 Design a family shield that tells something about your family. Make up your own symbols if you wish. Use your shield on the cover of a card or thank-you note. Tell your family what the shield means.

FC110 Make a "good deed" coupon book for your family. Each coupon is good for one task completed by you. Carry out tasks cheerfully when family members redeem their coupons.

FC111 Help to plan and carry out a special family event. It could be a reunion, a holiday celebration or a birthday party.

FC112 Make a list of things you can do right now to be a good citizen. Choose one thing from your list and do it regularly.

FC113 Talk to an older adult in your family. Find out about life when he or she was young. Record this person's stories in a book or on tape. Share them with the rest of your family.

FC114 Meet as a family. Agree on a list of family rules that affect you. Try your best to obey these rules for one month without being told. Meet with your family again after the month. Decide if any rules should be changed.

FC115 Read the newspaper or a news website on the Internet or watch the news on television every day for one week. Talk about the news with your family members. Find out their opinions on current events.

_____ FC116 Think about the rights you believe children should have. Write your personal Bill of Rights describing these. Share them with your family. Find out how many of these rights are now included in laws.

_____ FC117 Trace your family heritage for three generations. Talk to a parent, grandparent or other adult in your family. Draw a family tree to show what you learned.

_____ FC118 Learn about the lives of family members who have been outstanding citizens. Find out if any of your relatives have run for public office or campaigned for an important cause.

_____ FC119 Create an activity to learn more about your family. _____

_____ FC120 Create an activity to learn more about your family. _____

_____ FC121 Create an activity to learn more about your family. _____

Home Helper

_____ FC122 Make a list of household duties you are expected to do. Make a schedule of when you'll do these duties. Follow your schedule for a period of time agreed upon by you and an adult.

_____ FC123 Learn how to separate clothes for washing by color, weight and type of material. Sort the family laundry several times.

_____ FC124 Learn how to operate a washing machine and a dryer. Have an adult show you how. Do at least four loads of clothes. Use different temperature settings on the washer and the dryer for different kinds of fabrics.

_____ FC125 Hand wash three items of clothing that require special care.

_____ FC126 Iron two items of clothing requiring different temperature settings on the iron. Read labels for any special instructions.

_____ FC127 Fold the family laundry after it has been washed and dried. Put away in proper places. Do this at least three times.

_____ FC128 Learn how to operate a vacuum cleaner. Vacuum a room three times. Show how to empty or change the bag.

_____ FC129 Clean a linoleum or tile floor. Do this three times.

_____ FC130 Learn to take care of several metals such as silver, copper, brass, aluminum and stainless steel. Polish or clean at least two different metal objects in your home.

_____ FC131 Set the table for family meals. Put the silverware, glasses, dishes and napkins in their correct positions. Do this for one week.

_____ FC132 Load a dishwasher and operate it. Unload it and put dishes away in their proper places. Do this five times.

_____ FC133 Wash by hand, dry and put away dishes after three family meals.



_____ FC134 Clean out a refrigerator or freezer, defrosting it if necessary.

_____ FC135 Empty all the garbage and trash containers in your home. Do this regularly for a period of time agreed upon by you and an adult.

_____ FC136 Show that you know the different kinds of products to use to clean different surfaces. Tell what you would use to clean wood, glass, chrome, and tile or porcelain.

_____ FC137 Learn how to change light bulbs. Find out what wattage is best for different kinds of lighting jobs.

_____ FC138 Read a book on household hints. Use five of these hints.

_____ FC139 Help prepare your home for a new season. Help an adult do one of the following: put up storm windows or screens, change the furnace or air conditioner filters, weather strip windows or clean gutters.

_____ FC140 Clean the inside and outside of your family's car. Do this several times.

_____ FC141 Help an adult family member with these car maintenance tasks: check the oil, pump gas, change the air filter and check the tire pressure. Add oil or air if necessary.

_____ FC142 Add windshield washer fluid in a car.

_____ FC143 Replace windshield wipers on a car.

_____ FC144 Help an adult change the oil in a car.

_____ FC145 Take care of the family pet. Feed and water your pet. Clean up after your pet. Do this for a period of time agreed upon by you and your family.

_____ FC146 Clear the walks or driveway in front of your house of snow and ice. Do this several times.

_____ FC147 Create an activity to learn more about helping around the house. _____

_____ FC148 Create an activity to learn more about helping around the house. _____

_____ FC149 Create an activity to learn more about helping around the house. _____

Fix-Up Time

_____ FC150 Help an adult paint, refinish or upholster a piece of furniture.

_____ FC151 Help an adult paint or paper the walls of a room.

_____ FC152 Help an adult with a home repair task. You could help fix a leaky faucet, re-wire a lamp or help with another repair.

_____ FC153 Help an adult repair a piece of furniture or a small appliance.

_____ FC154 Learn how to safely operate a power tool. Do this with an adult.

_____ FC155 Show how to use properly five of these hand tools: hammer, screwdriver, wrench, rubber mallet, handsaw, pliers, vice, brace and bit, drill. Tell when you would use each one.

_____ FC156 Visit a lumberyard or a hardware store. Choose and purchase an item to help you to complete a home repair or decorating task.

_____ FC157 Create an activity to learn more about fixing items around the house. _____

_____ FC158 Create an activity to learn more about fixing items around the house. _____

_____ FC159 Create an activity to learn more about fixing items around the house. _____

Money Matters

_____ FC160 Work as a salesperson at a booth for a school, religious group or neighborhood event. Take money, make change and offer courteous service.

_____ FC161 Participate in a fundraiser for your school or place of worship. Do your share to meet a fund raising goal.

_____ FC162 Make a plan to give some of your income to your place of worship or a local charity. Follow your plan for at least one month.

_____ FC163 Draw up a contract with your family to describe what services you will provide at home in return for what payment.

_____ FC164 Find out what kinds of insurance your family has.

_____ FC165 Create an activity to learn more about managing money. _____

_____ FC166 Create an activity to learn more about managing money. _____

_____ FC167 Create an activity to learn more about managing money. _____

Smart Shopper

_____ FC168 Find out how much money your family spends on food in one month. Help figure out ways your family can lower its food costs.

_____ FC169 Find out how much money your family spends on utilities—gas, electricity, and water—in one month. Meet with family members to figure out ways that your family can lower utility costs.

_____ FC170 Create an activity to learn more about smart shopping. _____

_____ FC171 Create an activity to learn more about smart shopping. _____



_____ FC172 Create an activity to learn more about smart shopping. _____

Camp Fire and Me

_____ FC173 Host a Camp Fire meeting at your home. Introduce your family to your Camp Fire friends.

_____ FC174 Hold an office in your group. Serve in the office for four meetings.

_____ FC175 Be in charge of a special opening and closing ceremony for a Camp Fire group meeting.

_____ FC176 Do something for your leader to show your appreciation. Make a gift. Write a poem. Or, do something else to say "Thank you for all your help."

_____ FC177 Learn the proper way to do a flag ceremony. Do a flag ceremony at a Camp Fire meeting or camp.

_____ FC178 Write a story, poem or news article about something you had fun doing in Camp Fire. Send your article to your council.

_____ FC179 Make a display that tells about Camp Fire. Put up your display in a public place. Your school, a nearby library or a business may be good display places.

_____ FC180 Learn the location of your Camp Fire council office. Visit and meet the people who work there. Find out how they help your group.

_____ FC181 Make a list of some people who have helped your group. Write letters to thank them. Or, invite them to a special event to thank them.

_____ FC182 Create and present a skit to your family or friends.

_____ FC183 Help during a district or council Camp Fire event.

_____ FC184 Read some of the history of Camp Fire in Wohelo. Your council should have a copy. Tell your group what you learned.

_____ FC185 Write a letter to the board of directors of your council. Tell them what Camp Fire means to you.

_____ FC186 Help plan and do a ceremonial on patriotism or good citizenship.

_____ FC187 Present a skit or play about good citizenship to other Camp Fire members.

_____ FC188 Create an activity to learn more about Camp Fire. _____

_____ FC189 Create an activity to learn more about Camp Fire. _____

_____ FC190 Create an activity to learn more about Camp Fire. _____

My Neighborhood and My School

_____ FC191 Help your teacher for a week. You could water plants, decorate bulletin boards or feed classroom pets.

_____ FC192 Make friends with a new person at your school or in your neighborhood. Introduce this person to others. Share what you know about your school or neighborhood. Invite your new friend to a Camp Fire meeting.

_____ FC193 Attend a block party or a neighborhood street celebration. Help out during the event.

_____ FC194 Accompany a younger or disabled child to and from school for one week.

_____ FC195 Draw a map of your neighborhood. Mark all the places that you think are most interesting. Show your map to a newcomer or visitor to your neighborhood.

_____ FC196 Help an organization which serves your school or neighborhood. This might be the PTA or a neighborhood association.

_____ FC197 Pick up litter on your school grounds or around your neighborhood for one week.

_____ FC198 Serve on the school traffic patrol. Or, work as an office or library aide for your school. Do this for at least one month.

_____ FC199 Help keep your neighborhood neat. Volunteer to do yard work for your family. Or, help a neighbor with yard work. Do this for one month.

_____ FC200 Write articles for a classroom or school newsletter. Or, volunteer to help make announcements at school.

_____ FC201 Help clean graffiti off school property or a neighborhood wall.

_____ C202 Ask a teacher at school how you can become a tutor. Be a tutor for at least one month.

_____ FC203 Help plan and carry out an all-school event. It might be a carnival, hobby show, exhibit or fund raiser.

_____ FC204 Find out what your friends or classmates think about an important issue. Take an opinion poll on a topic such as violence on television, terrorism, or censorship of books and magazines. Include at least 10 people in your poll.

_____ FC205 Create an activity to learn more about your neighborhood and your school. _____

_____ FC206 Create an activity to learn more about your neighborhood and your school. _____

_____ FC207 Create an activity to learn more about your neighborhood and your school. _____

My Community

FC208 Help beautify your community. Plant trees or flowers in a public place. Or, clean up a vacant lot.

FC209 Find out about interesting places to visit in your community. Visit one place you have never been before.

FC210 Volunteer your time to do something for senior citizens in your community. Help deliver hot meals. Visit a person who is homebound. Run errands for an older person in your neighborhood. Or, plan your own service project.

FC211 Visit a place which provides public services. You could tour a police or fire station, a health clinic or the employment office. Find out what these services are. Prepare a report or presentation about them.

FC212 Learn how your community began. Find out how it was founded and how it got its name. Tell someone the story of your community in words and pictures.

FC213 Go someplace in your community using public transportation. Show that you know how to read a schedule and pay fares.

FC214 Discover which places in your community got their names from American Indian words. Learn which language these words came from. Learn the original meaning of the words.

FC215 Make a map of your community. Show where there are free things in your community for children to do. Display your map at a library or at school.

FC216 Learn about another neighborhood in your community. Exchange visits with a Camp Fire group from this neighborhood.

FC217 Enter a bike-a-thon, walkathon or similar event in your community to raise money for a special cause.

FC218 Participate in a community event such as a parade, a festival or a holiday or historical celebration.

FC219 Take a visitor to an interesting place in your community. Share what you know about the place.

FC220 Find out what ethnic groups and organizations are in your area. Have a representative of one of these groups visit your group meeting. Or, attend an ethnic festival.

FC221 Learn about the lives of the people who once lived in your area. Talk to a local historian. Or, visit a museum or historical display.

FC222 Volunteer to help at your local library. You might read to young children, help shelve books or repair damaged books. Or, plan your own service project.

FC223 Attend a city or town government meeting.

FC224 Write a letter to an outstanding person in your community. Thank this person for the work he or she has done.

FC225 Visit a community organization that provides services to immigrants to this country or people who have just moved into the community.

FC226 Help choose items to be put in a time capsule. The items should show what life is like in your community. Have a ceremony to bury the time capsule.

FC227 Visit an office of a citizens' organization like the League of Women Voters. Or, have a person from that organization come talk to you. Find out what they do and how you could help.

FC228 Volunteer your time to do something for people with disabilities in your community. Read books or write letters for someone with limited vision. Help at a Special Olympics event.

FC229 Invite a public official in your community to a Camp Fire group meeting. Learn about what this person does for your community. Find out about jobs in public service.

FC230 Volunteer to help with a community fund-raising project, stuffing envelopes or putting up posters. Make your own financial contribution.

FC231 Meet with American Indians or other cultural group that lives in your community. Learn about their past and their lives today.

FC232 Write letters to people in your community or county government. Share your ideas about what children in your community need.

FC233 Find out how people register to vote. Find out the number of the ward, precinct or district where you live. Learn where people in your neighborhood go to vote.

FC234 Visit the courthouse and watch a court session. Ask someone to explain to you how the judicial system works. Find out how a person is selected for jury duty.

FC235 Interview a person who gives a lot of time or money to your community. Find out why this person is involved and how.

FC236 Volunteer your time to do something for other children in your community. Teach games to children at a day care center. Or, plan your own service project.

FC237 Find out what's being done in your community about an issue you think is important. Learn who is working to solve problems such as drug and alcohol abuse or child abuse.

FC238 Create an activity to learn more about your community. _____

FC239 Create an activity to learn more about your community. _____

FC240 Create an activity to learn more about your community. _____

My State and My Country

FC241 Visit a place important to the history of your state or the nation. Collect brochures telling about the place you visit.

FC242 Draw a map of your state. Show points of interest on it. Show your map to someone who is visiting your state.

_____ FC243 Draw a picture of your state flag. Tell what the colors, designs and symbols on the flag mean.

_____ FC244 Find out who represents you in your state government. Write a letter to each of them. State your ideas on an issue you think is important.

_____ FC245 Find out who represents you in the U.S. House of Representatives. Write a letter to your representative. State your ideas on an issue that you think is important.

_____ FC246 Find out who represents you in the U.S. Senate. Write a letter to each of them. State your ideas on an issue that you think is important.

_____ FC247 Write to the governor of your state or to the President of the United States. State your opinion on an issue that you think is important.

_____ FC248 Take a tour of your state capitol building or the nation's capitol building.

_____ FC249 Explain the meaning behind five symbols used by the United States on its flag, in its seal or on currency.

_____ FC250 Using the Internet, contact a tourist information center. Get brochures about places to visit in your state. Organize the brochures to use when planning a trip.

_____ FC251 Read a book about the history of your state or the nation.

_____ FC252 Learn when your state was admitted to the Union. Find out the names of your state bird, flower and tree. Learn your state motto and song. Some states have nicknames. Find out if yours does.

_____ FC253 Watch a national news show or read the newspaper for a week. Keep track of an important national event. Share what you learn with your group.

_____ FC254 Visit the campaign office of a public official. Find out what the requirements are to run for public office.

_____ FC255 Follow the election campaign of a state or national candidate. Collect this person's campaign information. Clip out newspaper stories about this person. Find out this person's opinion on issues that affect young people.



_____ FC256 Put together a slide show or scrapbook about a vacation you took. Share your show or book with your group. Tell them about the places you visited.

_____ FC257 Visit a state or federal office in your area. Find out what type of government business takes place there.

_____ FC258 Read an important historical document of our nation. Read the Preamble to the Constitution, the Declaration of Independence, the Bill of Rights, an important American Indian treaty or the Emancipation Proclamation. Be able to tell in your own words what this document means.

_____ FC259 Create an activity to learn more about your state and your country. _____

_____ FC260 Create an activity to learn more about your state and your country. _____

_____ FC261 Create an activity to learn more about your state and your country. _____



TRAIL TO CREATIVITY

Picture and Paints

TC100 Make a drawing for a repeat design, such as snowflakes, dolls, symbols or flowers. Use your repeat design as a border on stationery.

TC101 Express different feelings and emotions with color without trying to make a picture. Use brush strokes and let your colors blend together in ways that interest you. Express happiness, anger, laughter, fear or any other feeling you may have.

TC102 Create a message using symbols.

TC103 Create a picture using colored sand or salt.

TC104 Finger paint a picture or use a sponge instead of a brush.

TC105 Make several designs with splatter paint using your favorite colors. Or, do several blow paintings, using ink, watercolors or both.

TC106 Make a chalk drawing, using one of the following methods: chalk on rough or wet paper or chalk dipped in buttermilk.

TC107 Decorate an object with paint using a design typical of another country.

TC108 Draw or paint a landscape, seascape, building or street scene.

TC109 Make sun prints on blueprint paper. Experiment with different objects to make interesting designs.

TC110 Make a crayon rubbing from a sculpture, piece of tile, a tombstone or other textured surface.

TC111 Make several ink sketches on moistened paper.

TC112 Make sketches of scenes from your life using crayons, watercolors, pencil, charcoal or chalk pastel.

TC113 Design and make a poster or mural for a Camp Fire or school event.

TC114 Make and decorate one or more of these: a washable cover for a book, a bound recipe collection, labels for several containers or a family bulletin board.

TC115 Make a holiday decoration such as a Christmas ornament, Easter eggs or a Hanukkah toy.

TC116 Blow out the contents of an egg. Decorate the shells, using paint, crayon, glue and glitter or designs cut from paper. Display your decorated eggs.

TC117 Decorate a piece of kitchen equipment, such as a knife rack, canister set, breadbox, storage canisters or tray. Use paints, varnish, decoupage or stencils.

TC118 Draw and cut out a paper doll that looks like you. Color or paint your paper doll and make some clothes for it.

TC119 Make a map of an area you know well and color it. You could make a map of your neighborhood or a campsite.

_____ TC120 Draw and paint a familiar landscape such as your home, school, park or camp. Use acrylic, oil or tempera paints.

_____ TC121 Decorate a window. Use tempera paint with a pinch of detergent or hang up colored tissue designs. Remove decorations and clean the window at the agreed upon time.

_____ TC122 Make a picture book for a sick child or a child care center. Use your own drawings.

_____ TC123 Help make a place in your home for a family art gallery. Display your family's creative efforts.

_____ TC124 Paint or decorate an article for outdoor use. This might be a birdhouse, a birdbath or a lawn sign.

_____ TC125 Watch a sunrise, a sunset or a gathering storm. Express your feelings in words or a drawing about what you see.

_____ TC126 Create your own picture and paints activity. _____

_____ TC127 Create your own picture and paints activity. _____

_____ TC128 Create your own picture and paints activity. _____

Photography

_____ TC129 Demonstrate how to load a camera, focus, judge distance and take a photograph.

_____ TC130 Learn how to take photographs using different lighting. Take at least one photograph in normal sunlight, one under cloudy conditions and one inside.

_____ TC131 Take a successful time exposure photograph.

_____ TC132 Visit a photography shop or photographer's darkroom with an adult or your Camp Fire group. Learn how photographs are developed.

_____ TC133 Learn to develop your own photographs. Start a photo album in which you keep pictures you have taken and developed.

_____ TC134 Classify and index a collection of family photographs.

_____ TC135 Learn how to make computer-generated slides for a slide presentation.

_____ TC136 Learn about digital cameras. Take pictures using one. Print the pictures on special photographic quality printer paper.

_____ TC137 Send a picture that you took with a digital camera via e-mail to a friend.

_____ TC138 Make a gift for someone using the digital pictures you took.

_____ TC139 Make a box or pinhole camera. Take at least three pictures.

_____ TC140 Take a picture and learn to print it on a surface such as cloth, glass, wood or metal.

_____ TC141 Create your own activity using photography. _____

_____ TC142 Create your own activity using photography. _____

_____ TC143 Create your own activity using photography. _____

Video

_____ TC144 Learn about video cameras and how they have changed over the years.

_____ TC145 Learn how to use, clean, and care for a video camera.

_____ TC146 Use a video camera to document a day in your life.

_____ TC147 Use a video camera to document a special occasion such as a wedding or birthday party.

_____ TC148 Make a gift for someone using a video camera.

_____ TC149 Create your own activity using video. _____

_____ TC150 Create your own activity using video. _____

_____ TC151 Create your own activity using video. _____

Fiber Fun

_____ TC152 Make decorations for a party by wrapping string dipped in paste or liquid starch around balloons.

_____ TC153 Tie-dye a fabric article such as a shirt, curtain, tablecloth, scarf or napkin. Use at least two colors.

_____ TC154 Use a simple off-loom weaving method to make something such as a mat, basket, sit-upon or wall hanging.

_____ TC155 Weave an item using a loom such as cardboard, soda straw, flat frame, floor or back strap.

_____ TC156 Braid or knot cord to make an article such as a belt, bag, plant hanger or lanyard.

_____ TC157 Create a design. Embroider and/or appliqué it on an item such as a place mat, apron, dishtowel, baby blanket or wall hanging.

_____ TC158 Knit an article such as a potholder, a mat or a bag on a spool.

_____ TC159 Knit or crochet squares for an afghan or articles for a small child.

_____ TC160 Stitch a design in needlepoint, petit point, bargello or crewel embroidery on an article such as a bag, book cover or pillow.

_____ TC161 Make a trapunto picture or pillow top.

_____ TC162 Embroider or appliqué a decorative design on a piece of clothing.

_____ TC163 Make a needlework project from a kit. This might be stitchery, needlepoint or cross-stitch.

_____ TC164 Piece together scraps of materials in a pleasing design to make a quilt block, patchwork pillow or doll blanket.

_____ TC165 Knit or crochet a small item such as a potholder.

_____ TC166 Make a banner, flag or pennant for your Camp Fire meeting place.

_____ TC167 Make a fabric toy for a child.

_____ TC168 Demonstrate how to string a loom.

_____ TC169 Use surface printing—batik, tie-dye, silkscreen or direct dye—to make a design on a tee shirt, placemat, napkin, scarf or curtain.

_____ TC170 Dye a piece of fabric using natural dye made from berries, plants, animal fats or other natural material.

_____ TC171 Watch a demonstration of carding and spinning yarn. Find out how yarn is dyed.

_____ TC172 Create your own activity using fibers. _____

_____ TC173 Create your own activity using fibers. _____

_____ TC174 Create your own activity using fibers. _____

A Stitch in Time

_____ TC175 Equip a sewing box with sewing supplies such as scissors, pins, needles, thread, thimble, pincushion and tape measure. Store your supplies in the box when you are not using them.

_____ TC176 Thread a needle and knot the thread. Use a thimble when doing hand sewing. Do this several times.

_____ TC177 Learn how to correctly sew buttons, hooks and eyes, and snaps onto clothes.

_____ TC178 Demonstrate the hand basting stitch, whip stitch and slip stitch. Explain when you should use each.

_____ TC179 Adjust the hem of a skirt or pants using hand stitching.

_____ TC180 Name and describe the different parts of a sewing machine to someone.

_____ TC181 Demonstrate the following skills in operating a sewing machine: winding the bobbin, threading the machine, adjusting the length of stitch, starting and stopping, stitching in reverse.

_____ TC182 Machine stitch on a straight line and a curve. Turn corners and show how to finish a line of stitching so it will not unravel.

_____ TC183 Visit a fabric store and look through pattern books. Pick out a pattern for a clothing item you would like to make. Know your measurements so you can get the right size pattern.

_____ TC184 Choose material for a sewing project. Talk to store personnel and read the pattern instructions to find out the best kind of material for the project you're doing. Make note of the price per yard, width, fiber content, care, shrinkage and fabric finishes.

_____ TC185 Prepare fabric for sewing. Preshrink it following the care label instructions. Square your fabric if necessary.

_____ TC186 Lay, pin and cut a garment from a pattern.

_____ TC187 Baste a sewing project. Use pins, hand stitching or machine basting.

_____ TC188 Sew a piece of clothing. Use the sewing machine and hand sewing skill you have learned.

_____ TC189 Sew an item which you give as a gift or sell in a bazaar.

_____ TC190 Learn how to do one of the following jobs: fix a broken zipper, patch a hole or tear, or sew together a split seam.

_____ TC191 Research the history of quilts and quilting. Create at least one quilt design.

_____ TC192 Sew an object using a quilt design and quilting methods.

_____ TC193 Create your own sewing activity. _____

_____ TC194 Create your own sewing activity. _____

_____ TC195 Create your own sewing activity. _____

Paper and Prints

_____ TC196 Cut a design in a potato or carrot. Use it for block printing.

_____ TC197 Cut basic symbol designs out of felt, a sponge or an old rubber inner tube. Mount them on blocks. Use them to print an all-over pattern.

_____ TC198 Make a picture using pieces of torn, colored construction paper or string and paint.

_____ TC199 Use kitchen items to make prints. Experiment with forms such as bottle tops, potato mashers, wooden or metal forks or spoons, tin cans and jars.

_____ TC200 Make a print by dipping nature items such as sticks, nuts, shells or wood scraps in ink or tempera paint. Create your own texture design.

_____ TC201 Use a printmaking technique to decorate paper to be used as a wall or window hanging, place mat or gift-wrapping.

_____ TC202 Design and make greeting cards or invitations using a printmaking technique.

_____ TC203 Make a collage using paper and glue, materials from nature or scraps from fabrics and rugs.

_____ TC204 Make and decorate some paper articles such as hats or masks to be used at a party.

_____ TC205 Print your own stationery using a relief printing method. Carve into a wood or linoleum block to make the relief.

_____ TC206 Silk-screen a design on a piece of clothing or other surface.

_____ TC207 Visit the studio of a print-maker to learn how different kinds of prints are made.

_____ TC208 Make something out of papier-mâché or pulp such as a dish, holiday ornament or puppet head. Decorate with paint, cut paper or paper-punch mosaics.

_____ TC209 Help a younger child make a dollhouse, train, village, automobile, bus or anything else you can think of out of empty cardboard boxes.

_____ TC210 Make your own paper. Use your paper as stationery. Or, make a sculpture or wall hanging from paper you have made.

_____ TC211 Visit a paper mill or make a poster on how paper is made.

_____ TC212 Make a piece of handmade paper with a design embossed into it.

_____ TC213 Create your own activity using paper or making prints. _____

_____ TC214 Create your own activity using paper or making prints. _____

_____ TC215 Create your own activity using paper or making prints. _____

Models and Shapes

_____ TC216 Make a life-size snow or ice statue. Or, build a snow fort. Take a photograph or draw a picture of your creation so you'll remember it when the snow melts.

_____ TC217 Make your own clay such as bread dough or salt dough clay. Add color to the clay.

_____ TC218 Dig some natural clay. Sift out rocks and imperfections and work into a smooth texture.

_____ TC219 Make a clay pot using the coil or slab method.

_____ TC220 Make jewelry from clay beads that you have made yourself.

_____ TC221 Make a pot using a potter's wheel.

_____ TC222 Make a clay gift for someone using the pinch pot method.

_____ TC223 Make designs on a clay piece by impressing buttons, tools or articles from nature to form textures or patterns.

_____ TC224 Make, glaze and fire a piece of raku pottery.

_____ TC225 Help make a homemade kiln and fire a piece of pottery.

_____ TC226 Make sand candles in different shapes. Add other nature objects as desired.

_____ TC227 Visit a gallery or pottery studio. Find out the differences among porcelain, china, earthenware, pottery and stoneware.

_____ TC228 Visit a museum. As you tour the museum, take notice of the decorative and symbolic designs in clay pieces created by potters and ceramists of other cultures.

_____ TC229 Make a figure, a head or jewelry using plaster or self-hardening casting or carving clay.

_____ TC230 Model or carve a shape or figure out of floating white soap, wax, paraffin or blocks of melted-together crayon.

_____ TC231 Make candles by the dipping process or by pouring liquid wax into a mold. Follow safety rules to avoid being burned by hot wax.

_____ TC232 Combine colored tissue and wire to form a mobile or a stabile.

_____ TC233 Form soft wire into the shape of a person, symbol or animal.

_____ TC234 Make a mask, animal or other form using crushed aluminum foil or foil over papier-mâché.

_____ TC235 Create a figure by gluing together natural materials such as bark, twigs or seed pods.

_____ TC236 Design and make a decoration or centerpiece for a special occasion. It can be a mobile, a floral arrangement, a sculpture or anything you would like to make.

_____ TC237 Use materials such as broken china, seedpods, pebbles, colored sands or other nonfood, nonperishable materials to make a symbolgram mosaic.

_____ TC238 Customize a plastic or wood car or airplane model by painting or by changing the design.

_____ TC239 Build and sail an authentic model boat.

_____ TC240 Sculpt an object of your choice out of leftover plastic pieces from model kits.

_____ TC241 Carve an object out of balsa wood.

_____ TC242 Dip string or clothesline in plaster, drop on wax paper and quickly form into a desired shape.

_____ TC243 Model a piece of jewelry, dish, figure, doll or puppet head out of salt dough, sawdust clay or other claylike powder or pulp mixture.

_____ TC244 Visit a pottery studio and watch the potter at work. Learn about the clay, glaze and tools used in handmade pottery.

_____ TC245 Visit a sculptor's workshop to observe a sculptor at work. Learn what materials a sculptor uses.

_____ TC246 Create your own activity using models or shapes. _____

_____ TC247 Create your own activity using models or shapes. _____

_____ TC248 Create your own activity using models or shapes. _____

Mixed Media

_____ TC249 Decorate a wooden article or gourd with paint or by carving. _____

_____ TC250 Customize a go-cart with paint, a wood burning tool or other medium.

_____ TC251 Make a wall decoration with pieces of wood and other materials.

_____ TC252 Make a stained glass window decoration using pieces of colored plastic, cellophane or glass.

_____ TC253 Use tile, glass, plastic or leather to make a mosaic design.

_____ TC254 Make a piece of caged jewelry. Wrap stone or glass in copper, brass or silver wire and mount it as a pendant, necklace, earrings, bracelet or other piece of jewelry.

_____ TC255 Use coat hanger wire or other flexible wire to form wire figures. Suspend them or mount on blocks.

_____ TC256 Create a design in wood using a wood burning tool or the sun through a magnifying glass.

_____ TC257 Use wood or other material to make a simple toy or game.

_____ TC258 Make or decorate a wood box, footstool, shelf, set of bookends, plant or flower holder.

_____ TC259 Decorate a plastic or glass article with an etched, laminated, pierced or painted design.

_____ TC260 Decorate a metal article with stippling, paint, piercing, etching, liquid plastic or fired enamel.

_____ TC261 Make a simple leather article such as a sheath, key holder, coin holder, billfold, belt or bookmark. Decorate with a symbol or other design.

_____ TC262 Make and decorate with symbols something you can use or wear at Camp Fire ceremonials. This might be a candleholder, a mat to sit upon or a belt or bracelet.

_____ TC263 Create your own art activity using a medium of your choice. _____

_____ TC264 Create your own art activity using a medium of your choice. _____

_____ TC265 Create your own art activity using a medium of your choice. _____

Music and Song

_____ TC266 Teach your group to sing a song you learned at camp.

_____ TC267 Help make up a group song.

_____ TC268 Learn to sing or play two songs written for Camp Fire.

_____ TC269 Learn to sing or play a folk song from another country. See if you can find out something about its origin. Teach this song to a friend.

_____ TC270 Make and decorate a drum, tambourine, xylophone or other instrument. Play it in a waltz rhythm and then in a march rhythm. See if your friends can hear the difference in rhythm.

_____ TC271 Take one of your favorite records or tapes to a "music meeting" of your group. Tell why you like it. What are the instruments used to describe the mood of the music?

_____ TC272 Demonstrate how to use and care for a CD player or DVD. Show how to handle and store your CDs or DVDs.

_____ TC273 Clean, catalog and arrange your own or your family's CD or DVD collection. Or, do this for someone else.

_____ TC274 Plan a musical program around a theme such as St. Patrick's Day, Thanksgiving or spring. Choose about five songs to sing in your program that express your theme. Learn the songs well. Present your musical program to younger Camp Fire members, senior citizens groups or others.

_____ TC275 Learn several rounds from *Makin' Music with Camp Fire* or another songbook. Sing them at group meetings or social events. Have someone accompany you on piano or guitar or try to clap or use a tambourine.

_____ TC276 Create your own music video or CD using a computer.

_____ TC277 Compose an original piece of music. Form into several groups. Each group should decide on its own melodic or rhythmic patterns. You can shake rattles, clap your hands, tap on desks, hit spoons on plates, or anything else. Use your imagination. Tape each group in turn. Then listen to the tape from beginning to end.

_____ TC278 Fill glasses or bottles with different levels of water so you can play tones with different pitches. Play a melody on your bottles.

_____ TC279 Learn how to a keyboard or guitar and accompany someone on a song for your group.

_____ TC280 Learn the words to three songs you do not already know. Find a recording of one of these songs. Sing along with the recording. Tape yourself singing if possible.

_____ TC281 Choose a recording of a piece of classical music. Listen to the recording until you can pick out some major tunes and hum them. Which instruments or groups of instruments can you hear?

_____ TC282 Listen to a concert, musical or opera presented on television or radio. Or, attend a live concert.

_____ TC283 Play several recorded selections from an opera, operetta or musical. Tell your listeners the story of the selections as you play them.

_____ TC284 Listen to selections of five different categories of music such as folk, country, rock, classical, jazz, bluegrass, ragtime, rhythm and blues, hip hop, reggae or rap. Tell how you feel about each one.

_____ TC285 Identify several instruments in an orchestra. Draw or find pictures and label the woodwind, brass, string and percussion instruments.

_____ TC286 Sing for a period of time with a choir.

_____ TC287 Participate in a musical performance or festival.

_____ TC288 Form a Camp Fire singing group. Perform before an audience.

_____ TC289 Talk to someone who is a professional musician. Find out how much time was spent in training and how much time is spent practicing.

_____ TC290 Create your own activity with music. _____

_____ TC291 Create your own activity with music. _____

_____ TC292 Create your own activity with music. _____

Drama

_____ TC293 Think of something that happened to you that made you happy, sad or angry. Recreate it in a scene in front of your group.

_____ TC294 Choose another group member to serve as your partner. Make up a scene or story and act it out in front of other group members.

_____ TC295 Act out talking on the phone to someone. Use your imagination and create an entire story that occurs via the telephone.

_____ TC296 Record your voice on a tape recorder. Listen to it. Find an expert to help you improve the diction, tone and quality of your voice. Practice on these improvements.

_____ TC297 Present a dramatic reading or a one-act play for your group or other group.

_____ TC298 Make a speech in front of an audience using a microphone. Practice using a microphone before you present your speech.

_____ TC299 Participate in a choral speaking production performed for the public.

_____ TC300 Make a speech about a problem that concerns you. Explain the problem as you see it. Suggest solutions to the problem.

_____ TC301 Make up an original skit with your Camp Fire group. Perform it in front of family or friends.

_____ TC302 Act out a favorite story in a group. Take parts, find costumes and make scenery.

_____ TC303 Recite a song, poem or legend from the culture of your choice. Tell a little bit about the culture it comes from.

_____ TC304 Make three puppets out of a variety of materials including string, paper bag, stockings, paper and rod, or peanuts. Use your puppet in a game, play or story.

_____ TC305 Make a simple box stage and scenery for a puppet show. Use it to give a show.

_____ TC306 Make and decorate a mask made out of a paper bag, a paper box or cylinder, cloth, papier-mâché or a large paper plate. Use your mask in a play, pageant, game or party.

_____ TC307 Help plan and put on a talent show or variety show.

_____ TC308 Start a costume box to be used for informal dramatics. Include a make-up kit.

_____ TC309 Act out an important historical event such as the signing of the Declaration of Independence. Or, dramatize an event from Camp Fire's history. Use props and costumes or just your imagination.

_____ TC310 Choose a character you'd like to be. Learn how to use stage theatrical makeup to create your character.

_____ TC311 Be an active member of a school or community drama group or a theatre group.

_____ TC312 Put together a clown act with other group members. Use make-up to create clown faces and make funny outfits out of too small or too large clothes. Present your clown act to an audience.

_____ TC313 Videotape a performance by group members or classmates.

_____ TC314 Perform a mime act. Make up your own motions or copy a mime you've seen on television, on stage or in a book.

_____ TC315 Create your own activity in speech or drama. _____

_____ TC316 Create your own activity in speech or drama. _____

_____ TC317 Create your own activity in speech or drama. _____

Dance

_____ TC318 Demonstrate improvisational dance such as walking, hopping, marching, skipping, leaping, turning, twisting and falling to various rhythms and tempos of music.

_____ TC319 Listen to different kinds of music. Try to express in physical movement the moods and ideas the music suggests.

_____ TC320 Make up a dance to tell a story.

_____ TC321 Create a dance to accompany choral speaking or a poem.

_____ TC322 Help a group of young children make up movements to different kinds of music.

_____ TC323 Watch the live performance of a ballet. Tell someone the story that was told in the ballet.

_____ TC324 Attend a dance performance given by professional or skilled amateur dancers. Describe some of the movements used to tell the story.

_____ TC325 Improvise a dance in front of an audience. While you are dancing, ask the audience to help you by rattling paper, shouting out numbers at random, scraping feet on the floor, ringing bells, etc. React to these actions and sounds as part of your dance.

_____ TC326 Find a drawing or picture of a dancer, person or object in an interesting pose. Begin a dance with this pose, building a story around it.

_____ TC327 Learn ice dancing or roller dancing movements. Perform a dance on ice or roller skates.

_____ TC328 Learn to dance one circle dance and one line dance.

_____ TC329 Learn five basic square dance steps or moves. Use them in a dance.

_____ TC330 Learn how to call a square dance. Or, teach some friends square dance steps.

_____ TC331 Learn a folk dance of another culture. Be able to tell about how this dance is used in that culture.

_____ TC332 Learn an American folk dance other than square dance.

_____ TC333 Teach a folk dance to someone else.

_____ TC334 Learn three basic ballet or tap dance steps or moves.

_____ TC335 Learn a popular dance step that is new to you. Teach it to someone else.

_____ TC336 Participate in a performance of dances to which others are invited.

_____ TC337 Learn popular dances from at least three different decades of the past. You might do the the Charleston of the twenties, the jitterbug of the fifties, twist of the sixties or breakdancing from the eighties.

_____ TC338 Create your own dance activity. _____

_____ TC339 Create your own dance activity. _____

_____ TC340 Create your own dance activity. _____

Creative Writing

_____ TC341 Sit in a familiar place and close your eyes. Listen with your eyes closed for several minutes. Then write down all the sounds you heard and what you thought the sounds were. Describe what you heard in a story or a poem.

_____ TC342 Choose a favorite color. List as many things as you can that are that color. Think of how that color makes you feel. Write a poem about the color you choose.

_____ TC343 Write a poem with your group. Choose one person to be the recorder. Sit in a circle and have a person start by giving a line. Then go around the circle, each person adding another line until all the group members agree that the poem is finished.

_____ TC344 Write a poem on a special theme to be used in a group ceremonial.

_____ TC345 Read poetry from another culture. Describe what you learned about that culture through the writings of its members.

_____ TC346 Choose some poems that you think young children would like. Read them several times until you can read them with expression. Then share your poems with a group of young children.

_____ TC347 Read a book of haiku, a Japanese form of poetry. Learn the form for writing haiku and write several of your own.

_____ TC348 Participate in a "magic ring" where each person shares a favorite poem.

_____ TC349 Keep a journal while at camp or on a trip. Write down what you do and what you see. Write down your feelings.

_____ TC350 Put a poem that you wrote to music.

_____ TC351 Collect favorite poems and song lyrics. Keep them together in a notebook.

_____ TC352 Do an activity that uses your whole body, such as swimming underwater, bicycling up a steep hill or taking a cold shower. Describe how it feels in words. Use vivid language to communicate your sensations to others.

_____ TC353 Start a collection of poetry about your favorite nature subjects. Include authors and sources.

_____ TC354 Describe in words several favorite smells and tastes. You could write about the taste of chocolate or the smell of leaves burning in the autumn. Read your descriptions to others and have them try to guess what you are describing.

_____ TC355 Write a character sketch of a person you know well. Describe how this person looks and acts and what kind of personality he or she has. Share your character sketch with the person you wrote about.

_____ TC356 Describe alternative uses for ordinary objects such as a brick, flowerpot or a kitchen utensil. Use your imagination to come up with some unusual uses for everyday items.

_____ TC357 Cut a picture out of a magazine or newspaper without reading the caption or accompanying story. Write a story that describes what's happening in the photo.

_____ TC358 Write a description of a familiar place from an unfamiliar point of view. Imagine you are an alien from another planet visiting your home, school or neighborhood. Describe what you see going on. Try to explain what is happening.

_____ TC359 Write a story about an event in your life during which you felt a strong emotion such as anger, joy, sorrow or fear. Try to convey your feelings in the story.

_____ TC360 Write a poem or story. Submit that poem or story to a children's magazine or to a school publication.

_____ TC361 Read the newspaper and clip out articles that you think are interesting and well written. Use these articles as models to write a news story on an event that you attended.

_____ TC362 Write a news article about group happenings or a Camp Fire event. Submit it to be published in your council newsletter, school newspaper or other periodical.

_____ TC363 Read a news story in the newspaper and watch coverage of the same news event on television. Describe the differences in how the same news event was covered in print and on television.

_____ TC364 Read interviews in newspapers or magazines to find out how to write an interview story. Interview a person about something he or she does. Using the information you gathered from the interview, write an article.

_____ TC365 Have a book party. Come dressed as your favorite character from a book. Talk and act as you think that character would.

_____ TC366 Write a children's book. Use your own drawings to illustrate it or cut out pictures from magazines.

_____ TC367 Write a story and then turn it into the script of a play. Put on the play with your Camp Fire group.

_____ TC368 Learn about computer graphics and how they are used in publications.

_____ TC369 Use a computer to create a flyer to describe an event. Use clip art to illustrate your flyer.

_____ TC370 Write a story or a short play based on an experience you actually had.

_____ TC371 Write and produce a newspaper. Include articles and photographs about what is happening at school, at camp or in your neighborhood.

_____ TC372 Create your own creative writing activity. _____

_____ TC373 Create your own creative writing activity. _____

_____ TC374 Create your own creative writing activity. _____

Party Time

_____ TC375 Make your own invitations to a party you are giving. Include the theme of the party in the design of the invitations. Mail your invitations.

_____ TC376 Make party decorations and favors that carry out a theme.

_____ TC377 Lead two different games at a party.

_____ TC378 Use two customs from another country at a party.

_____ TC379 Decorate a cake in a way that carries out a party theme.

_____ TC380 Make personalized place cards for everyone in your family at a special family dinner.

_____ TC381 Arrange and decorate a table for a sit-down or buffet meal with a special theme.

_____ TC382 Make a flower arrangement out of fresh or dried flowers. Use it on the table for a special meal.

_____ TC383 Bring a snack you make yourself to a Camp Fire group meeting. Serve it in an attractive way.

_____ TC384 Plan and cook a special meal such as a birthday dinner for a friend or member of your family. Be sure to include this person's favorite foods.

_____ TC385 Give a surprise party for a friend or family member or a birthday party for a small child.

_____ TC386 Write a thank-you note for a party you attended. Decorate it in an original way.

_____ TC387 Create your own party time activity. _____

_____ TC388 Create your own party time activity. _____

_____ TC389 Create your own party time activity. _____

Fix-Up Time

_____ TC390 Learn and use a hammer to build something with an adult.

_____ TC391 Learn and use a screwdriver to build something with an adult.

_____ TC392 Learn and use a handsaw to build something with an adult.

_____ TC393 Learn and use a drill to build something with an adult.

_____ TC394 Learn and demonstrate how to use a ladder safely.

_____ TC395 Make an item to decorate your room. You could make a pillow cover or a wall hanging or book shelves.

_____ TC396 Rearrange your room. If you share your room with others, ask them to help you decide on changes. Plan ahead by making drawings. Have an adult help you move heavy furniture.

_____ TC397 Visit a home show. Make a list of things you see that you would like to have in your home someday.

_____ TC398 Interview an interior designer. Find out how this person decides on different designs and colors to use.

_____ TC399 Visit a swap shop or secondhand store. Purchase one item you can use to decorate your room.

_____ TC400 Set up a special area in your room to display a collection of hobby projects.

_____ TC401 Visit a fabric store. Pick out different fabrics you like that could be made into curtains for your room. Compare prices and quality of the material. (You do not have to purchase the material to earn this bead.)

_____ TC402 Visit a paint store. Look at different colored paint chips. Choose color schemes you think would look good in your room. (You do not have to purchase to earn this bead.)

_____ TC403 With an adult, paint a room with a color you like.

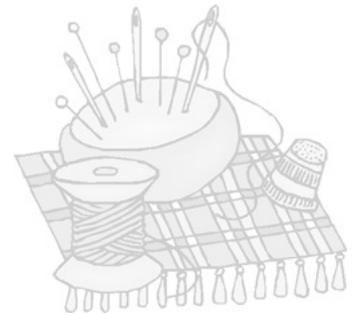
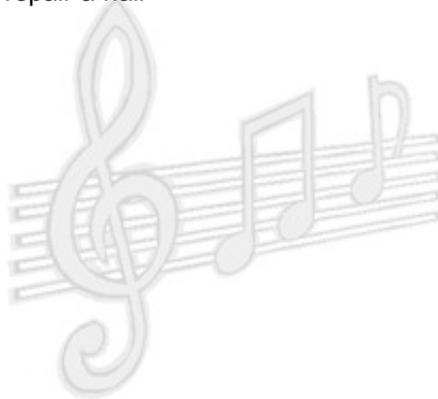
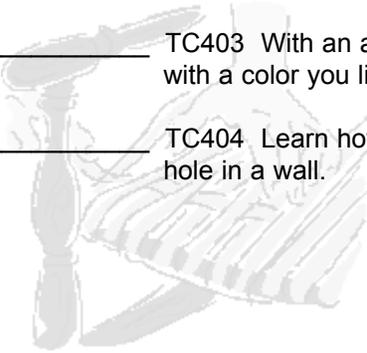
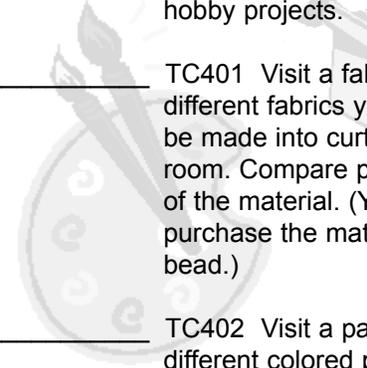
_____ TC404 Learn how to repair a nail hole in a wall.

_____ TC405 Design a plan to organize all your school materials, or electronic equipment, CD's or DVDs in your room. Draw your plan on paper or map it out using the computer.

_____ TC406 Create your own fix-up activity. _____

_____ TC407 Create your own fix-up activity. _____

_____ TC408 Create your own fix-up activity. _____



TRAIL TO THE ENVIRONMENT

Know About Nature

TE100 In an interesting natural place, make a circle on the ground with a string one yard long. Make a list of everything that you find inside the circle. Include all living and non-living items. Choose three items on your list and learn more about them.

TE101 Be able to recognize your state flower, bird and tree in their natural settings.

TE102 Visit a national park, forest, or state or city park. Take a ranger-guided or self-guided nature hike. Share something you learned with your group

TE103 Visit a natural history museum. Share something you learned with your group.

TE104 Find out what plants in your area were used for food, clothes or other purposes by American Indians and early settlers. Tell how these plants were prepared for use.

TE105 Name several animals that live in your area. Find out how the American Indians and early settlers of your area used these animals for food, clothing or other purposes.

TE106 Make a scrapbook about your favorite things in nature. Use clippings, your own sketches, photographs or pressed leaves.

TE107 Visit a national park or forest. Talk to the people who work there. Find out what is being preserved in this forest or park. Find out about careers in the U.S. Forest Service or the National Parks Service.

TE108 Create your own activity to help you know about nature. _____

TE109 Create your own activity to help you know about nature. _____

TE110 Create your own activity to help you know about nature. _____

Help Your Environment

TE111 Join a conservation group for young people. Read the material that comes to you as a member. Participate in activities that interest you.

TE112 Subscribe to an online newsletter that encourages support for the environment and read at least three issues.

TE113 Find out about two organizations that work to protect wildlife. Learn what you and your family can do to help.

TE114 Find an area in your neighborhood or nearby park where litter is a problem. Keep this area clean for a period of time agreed upon by you and your leader.

TE115 Look at a list of endangered species. These are animals, birds or plants that are in danger of becoming extinct. Find out which animals, birds or plants on the list live in your area.

TE116 Read about an animal or bird that has become extinct within the last 50 years. Tell why it became extinct.

TE117 Visit a recycling center. Learn the recycling process and what products can be made using recycled materials.

TE118 Conduct an aluminum can drive. What is the current rate for recycling aluminum cans? Give the profits to a local charity.

TE119 Learn how trees and forests help conserve wildlife, soil and water supplies. Point out examples of trees at work in your area.

TE120 Plant a tree in a place where trees are needed. Be responsible for caring for it for two months.

TE121 Volunteer your time to do something to improve the environment of your community. Help clean up a creek bank, make trail signs for a local park or plan your own service project.

TE122 Plant a cover crop such as grass, clover, sweet clover or wild rose. Choose a site where a cover crop is needed for erosion control or to make a place look pretty. You might do this at camp, along a shoreline, on the side of a new highway or in your yard. Ask your local highway commission or other officials before you plant in public places.

TE123 Make a wildlife conservation poster. Display it in a public place such as your school, a library or a store.

TE124 Find out what is meant by minimum impact camping. Tell ways that you, your family and your group can camp without leaving a trace.

TE125 Make a bird feeder. Find out what kinds of food birds in your area enjoy. Put the feeder where birds will use it.

TE126 Give the birds a present. Decorate a shrub or tree with food that birds of your area will enjoy.

TE127 Make and maintain a birdbath. Keep a list of the birds you see.

TE128 Find out who Woodsy Owl is. Do something to help his campaign.

TE129 Participate in your community's program for Keep America Beautiful week.

TE130 Find out about your state's conservation laws. Explain the ones that apply to people your age.

TE131 Keep track of all the paper products that you use at home and at school for one day. Make a list of any unnecessary usage and reduce the amount of paper products used in your home for a week.

TE132 Visit a paper mill to see how paper is made. Find out how paper can be recycled.

TE133 Interview a soil conservationist. It takes 300 years for nature to make an inch of topsoil. How long does it take soil to erode? Ask the conservationist how you can keep soil from eroding.

_____ TE134 Figure the amount of water you use personally in one week. Bathing takes 30 gallons, showering takes 20 gallons, flushing a toilet takes 3 gallons, washing hands or face takes 2 gallons, getting a drink of water takes ¼ gallon and brushing teeth takes ¼ gallon. Estimate amounts for other uses and add them in.

_____ TE135 Become aware of ways to conserve water. Make a poster that lists five ways to save water. For example, you can save water when you brush your teeth by turning off the water while you brush.

_____ TE136 Create your own activity to help your environment. _____

_____ TE137 Create your own activity to help your environment. _____

_____ TE138 Create your own activity to help your environment. _____

Make Things From Natural Materials

_____ TE139 Arrange a bouquet or wreath of wild flowers, grasses, leaves or seeds. Use good conservation practices in selecting materials for your arrangement.

_____ TE140 Make jewelry from seashells or stones you have found.

_____ TE141 Make a letter opener, knife, fork or spoon from material found outdoors.

_____ TE142 Decorate your own stationery or make a picture for your room using items from nature. Make leaf prints or spore prints. Or, try splatter painting or crayon rubbings.

_____ TE143 Transfer a leaf pattern onto cloth. Do a crayon rubbing. Iron your crayon print to make it permanent. Or, hammer cloth placed over a leaf to make an imprint. Dip cloth into vinegar to make the hammered cloth print permanent.

_____ TE144 Tie-dye material using natural dyes. Do this with the help of an adult.

_____ TE145 Collect items such as driftwood, rocks, twigs, leaves and seedpods. Glue them together in the shape of birds, animals or creatures you make up.

_____ TE146 Make a loom and weave a mat on it. Use grass, rushes or other materials from nature.

_____ TE147 Weave a basket out of natural materials.

_____ TE148 Make a simple musical instrument using natural materials. Play your instrument.

_____ TE149 Create your own activity to make things from natural materials. _____

_____ TE150 Create your own activity to make things from natural materials. _____

_____ TE151 Create your own activity to make things from natural materials. _____

Earth Science

TE152 Get a soil map of your county from a local soil conservation agency. Collect soil samples from three different locations. Display the samples by connecting them with yarn to the areas on the map where you found them.

TE153 Fill a small glass jar with water collected near the shore of a pond, lake or sea. Let the water stand. Watch the sediment—sand, gravel, clay, mud—settle to the bottom of the jar. Sediment is the main ingredient of sedimentary rocks. How do you think sediment becomes rock?

TE154 Visit a mine, quarry or a gravel, clay, sand or shell pit. Find out how the product is removed, transported, sold and used.

TE155 Find a building excavation, roadcut, rock quarry or stream bed where you can see the four layers of soil. Make a drawing of the site. Identify and label each soil layer—topsoil, subsoil, loose rock and bedrock.

TE156 Observe the affects of pressure. Put a slice of fresh brown bread on top of a slice of fresh white bread. Wrap the bread in waxed paper or put it in a plastic bag. Place the bread on a table or counter top. Stack three or four heavy books on it. Wait for one hour; then look at the bread. This is how pressure forms sedimentary rocks. Find an example of sedimentary rock.

TE157 Read about minerals. Get information from your school or public library. Ask at school for a mineral collection to look at and study. Or, start your own mineral collection. Share your findings with the group.

TE158 Investigate soil. Fill a paper cup with soil from a garden or soil found below grass. Put a white sheet of paper on a table. Spread the soil on the paper. Using a magnifying glass, look at the soil. Draw pictures or describe what you see in the soil.

TE159 Learn about marble, which is a metamorphic rock. What kind of rock did marble used to be? Go to a place in your community and see polished marble. Examine it closely.

TE160 Learn about volcanoes. What is a volcano? What does it do to the earth's surface? What is a volcanic mountain? How does it form? What is a lava flow? When did the last volcano erupt in the United States? What is that volcano's name? Where is it located?

TE161 Make a geyser. Do this with the help of an adult. Find a metal funnel. Turn it upside down. Tie several weights on the funnel with string, yarn or fishing line. Leave the funnel upside down and place it in a pan. Fill the pan with water so that only the small end of the funnel is above the water. Put the pan on a hot plate or burner. Bring the water to a boil. Describe what happens. Read about well-known geysers.

_____ TE162 Interview relatives, friends or neighbors to find out how changing temperatures, moisture, ice and plants can affect sidewalks and cement house foundations. How do these same things affect mountains and rocks? Make a poster to illustrate what you have learned.

_____ TE163 Study a map of North America to find out where major rivers such as the Missouri River, the Mississippi River and the Ohio River start. Trace where they go.

_____ TE164 Learn about planting zones and climates. Name three plants that will grow well where you live. Name three that won't, and why they won't.

_____ TE165 Create your own earth science activity. _____

_____ TE166 Create your own earth science activity. _____

_____ TE167 Create your own earth science activity. _____

Plant Life

_____ TE168 Observe wild flowers growing outdoors. Describe them to an adult. Learn how to recognize them at different times of the year.

_____ TE169 Discover how plants are necessary to your life. Trace all the items in your lunch back to their original plant source. How could the meat in your sandwich come from a plant source? Show what you learned in a chart.

_____ TE170 Force flowering shrubs or trees (forsythia, pussy willow, fruit tree sprigs) to bloom early in the spring. Do this by bringing them inside and putting them in water. What causes them to bloom? Make an attractive arrangement.

_____ TE171 Read about the life of George Washington Carver and his work with plants. Report your finding to the group.

_____ TE172 Identify several plants by their odor, feel or taste. Do this with an adult. Tell something about each.

_____ TE173 Identify two kinds of plants that can injure people or animals. Tell why they are harmful.

_____ TE174 Without touching the plants, tell the difference between poison ivy and Virginia creeper or between poison sumac and harmless sumac. Or, be able to identify poison oak – often called oak leaf poison ivy – or stinging nettles. Explain how to protect yourself against poisonous plants. Tell what to do if you are exposed to these plants.

_____ TE175 Look for plants that grow in different kinds of conditions. Identify plants that grow best in shady or sunny places and in wet or dry soil.

_____ TE176 Discover how wind affects evaporation. Wet two pieces of cloth thoroughly. Hang one cloth outdoors in a windy location. Hang the other in a sheltered spot. Check drying times. If you were a wild flower or plant needing a lot of water, where would you live?

_____ TE177 Find several different kinds of ferns growing outdoors. Notice the difference in color, texture and size. Know the names of two kinds of ferns. Draw a sketch of each.

_____ TE178 Recognize three kinds of trees by the shapes of their leaves, texture of the bark or leaf arrangement. Test yourself by identifying these trees blindfolded.

_____ TE179 Draw or take pictures of three trees whose shapes have been affected by the wind.

_____ TE180 Create your own plant life activity. _____

_____ TE181 Create your own plant life activity. _____

_____ TE182 Create your own plant life activity. _____

Green Thumb

_____ TE183 Visit a greenhouse, a plant shop, a garden show or an exhibit. Talk to experts about growing plants.

_____ TE184 Invite a horticulturist or someone who works at a greenhouse to speak to the group about his or her job. Make a list of questions to ask.

_____ TE185 Read about hydroponics. Tell your group what you learned.

_____ TE186 Learn about the genetic modification of food, its current and future applications, and the concerns these modified foods raise.

_____ TE187 Plan and/or plant a garden to attract wildlife, butterflies and/or beneficial insects.

_____ TE188 Harvest seeds from your vegetable garden. Save to plant next year. Learn which vegetables and vegetable varieties are most suitable for this.

_____ TE189 Plant a garden from seeds that you have saved or collected.

_____ TE190 Plant at least three different varieties of a particular vegetable or fruit. See how they differ in growth, harvest time, flavor, appearance, storage ability, insect or disease resistance, etc.

_____ TE191 Repot three plants. Explain how you know when to repot a plant.

_____ TE192 Plant an heirloom vegetable, fruit or flower variety.

_____ TE193 Help with a community garden for at least one month.

_____ TE194 Learn about mulch. What does it do and what are its benefits and drawbacks? Mulch an appropriate plant at the appropriate time of year.

_____ TE195 Find out the water and light requirements for different houseplants. Make a chart that shows what kind of care they need.

_____ TE196 Call or visit your County Extension office and learn what services they offer.

_____ TE197 Make a chart, map, or poster showing where different vegetables, nuts, fruits, etc. were first domesticated. Include at least 10 different foods.

TE198 Follow a schedule for watering and fertilizing your family's houseplants. Do this for a period of time agreed upon by you and your family.

TE199 Grow plants or flowers in a window box or decorative porch container. Or, grow an herb garden in a windowsill.

TE200 Grow plants from kitchen cuttings and seeds. Use fruits and vegetables such as carrots, beets, yams, radishes, pineapples or avocados.

TE201 Find out about the differences between annuals and perennials. Grow at least one plant of each.

TE202 Take responsibility for one yard task for a period of time agreed upon by you and your family. Mow the lawn, rake leaves or water the lawn.

TE203 Work regularly in a family garden. Take complete responsibility for some part of the garden. Agree with your family on what you will do and for how long.

TE204 Visit a farmers market, orchard or vineyard. Talk to the person in charge about growing things for sale.

TE205 Harvest seeds from grasses, plants and wildflowers. Plant them in an appropriate place.

TE206 Plant a tree or bush. Care for it for one season.

TE207 Learn how to prune trees or trim bushes.

TE208 Give plants an early start in the spring. Grow plants in a cold frame or hot box. Set them out in the garden when the time is right.

TE209 Help prepare a garden area for the winter. Mulch flowerbeds. Trim back dead stalks.

TE210 Make a terrarium. If necessary, visit a garden store to purchase supplies you need.

TE211 Talk to a gardener or a landscape designer about his or her work.

TE212 Draw a plan for a small garden. Use books to help you with your designs. Or, ask a person who gardens a lot to help you.

TE213 Use rocks, fencing, or bricks to make an attractive border for a garden.

TE214 Care for and store garden tools properly. Do this regularly for a period of time agreed upon by you and your family.

TE215 Learn about different kinds of garden chemicals used to control weeds, insects and other pests.

TE216 Experiment with natural methods of pest control. Find out how planting certain kinds of flowers and plants together will help eliminate pest problems.

TE217 Start a compost pile or heap. Add to it regularly. Use it to fertilize your garden.

TE218 Enter a special plant you've grown in a garden show or exhibit.

TE219 Give a plant you have grown as a gift. Pot it in an attractive way. Include a note describing how to care for the plant.

TE220 Participate in a flower festival or some other event that celebrates growing things in your area.

TE221 Read about Sequoia trees. How did they get their name? Where do they grow? How tall is the average Sequoia? How big around is the trunk? How old are most of these trees?

TE222 Find out how to use a tree's rings to learn its age. Find a tree stump. Determine how old the tree was when it was cut down.

TE223 Prepare a flower or plant arrangement for your home. Identify as many of the flowers or plants in it as you can.

TE224 Read about the parts of a flower. Show a flower to your group and identify its parts for group members.

TE225 Discover how water rises up the stems of plants. Place a celery stalk with leaves into a glass of water colored with red food coloring. After the leaves turn red, remove the stalk. Cut several cross-sections and look at them.

TE226 Change the color of a carnation. Fill two glasses half full of water. Add different colors of food coloring to each glass. Carefully split the stem of a fresh white carnation. Place one end of the stem in one glass, the other end in the second glass. Observe what happens.

TE227 See how seeds grow. Obtain some lima beans, grass seeds or radish seeds. Line a glass jar with a paper towel. Slip seeds between the paper and the glass. Keep about an inch of water at the bottom of the jar. Set the jar in a warm place and observe.

TE228 See what happens to seeds' roots and stems when you turn them around. After you have sprouted some seeds, turn them on their sides. The roots will be on one side and the stems on the other. After 24 hours, check to see which direction the roots and stems are growing.

TE229 Root a vine cutting in water. Find out how to pot a plant. Pot the rooted cutting. Care for it.

TE230 Collect seeds. Include seeds that fly, float, stick to a passersby or fall to the ground. Group them by the way they are moved from place to place. Identify and mount them on a piece of paper, labeling each seed.

TE231 Collect and press several wild flowers, ferns or tree leaves. Label each with name, date and place found.

TE232 Photograph different species of trees or shrubs in your neighborhood or park. Identify them by name.

TE233 Mount and label leaves from trees and shrubs common in your geographic area.

TE234 Mount and label cones from several kinds of coniferous trees.

_____ TE235 Create your own green thumb activity. _____

_____ TE236 Create your own green thumb activity. _____

_____ TE237 Create your own green thumb activity. _____

Animals

_____ TE238 Learn and illustrate the different types of prehistoric animals.

_____ TE239 Draw or use pictures to illustrate the life cycle of a frog.

_____ TE240 Select ten different animals. Find out the names for their young.

_____ TE241 Name three different classes of animals. Name three animals that belong to each class. Learn an interesting fact about each animal.

_____ TE242 Make a poster about cold-blooded and warm-blooded animals. List the names or draw pictures of cold-blooded animals in one column and warm-blooded animals in another. Explain to your group the difference between cold-blooded and warm-blooded animals.

_____ TE243 Discover how temperature affects cold-blooded animals. Put some soil and an earthworm in a container. Chill the container for 10 minutes in the refrigerator. Take the container out of the refrigerator. Carefully watch the worm's movement. Watch the worm's movement again in 30 minutes.

_____ TE244 Find out what a mollusk is. Make a list of mollusks. Choose one from the list and become an expert on the subject.

_____ TE245 Make and use a dip net for collecting fresh-water creatures. Be sure to return the creatures to the water after studying them.

_____ TE246 Punch holes in the lid of a fruit jar. Catch an insect and put it in the jar. Examine it carefully with a magnifying glass. Then let the insect go. Do this with several kinds of insects. Tell how insects are helpful to humans.

_____ TE247 Identify several insects commonly found in your home or yard. Read about them and learn new facts about each.

_____ TE248 Observe insects at night by placing a lighted blue bulb outdoors on top of a sheet. Watch the insects come. Identify several different kinds.

_____ TE249 Observe a snail and watch its movements. Gently touch the snail's eyes at the ends of the extended stalks with a pencil eraser. Gently touch the snail in other places. See how it reacts. See if the snail responds to a loud noise. Drop something near the snail. Does it move?

_____ TE250 Make an ant farm or observe an ant colony. Watch one particular ant for three minutes. Place a small piece of candy near the ants' hole. What do the ants do? Put a small rock over the ant hole for a short time. What happens?

_____ TE251 Find and raise a caterpillar. Read about its care. Watch it become a butterfly or moth.

_____ TE252 Watch a spider spin a web. Draw a diagram showing how it was done.

_____ TE253 Look at a completed orb (round) spider web. Is the web more horizontal or vertical? Are flying or crawling insects caught in the web? Where is the spider's resting place on the web? If it is not on the web, try to find out where it would rest. If you can catch a fly, toss it into the web. Watch what the spider does to it. Tell your group about orb spider webs.

_____ TE254 Learn about the different jobs of bees in a bee colony. Do this from study and personal observation.

_____ TE255 Read about the life cycle of a mosquito or a flea. Find out what you can do to keep mosquitoes or fleas from breeding in or around your home.

_____ TE256 Tell group members how insects are different from all other animals. Also explain the differences between insects, spiders, centipedes and millipedes.

_____ TE257 Set up an aquarium. Care for several kinds of fish.

_____ TE258 Watch fish in an aquarium, pond or hatchery. Recognize the colors, shapes and other features of several different kinds of fish.

_____ TE259 Visit a fish hatchery. Find out what the government does to protect and increase the number of fish in your state.

_____ TE260 Collect and raise tadpoles until they turn into frogs. Change the water frequently. Feed them fish food, lettuce or pieces of hardboiled eggs.

_____ TE261 Learn about turtles. What is the difference between a turtle, terrapin and tortoise? How big can these animals get? How long can they live?

_____ TE262 Find and keep a turtle for a few days, giving it proper food and care. Write a description of the turtle and its behavior.

_____ TE263 Describe snakes that are common in your area. Include those that are poisonous. Learn how snakes are helpful to humans.

_____ TE264 Visit a national, state or private bird refuge. Learn about the kinds of birds that use the refuge.

_____ TE265 Observe three kinds of birds in the outdoors. Describe them to others.

_____ TE266 Watch where birds find their food. Watch several birds get their food from the air. Watch several birds get their food from trees or other plants. Describe what the birds eat.

_____ TE267 Recognize and identify several birds by their calls. Tape record these bird calls. Or, learn to imitate the birdcalls.

_____ TE268 Watch birds build a nest. Describe what kind of bird you observed, the shape of the nest it built, what materials were used and how long the bird worked on its nest. Keep observing this nest while the birds use it.

_____ TE269 Look for birds' nests. Tell where you see them. Photograph or sketch the nests. Describe what kind of birds are using them or may have used them in the past. Do not remove nests from trees or bushes.

_____ TE270 Watch the nest of a mother bird. Record what happens before hatching and afterward until the baby birds leave their nest.

_____ TE271 Visit a farm and observe eggs in incubation. Sketch or photograph the stages during the hatching period.

_____ TE272 Draw pictures of bird beaks of different shapes. Find out how different shapes of beaks are clues to what kind of food birds eat. Try to guess what kind of food is eaten by some of the birds you see.

_____ TE273 Find out what kinds of hawks and owls live in your area. Watch carefully until you see one in the outdoors. Tell how hawks and owls are helpful to people.

_____ TE274 Find out what is meant by predator-prey relationships. Look up five predators on the Internet or in an encyclopedia and make a list of each predator's prey.

_____ TE275 Read about an extinct or prehistoric animal. Make a poster with a picture or sketch of the animal on it. Tell your group about the animal, using the poster as a visual aid.

_____ TE276 Learn how different insects or animals protect themselves. Think about coloring, smell and shape. Describe how two kinds of insects or animals protect themselves.

_____ TE277 Look for signs of animals in the area where you live. Find some animal tracks. Identify two animals by the sounds they make. Look for remains of animal meals.

_____ TE278 Locate two animal homes. In each case, notice the location, materials used and who lives in the home. Find out why it is located in this spot. Be careful not to disturb the animal or its home.

_____ TE279 Visit a dam built by animals. Find out how dams made by animals or people can be useful and how they can be harmful to people and nature.

_____ TE280 Track an animal by its marks in the snow, sand, mud or dirt. Identify the animal by its tracks.

_____ TE281 Make a cast of an animal track using plaster of paris.

_____ TE282 Learn about the winter habits of animals in your area. Find out which animals stay active all winter and which hibernate. Learn which animals migrate from your area to somewhere else or come to your area from somewhere else.

_____ TE283 Observe what happens during the birth of an animal. Watch the newborn for a few minutes each day during its first week of life. Record the changes you see.

_____ TE284 Create your own activity to learn more about animals. _____

_____ TE285 Create your own activity to learn more about animals. _____

_____ TE286 Create your own activity to learn more about animals. _____

Cooking Outdoors

NOTE: These activities should be done with skilled adults present. Keep safety rules in mind.

TE287 Show that you know how to care for and use a pocketknife. Use a whetstone to sharpen a pocketknife or a paring knife.

TE288 Show that you know how to care for and use a saw.

TE289 Put together a mess kit for outdoor cooking and eating. Explain to an adult why you have included the items you did.

TE290 Find out how to get a fire permit. Know the fire regulations and precautions in the area where you are hiking, cooking out or camping. Tell how to report a forest fire.

TE291 Make matches waterproof. Use the matches on a cookout or camping trip. Pack them properly for carrying.

TE292 Lay, light, use and put out a wood fire outdoors. Follow safety practices while doing this. Be sure outdoor fires are allowed in the area.

TE293 Protect a woodpile from damp ground, rain or heavy dew.

TE294 Build a fire and let it burn down to a bed of coals. Cook at least one item over the bed of coals.

TE295 Lay a cooking fire. Keep it going while a meal is cooked.

TE296 Build and light three different kinds of fires. Tell when to use each kind of fire.

TE297 Construct a reflector oven. Use it to bake biscuits or some other appetizing dish.

TE298 Lay, light, use and put out a charcoal fire. Follow safety practices while doing this.

TE299 Cook a meal over a charcoal fire.

TE300 Teach another person how to build a fire.

TE301 Make and use fire starters. Fuzz sticks or newspaper rolled and dipped in paraffin are two kinds of fire starters.

TE302 Build a fire for a special ceremony. Build it to last through the whole ceremony.

TE303 Help collect and pack food for a group outing.

TE304 Make a tin can stove. Cook part or all of a meal on it.

TE305 Assist with cooking and serving a one-pot meal.

TE306 Cook potatoes or corn outdoors using two different methods.

TE307 Bake or steam fish or other seafood outdoors.

TE308 Cook a meal without using utensils such as skillets, pots, forks, spoons or skewers.

TE309 Cook a meal of meat and vegetables in foil. Help prepare the food, wrap it in foil and cook it.

TE310 Cook something using the sun as a heat source.

TE311 Prepare two recipes outdoors in a Dutch oven.

_____ TE312 Make up your own outdoor cooking recipe. Try it out with friends. Decide how good your new recipe is.

_____ TE313 Clean up camp garbage and trash after three different meals. Dispose of it properly.

_____ TE314 Cook a meal in a fireplace or grill such as those found in parks and campgrounds.

_____ TE315 Cook one meal using dehydrated or freeze-dried foods.

_____ TE316 Make a knapsack, bag or case for carrying camp supplies.

_____ TE317 Make a bag for sterilizing your own dishes on a camping trip. Make your bag out of cheesecloth or dishcloths. Use it for several meals.

_____ TE318 Cook an outdoor meal for your family. You can ask for the help of one other person.

_____ TE319 Prepare, eat and clean up an outdoor meal in rainy or snowy weather.

_____ TE320 Create your own cooking outdoors activity. _____

_____ TE321 Create your own cooking outdoors activity. _____

_____ TE322 Create your own cooking outdoors activity. _____

Knots

_____ TE323 Collect samples of different kinds of rope or cord. Learn about the strengths and uses of each kind.

_____ TE324 Tie a slipknot and a square knot. Know how these knots are used.

_____ TE325 Tie a simple hitch, half hitch and two half hitches. Know how these hitches are used.

_____ TE326 Tie a clove hitch and a taut line hitch. Use them for a clothesline on your next camping trip.

_____ TE327 Tie a bowline knot. Explain how you can use this knot.

_____ TE328 Use a sheet bend to tie two rope ends together.

_____ TE329 Using knots that you have learned, make a useful item. You could make a dog leash or bag handles.

_____ TE330 Using knots you have learned, macramé a decorative item.

_____ TE331 Make a piece of useful equipment using a square or diagonal lashing. You might make a picture frame or a towel rack.

_____ TE332 Make a piece of useful equipment using sheer or continuous lashing. You could choose to make a tripod for a washbasin or a footbridge over a small creek.

_____ TE333 Make a table using two kinds of lashing.

_____ TE334 Whip the ends of a piece of rope to prevent fraying.

_____ TE335 Teach two simple knots to a younger person. Explain how they are used.

_____ TE336 Create your own activity in knot tying. _____

_____ TE337 Create your own activity in knot tying. _____

_____ TE338 Create your own activity in knot tying. _____

Hike and Camp Out

NOTE: Adults must accompany you on hikes and camping trips.

_____ TE339 Make a drawstring bag to use on camping trips.

_____ TE340 Research and make a simple pack. Use it on a hike.

_____ TE341 Demonstrate the proper clothing and equipment to wear on a hike. Do this with your group or camp unit.

_____ TE342 Make a list of group rules for good outdoor behavior while using private or public property. Follow these rules on a camping trip.

_____ TE343 Make a list of good safety and courtesy practices for hikers and campers. Discuss these with group members.

_____ TE344 Share your rules for safety and good camping courtesy with your family before a family camping trip.

_____ TE345 Make an envelope or flip-flop bed roll. Pack it, roll it, tie it and use it.

_____ TE346 Pack, roll, tie and use a sleeping bag.

_____ TE347 Take a rain or snow hike with your group. Dress for the weather.

_____ TE348 Go on a hike of a mile or more with your group. Take your lunch.

_____ TE349 Sleep out in the backyard with your group.

_____ TE350 Make a personal equipment list before you start on a camping trip. Follow it as you pack for your trip. Check it again as you pack to return home.

_____ TE351 Plan and go on an overnight camping trip. Cook your evening meal and breakfast outdoors.

_____ TE352 Go on a camping trip with your family or group. Sleep in a tent for at least two nights in a row.

_____ TE353 Go on a longer family camping vacation. Spend at least five nights camping out.

_____ TE354 Help set up a trailer tent.

_____ TE355 Be a good neighbor to another group, cabin group or family camping group. Help clean up an area, provide wood for a fire or cook a meal together.

_____ TE356 Show how to select a good spot to place your sleeping bag or bedroll for sleeping on the ground. Choose a spot and sleep there all night.

_____ TE357 Set up a poncho shelter.

_____ TE358 Select a good location for a tent. With another person, erect a tent, take it down and fold it properly.

_____ TE359 Compare different kinds of tents. Learn about the advantages and disadvantages of various sizes, weights and materials. Explain to your family or group what you have learned.

_____ TE360 Show that you know how to adjust tent ropes during and after a rain.

_____ TE361 Make an outdoor hand washing station with soap, water and a washbasin.

_____ TE362 Learn how to light a gas lantern. Do this with an adult present. Explain how to care for a gas lantern.

_____ TE363 Set up an outdoor dish washing station. Include a place to wash, rinse and dry dishes and cooking utensils.

_____ TE364 Learn ways to keep food cool without ice. Use one of the methods on a camping trip.

_____ TE365 Demonstrate two different ways of purifying water.

_____ TE366 Plan and participate in some project to improve your campsite. Leave it better than you found it.

_____ TE367 Go for a two-mile hike in an established park or campground. Pick up trash along the way. Dispose of it properly.

_____ TE368 Lay a trail with a friend for a half-mile or more. Have two or more friends follow your trail. Follow a trail that has been laid by others with your friends.

_____ TE369 Draw a map of an outdoor place you use or visit often. Show on it the location of trees, plants, flowers and shrubs.

_____ TE370 Use a compass to find your way to a point at least one mile away.

_____ TE371 Use a map to locate a trail. Follow it for a distance agreed upon by you and an adult. Do this with an adult.

_____ TE372 Demonstrate two different ways to find the direction north.



_____ TE373 Learn the difference between magnetic and true north.

_____ TE374 Take and follow a bearing using a compass.

_____ TE375 Play a game using a compass. Do this with at least three other people.

_____ TE376 Go cross-country for a mile or more using a map and compass.

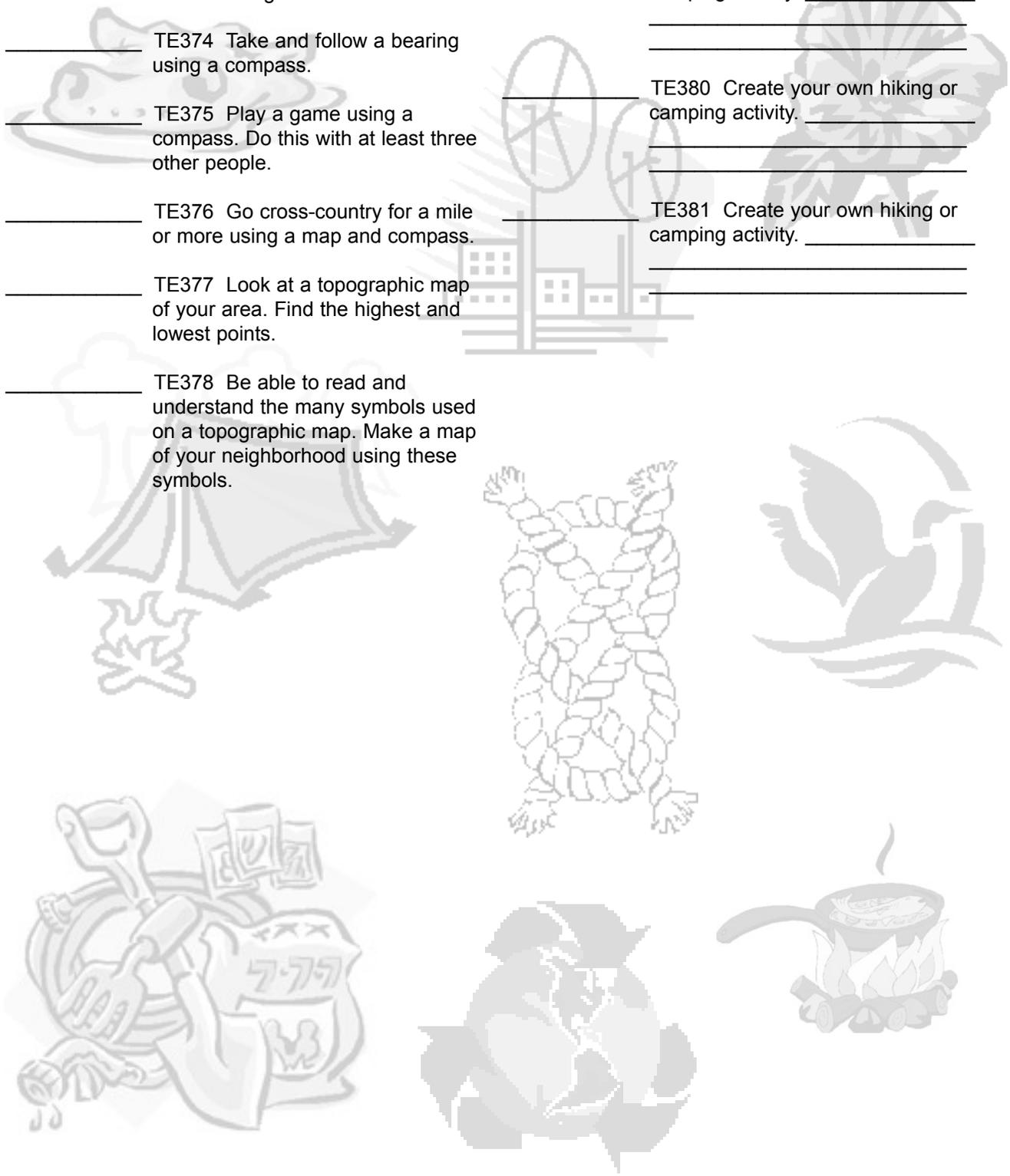
_____ TE377 Look at a topographic map of your area. Find the highest and lowest points.

_____ TE378 Be able to read and understand the many symbols used on a topographic map. Make a map of your neighborhood using these symbols.

_____ TE379 Create your own hiking or camping activity. _____

_____ TE380 Create your own hiking or camping activity. _____

_____ TE381 Create your own hiking or camping activity. _____



TRAIL TO THE FUTURE

Science Adventures

TF100 Visit a science museum. Share something you learned with your group.

TF101 Enter a project in a school or community science show or science fair.

TF102 Read the science section of a newspaper for a month. Or, subscribe to and read a science magazine regularly.

TF103 Create a science adventure activity.

TF104 Create a science adventure activity.

TF105 Create a science adventure activity.

Chemistry

TF106 Set up your own chemistry laboratory for performing simple experiments. Ask your science teacher to suggest equipment you need.

TF107 Tour the chemistry lab at a local high school or college. Ask what safety measures are taken during experiments.

TF108 Visit a chemical laboratory. Interview a chemist about the work he or she does.

TF109 Fill one small glass with cotton. Fill another glass the same size with water. Very slowly pour the whole glass of water into the glass full of cotton. All materials are made up of tiny specks called molecules. There are spaces between molecules. Because of these spaces, two glasses of materials can fit into one glass. Experiment with combining other materials besides cotton and water.

TF110 Choose a sheet of brightly colored construction paper. Collect some flat objects such as a key, a coin, a paper clip or a pair of scissors. Lay the sheet of paper in strong sunlight with the objects arranged on top of it. After a couple of hours, remove the objects from the paper. See the shadow pictures left on the paper. The sun's rays break down molecules of dye. Make different designs using this method.

TF111 Stir a few drops of ink into half a glass of water. Pour in a few drops of laundry bleach and stir again. Watch what happens. Bleach whitens or gets rid of color by giving off oxygen.

TF112 Test for starch. Starch contains carbon, hydrogen and oxygen. Get a bottle of iodine. Iodine turns purple when it touches things containing starch. Put a drop of iodine on small bits of mashed potato, apple, cereal, spaghetti and sugar to see which have starch in them.



TF113 Observe the size and characteristics of bubbles. Make a bubble solution with water, Ivory Snow®, and glycerin (two to four teaspoons of glycerin per quart of soap solution). Use a plastic six-pack ring for your bubble maker. Experiment with different shapes of bubble makers to see which work best.



TF114 Make invisible ink. Slowly add two tablespoons of table salt to an equal amount of hot water. Break a toothpick in half. Dip the wide end in your ink. Write a message on a sheet of paper. Let the message stand for a half hour or until it disappears. Rub over the sheet of paper with the side of a soft lead pencil. The pencil lead will color the salt particles or pieces.



TF115 Do this experiment with an adult present. Put a balloon over the mouth of a plastic bottle. Place the bottle in a pan of water. Heat the pan of water until the expanding air inflates the balloon.

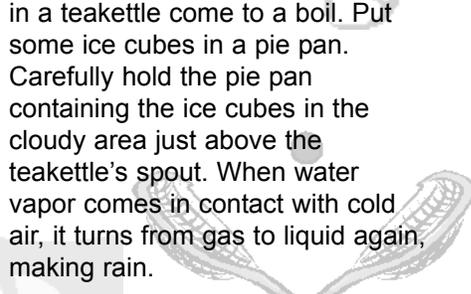


TF116 Make sugar crystals. With an adult present, let a cup of water come to a boil. Pour the water into a cup or mug. Slowly stir in $\frac{1}{4}$ cup sugar or more until no more sugar will dissolve in the water. Tie a string around a pencil. Lay the pencil across the cup so that the string hangs in the liquid. Allow one week for the crystals to form on the string.

TF117 Pour a tablespoon of vinegar into a glass of water. Add a tablespoon of baking soda. Drop three mothballs into the glass. Watch to see what the carbon dioxide gas you created does to the mothballs. You can also see carbon dioxide gas bubbles in carbonated beverages.



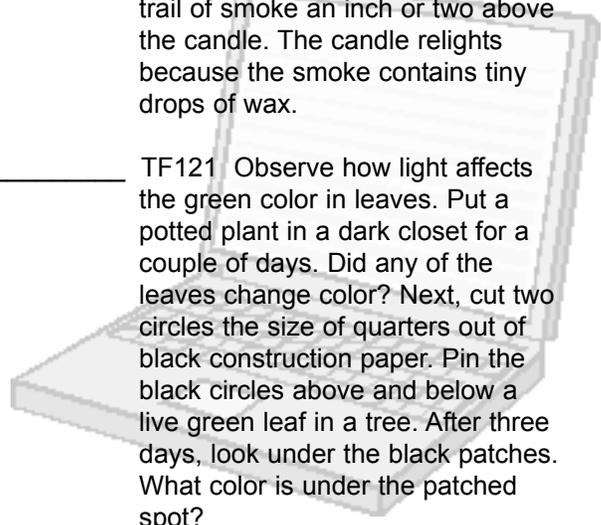
TF118 Discover why many fire extinguishers contain carbon dioxide. Do this with an adult present. Obtain a pint-sized jar with a lid. Pour one tablespoon of vinegar in the jar. Add one teaspoon of baking soda. Quickly cover the jar. When the bubbles stop forming in the jar, take the lid off. Light a wooden kitchen match. Lower the match into the jar.



TF119 Become a rainmaker. Do this with an adult present. Let water in a teakettle come to a boil. Put some ice cubes in a pie pan. Carefully hold the pie pan containing the ice cubes in the cloudy area just above the teakettle's spout. When water vapor comes in contact with cold air, it turns from gas to liquid again, making rain.



TF120 Do this experiment with an adult present. Put a candle and its holder in your kitchen sink. Light the candle with a wooden kitchen match. Hold the burning match away from the candle while you quickly blow the candle out. Smoke will come from the candle's wick. Bring the burning match into the trail of smoke an inch or two above the candle. The candle relights because the smoke contains tiny drops of wax.



TF121 Observe how light affects the green color in leaves. Put a potted plant in a dark closet for a couple of days. Did any of the leaves change color? Next, cut two circles the size of quarters out of black construction paper. Pin the black circles above and below a live green leaf in a tree. After three days, look under the black patches. What color is under the patched spot?

TF122 Tie a clear plastic bag over the leaves and stem of a plant. Set the plant in the sun for several hours. Observe what happens on the inside of the bag. Explain.

TF123 Put a green leaf in the bottom of a small jar. Pour enough rubbing alcohol in the jar to cover the leaf. The chlorophyll, or green coloring matter in the leaf, dissolves in the alcohol. After an hour, what color is the liquid? Take the leaf out of the jar. What color is the leaf? In the fall and winter, deciduous trees stop making chlorophyll. What happens to the color of leaves then?

TF124 Place pieces of moldy bread in four separate jars. Cover three of the jars. Put the uncovered jar and one covered jar in a warm, dark cupboard. Put the third jar in a refrigerator and the fourth in direct sunlight. Compare and explain the growth of the mold after several days.

TF125 Find out how plants use light, heat, water, oxygen and carbon dioxide to produce their own food. Make a poster that explains the process and explain it to your group.

TF126 Create an activity using chemistry. _____

TF127 Create an activity using chemistry. _____

TF128 Create an activity using chemistry. _____

Physics

TF129 Collect a variety of objects. Put them in water. See which float and which sink. Record your results.

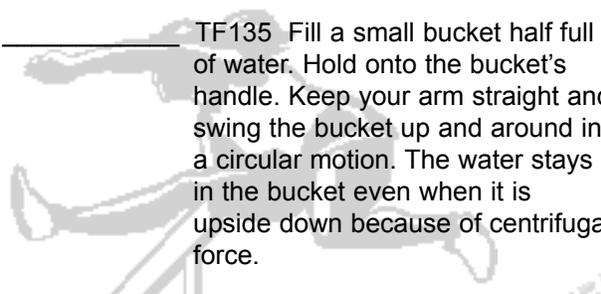
TF130 Bend a piece of wire hanger back and forth at one point. After several bends, feel the wire. It is hot because of friction. Experiment with other ways of producing heat through friction.

TF131 Sprinkle a small amount of talcum powder or cornstarch a few inches above a light bulb that is not lit. Notice what happens. Turn on the light bulb. Let it get hot. Sprinkle again. What does hot air do?

TF132 Find two objects to drop – a heavy object and a light one, such as a rock and a paper clip. Stand on a chair. Drop the two objects at the same time. Did they reach the ground at the same time?

TF133 Bend light rays. Fill a glass half full of water. Set a spoon in the jar at a slant. Hold the glass so that your eyes are level with the water line. Describe how the handle of the spoon looks. Light reflected from the spoon is bent as it goes from the air into water.

TF134 Place a small square of heavy cardboard on top of a drinking glass. Put a coin on top of the cardboard. Flick the cardboard from under the coin. The coin falls into the glass because of inertia. Experiment with other items to see how they fall into the glass.



TF135 Fill a small bucket half full of water. Hold onto the bucket's handle. Keep your arm straight and swing the bucket up and around in a circular motion. The water stays in the bucket even when it is upside down because of centrifugal force.



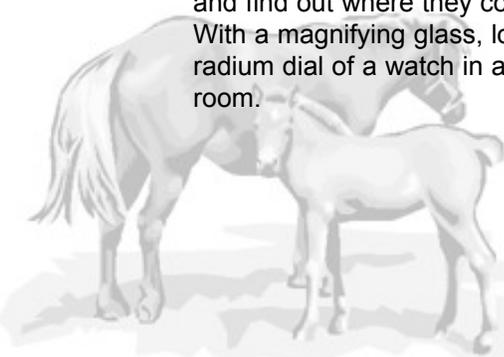
TF136 Make bottle top gears. Collect three bottle caps that are not bent. Use the kind of cap that must be removed by a bottle opener. Punch a hole through the center of each cap with a nail. Place them next to each other on a block of wood so they are touching. Put thin nails through the center holes. Tack them into the wood but allow the caps to still turn. Compare your gears with the gears of an eggbeater, clock and bicycle.



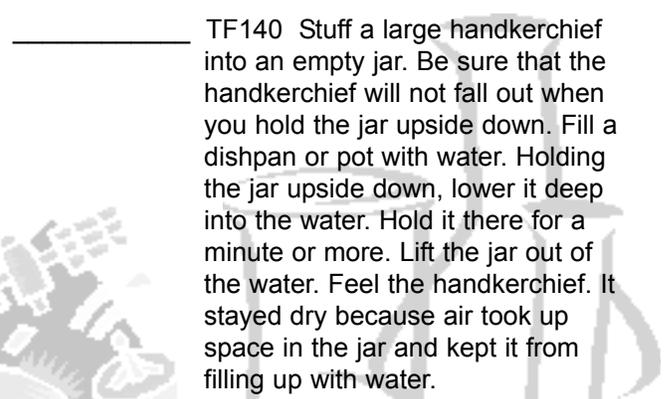
TF137 Cut a rubber band in two and tie one end to a support. Stretch the rubber band and pluck it with one finger. Pull it tighter and pluck it again. Note the change in pitch. Read about "pitch" and report your findings to the group.



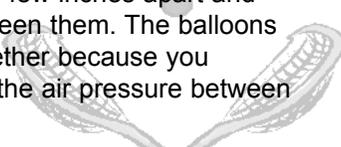
TF138 Read about X-rays and how they are produced. Visit a doctor's office, a dentist's office or a hospital to observe how X-rays are taken.



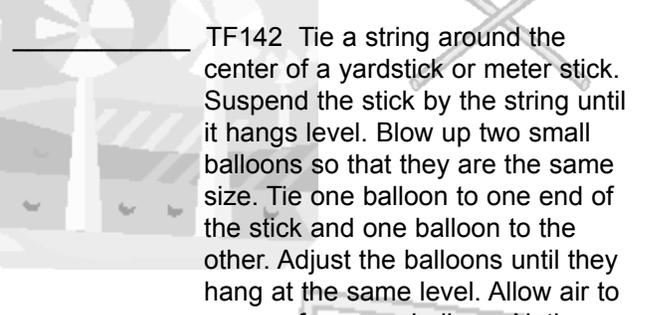
TF139 Read about cosmic rays and find out where they come from. With a magnifying glass, look at the radium dial of a watch in a dark room.



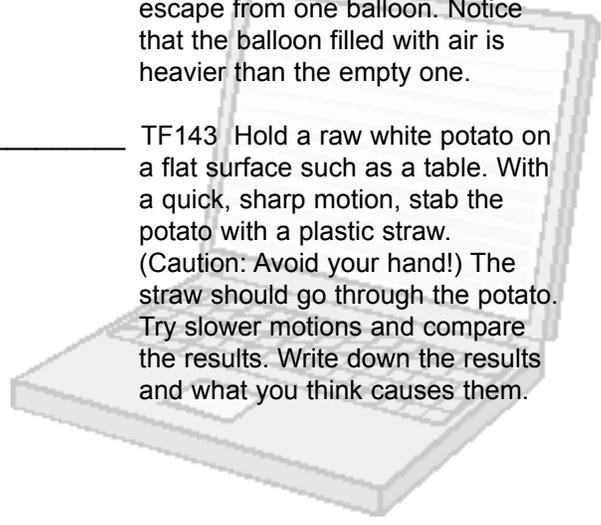
TF140 Stuff a large handkerchief into an empty jar. Be sure that the handkerchief will not fall out when you hold the jar upside down. Fill a dishpan or pot with water. Holding the jar upside down, lower it deep into the water. Hold it there for a minute or more. Lift the jar out of the water. Feel the handkerchief. It stayed dry because air took up space in the jar and kept it from filling up with water.



TF141 Blow up two identical balloons so they are the same size. Cut two pieces of string the same length. Tie a string around the knot on each inflated balloon. Hang the balloons a few inches apart and blow between them. The balloons move together because you decrease the air pressure between them.



TF142 Tie a string around the center of a yardstick or meter stick. Suspend the stick by the string until it hangs level. Blow up two small balloons so that they are the same size. Tie one balloon to one end of the stick and one balloon to the other. Adjust the balloons until they hang at the same level. Allow air to escape from one balloon. Notice that the balloon filled with air is heavier than the empty one.



TF143 Hold a raw white potato on a flat surface such as a table. With a quick, sharp motion, stab the potato with a plastic straw. (Caution: Avoid your hand!) The straw should go through the potato. Try slower motions and compare the results. Write down the results and what you think causes them.



TF144 Keep a record of the number of hours you watch television in one week. Figure out the average amount of time you spend watching television each day. Do this by dividing the total number of hours watched in one week by the number of days in a week.

TF145 Measure your height and weight at least once a week for 12 weeks. Record the measurements on a graph.



TF146 Record the temperatures on an outdoor thermometer each day at 8 a.m. and 4 p.m. for one week. Graph your daily readings.

TF147 Record the price of a favorite fresh fruit or vegetable at the grocery store for a four-week period. Compare the prices using a graph. Why do prices usually change? Ask the produce worker at the grocery store.



TF148 Visit an old cemetery with an adult. Copy from tombstones the birth dates and death dates of 12 people. Figure their ages at the time of death. Do this by subtracting the birth dates from the death dates. Look at an obituary column in a current newspaper. Compare life spans of people from the past to those of the present.

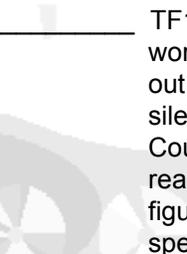


TF149 Make a shopping list of eight grocery items. Choose two stores in your community. Price the identical items at both stores. How much money would you save on your total bill by shopping at one store rather than the other?

TF150 Measure the length and width of a room in your home. Determine the area of the room by multiplying its length by its width. Your answer will be in square units.

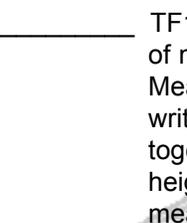
TF151 Record the odometer reading in the family car or truck every day for one week. Calculate the daily mileage and the weekly total traveled.

TF152 Look at your favorite cookie recipe. Determine the measurements of each ingredient if you doubled the recipe.



TF153 Determine how many words you read in one minute. Pick out a book. Have a friend time your silent reading for two minutes. Count the number of words you read. Divide the total by two to figure out your average reading speed in one minute.

TF154 Determine your typing speed. Pick out a magazine or newspaper article. Have a friend time you typing the article for two minutes. Count the number of words you typed. Divide the total by two to figure out your average typing speed in words per minute (wpm).



TF155 Figure the average height of members in your group or family. Measure each person's height and write it down. Add all heights together. Divide the total of the heights by the number of people measured.

TF156 Learn how to use the produce scales at your grocery store. Weigh at least two kinds of fruit or vegetables which sell "by the pound." Figure out how much each portion would cost if you bought it.

TF157 Find out what fossils are. Collect several different fossils from your community. Ask your teacher where to look. What do the fossils tell you about the geological history of your area?

TF158 Find out how gemstones are formed. Begin your own collection of gems.

TF159 Look at a bottle of warm carbonated beverage. The beverage is similar to magma because it is a liquid that contains gases. Open the bottle. What happens to the gas in the beverage when the pressure in the bottle is released? What forms at the top of the liquid? What you see is similar to volcanic lava. Using an encyclopedia, find out what kinds of lava may be formed by a volcano.

TF160 Find out how igneous rocks are formed. Do this with the help of an adult. Slowly heat a tablespoon of powdered sulfur until it is a dark red liquid. Pour the melted sulfur into a paper cup of cold water. After the sulfur has cooled and hardened, look at it closely.

TF161 Cut out pictures in newspapers and magazines that show different uses of rocks in and around homes. Pictures may include outdoor fireplaces, planters, sidewalks, floors, tabletops, fountains or driveways. Make a collage using your pictures.

TF162 Start your own rock collection. Pick up interesting rocks where you live and where you travel. Label your rocks and display them.

TF163 Create an activity using physics.

TF164 Create an activity using physics.

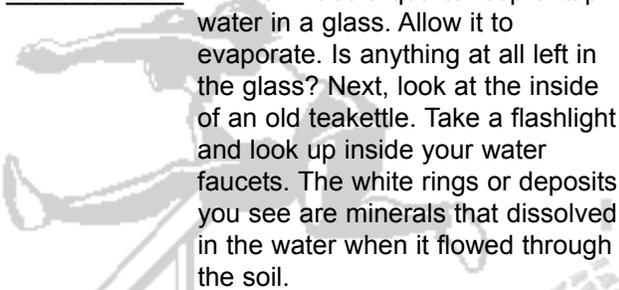
TF165 Create an activity using physics.

Water

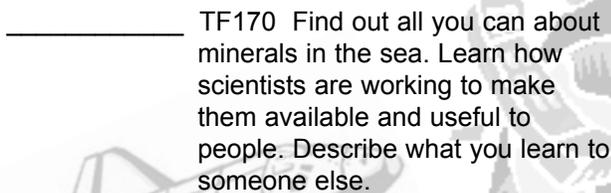
TF166 Leave a lettuce leaf out in the air for several days. How does it change in appearance? Lettuce, like most other green vegetables, is 95 percent water. What do you think happened to the water in the lettuce leaf? Soak some slightly wilted lettuce in a pan of water and watch what happens.

TF167 Find out what percentage of the human body is water. Research how humans use the water in their bodies and how much water the average person needs per day.

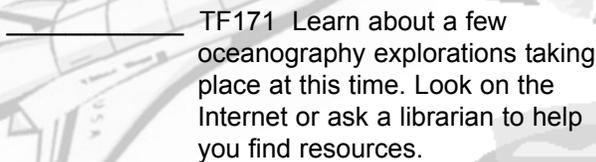
TF168 Visit your local water utility service. Describe to your group the source, quality and amount of water needed for your community.



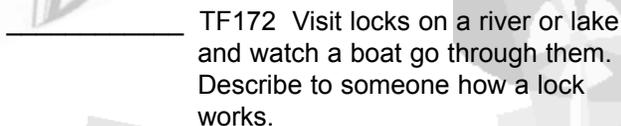
TF169 Place a quarter cup of tap water in a glass. Allow it to evaporate. Is anything at all left in the glass? Next, look at the inside of an old teakettle. Take a flashlight and look up inside your water faucets. The white rings or deposits you see are minerals that dissolved in the water when it flowed through the soil.



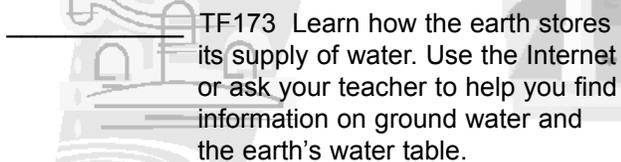
TF170 Find out all you can about minerals in the sea. Learn how scientists are working to make them available and useful to people. Describe what you learn to someone else.



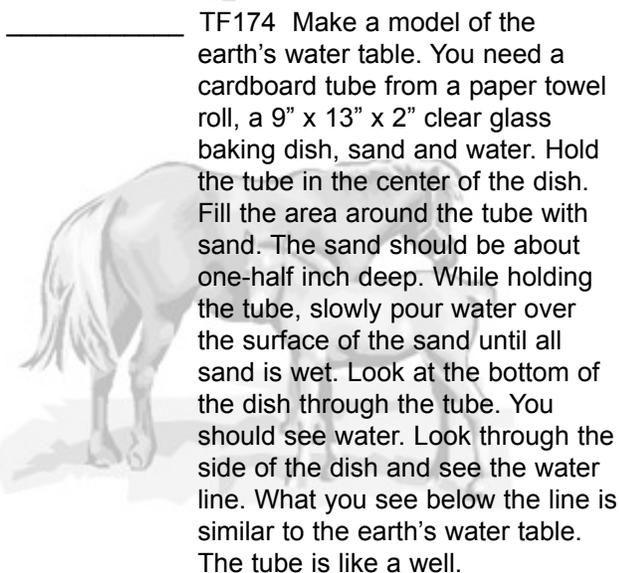
TF171 Learn about a few oceanography explorations taking place at this time. Look on the Internet or ask a librarian to help you find resources.



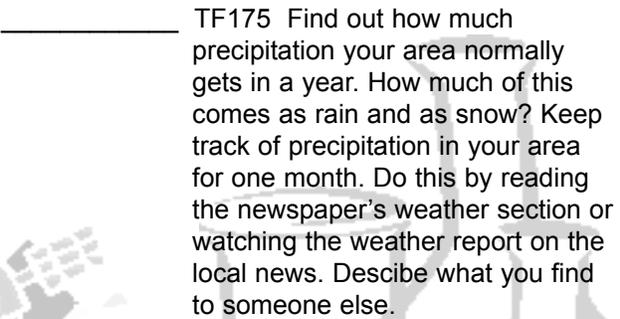
TF172 Visit locks on a river or lake and watch a boat go through them. Describe to someone how a lock works.



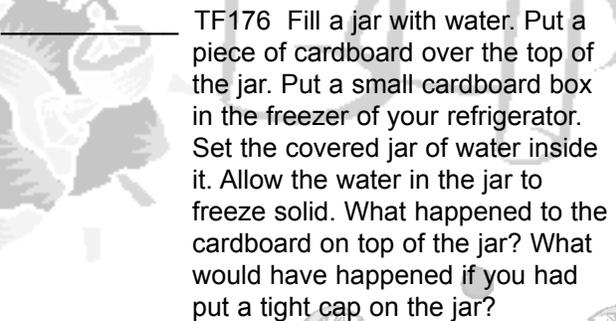
TF173 Learn how the earth stores its supply of water. Use the Internet or ask your teacher to help you find information on ground water and the earth's water table.



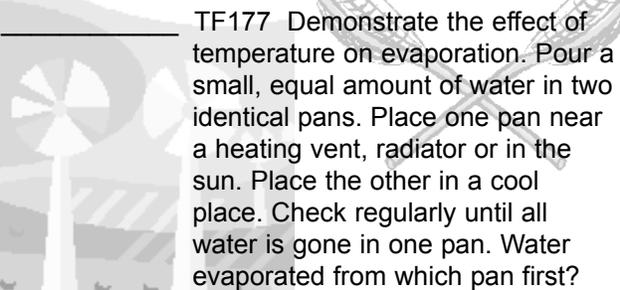
TF174 Make a model of the earth's water table. You need a cardboard tube from a paper towel roll, a 9" x 13" x 2" clear glass baking dish, sand and water. Hold the tube in the center of the dish. Fill the area around the tube with sand. The sand should be about one-half inch deep. While holding the tube, slowly pour water over the surface of the sand until all sand is wet. Look at the bottom of the dish through the tube. You should see water. Look through the side of the dish and see the water line. What you see below the line is similar to the earth's water table. The tube is like a well.



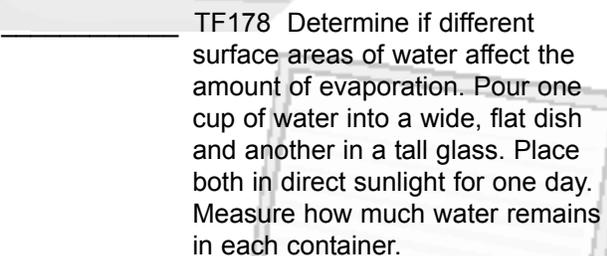
TF175 Find out how much precipitation your area normally gets in a year. How much of this comes as rain and as snow? Keep track of precipitation in your area for one month. Do this by reading the newspaper's weather section or watching the weather report on the local news. Describe what you find to someone else.



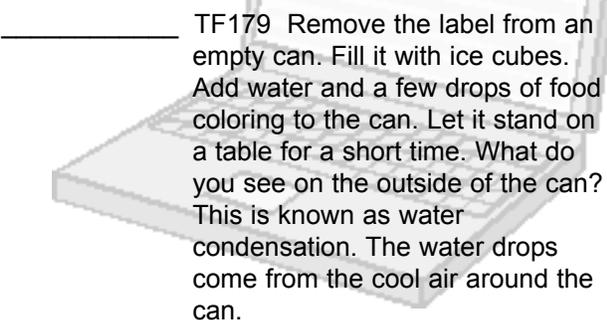
TF176 Fill a jar with water. Put a piece of cardboard over the top of the jar. Put a small cardboard box in the freezer of your refrigerator. Set the covered jar of water inside it. Allow the water in the jar to freeze solid. What happened to the cardboard on top of the jar? What would have happened if you had put a tight cap on the jar?



TF177 Demonstrate the effect of temperature on evaporation. Pour a small, equal amount of water in two identical pans. Place one pan near a heating vent, radiator or in the sun. Place the other in a cool place. Check regularly until all water is gone in one pan. Water evaporated from which pan first?



TF178 Determine if different surface areas of water affect the amount of evaporation. Pour one cup of water into a wide, flat dish and another in a tall glass. Place both in direct sunlight for one day. Measure how much water remains in each container.



TF179 Remove the label from an empty can. Fill it with ice cubes. Add water and a few drops of food coloring to the can. Let it stand on a table for a short time. What do you see on the outside of the can? This is known as water condensation. The water drops come from the cool air around the can.

TF180 Make a snow gauge. Choose a large, wide-mouthed can. Run a strip of white adhesive tape down the side of the can. Mark inches and half inches on the tape. Put the gauge outside in an open area when snow is expected. Measure the snow collected in the can.

TF181 Scoop ten inches of snow into your snow gauge. Let it melt. How many inches of water are left? Generally, ten inches of snow equal one inch of water.

TF182 Fill a glass jar with cold water. Fill an identical jar with hot water. Add a few drops of food coloring to the jar containing hot water. Cover the cold water jar with a piece of cardboard; turn it upside down over the other jar in a sink. Make sure the mouths of the jars line up evenly. Carefully pull the cardboard out. Observe how the cold water sinks and the hot water rises.

TF183 Produce your own ocean waves. Fill a large container such as a dishpan with water. Wait until the top of the water is smooth. Float a cork in the middle of the water. Put your mouth nearly level with the water. Blow in different ways – short puffs and strong, steady puffs. What happens to the cork?

TF184 Determine if ships can carry a heavier load in river water or salty ocean water. Fill two containers with water. Dissolve table salt in one of the bowls until no more will dissolve. Compare the loads of sand a toy boat can carry in the “river” water and the salty “ocean” water.

TF185 Learn about the surface tension of water. Using a table fork as a carrier, carefully place a needle on the surface of water in a dish. The needle will float even though it is heavier than the water it displaces. Dip a piece of soap in the dish. Soap reduces surface tension. What happens to the floating needle?

TF186 Create an activity using water.

TF187 Create an activity using water.

TF188 Create an activity using water.

Air and Space

TF189 Visit a weather station or TV station and learn how the weather is predicted.

TF190 Visit a local observatory to look at the moon through a telescope. What new things did you learn?

TF191 Read about hot air balloons and how they work. Visit a hot air balloon show. Observe the different sizes of balloons, distances and weight of the balloons.

TF192 Read about the space program. Make a list of products we use daily which have resulted from space research.

_____ TF193 Read about space projects – Project Mercury (1958-1963), Project Gemini (1964-1966) or Project Apollo (1966-1972). Share the most interesting facts with the group.

_____ TF194 Read about America's first woman astronaut. What was her name and what year did she make her first flight into space?

_____ TF195 Read about Charles Lindbergh, Orville and Wilbur Wright or Amelia Earhart. Report your findings to the group.

_____ TF196 Visit an aerospace museum. Share the most interesting facts with the group.

_____ TF197 Draw or paint pictures showing important historical events in aviation.

_____ TF198 Make a picture book of airplanes that have different purposes or uses. Label each plane by name.

_____ TF199 Figure out how much you and the members of your group or family would weigh on the moon. The moon's gravity is about one-sixth of the earth's gravity. Record your weight and the weights of the others. Divide each by six.

_____ TF200 Find two marbles that are the same size. Put one marble on the floor across the room. Hold the other marble close to your eyes. Which marble looks bigger? Why does the moon look so much bigger than the stars?

_____ TF201 Obtain two identical sheets of paper. Crumple one up in a ball. Drop the two pieces of paper at the same time. Observe the effect of air resistance on the flat sheet of paper. How does it affect the rate of fall?

_____ TF202 Make two stacks of books about 18" high. Suspend a piece of notebook paper loosely between the two piles of books. Blow across the top of the paper to demonstrate "lift."

_____ TF203 Thread a piece of lightweight wire through a straw. Tie the ends of the wire to objects on either side of a room. Make sure the wire is taut or tight. Inflate a balloon. Tape the sides of the balloon to the straw. Release the air from the balloon. Watch its movement. The escaping air provides "thrust."

_____ TF204 Collect lightweight materials: cotton, hair, dandelion seed or milkweed seed. On a breezy day, let the items float away in the wind. Humans used lightweight craft for flight. Can you name some of these?

_____ TF205 Give or write a brief biography about an American astronaut or other space scientist. Be sure not to copy it word for word from a book or the Internet.

_____ TF206 Watch a man-made satellite in the sky. Report the location where it first appears and the direction in which it moves. Tell in what ways a satellite is an aid to science.

_____ TF207 Ask your teacher or librarian to help you find directions for building a simple sundial. Build one. Show your sundial to others. Explain how it works.

_____ TF208 Make a "pictionary," using pictures to explain aerospace terms. Draw pictures or collect them from old magazines.

_____ TF209 Read about Skylab, the experimental space station. Write a story about life aboard Skylab.

_____ TF210 Choose five items you would send to an inhabitant of another planet. Write a letter to the inhabitant explaining the use of each item. Explain why you chose them.

_____ TF211 Pretend you are a passenger on the Space Shuttle. What will you do when you get to your destination? Write a story about it.

_____ TF212 Make a list of space-related terms. Create a crossword puzzle using the terms. Let a friend solve the puzzle.

_____ TF213 Create an air and space activity. _____

_____ TF214 Create an air and space activity. _____

_____ TF215 Create an air and space activity. _____

Energy

_____ TF216 Read about windmills. What have windmills been used for in the past? What are they used for in the present?

_____ TF217 Observe a windmill in operation. Interview its operator to find out more about how it works.

_____ TF218 Visit a local utility company such as the gas company or the electric company. Find out how energy in the form of gas or electricity reaches your home.

_____ TF219 Visit a power dam or collect pictures and information on power dams. Exhibit your information and materials.

_____ TF220 Visit an oil or gas field. Find out how the product is removed, transported, sold and used.

_____ TF221 Find out how nuclear energy is generated. Visit a nuclear power plant if possible.

_____ TF222 Demonstrate that evaporation causes a decrease in temperature. Dampen the back of your hand with a few drops of rubbing alcohol or water. Feel the cooling sensation. Fan the dampened area. Observe that fanning increases the speed of evaporation and decreases the temperature. Experiment with different kinds of liquids to find out which one evaporates the quickest. Explain how people can use the cooling effect of evaporation on a hot summer day.

_____ TF223 Produce static electricity. Blow up a balloon. Rub it against a piece of wool cloth. What happens when you hold the balloon close to your hair? Or, try a piece of dry lightweight cereal.

_____ TF224 Put an equal amount of ice into two small juice glasses. Place one of the glasses in a larger glass jar and cover the jar with a lid. Compare the time required to melt the ice in each glass. How is the larger glass jar like a storm window or a storm door?



TF225 Interview a person at least 70 years of age to find out the answer to the question: "What different kinds of energy did you use when you were my age?" Consider things such as lighting, heating, transportation and refrigeration.



TF226 Interview an electrician. Make an appointment ahead of time. Prepare a list of questions to ask the electrician. For example, you might want to ask if there are any dangers when working with electricity.



TF227 Interview an electrical engineer about his or her job. Plan ahead. Make an appointment with the engineer. Prepare a list of questions you would like to ask. For example, you might want to know what responsibilities the engineer has or what training is required for this career.



TF228 Find out how a fossil fuel such as coal, oil or gas is formed. Make a poster to show how it is created. Find out how long the supply of fossil fuels is likely to last.



TF229 Find two identical metal cans. Paint one with flat black paint. Polish the outside of the other one with steel wool. Put equal amounts of water in both cans. Place the cans in sunlight. Record the temperature of the water in each can several times during the day. Which metal can heated up faster?



TF230 Test insulation materials. Fill two small jars with water of the same temperature. Set one inside a larger container. Place both in the sunlight. During the day, record the changes of temperature in the water. In the next few days repeat the experiment, changing one thing. Fill the air space between the small and larger container with different materials such as sawdust or sand.



TF231 Discover the heat of radiation. Do this experiment with an adult present. Put a piece of black construction paper on the ground in direct sunlight. Focus sunlight through a magnifying glass onto the black paper. Be careful! The paper may burst into flame.



TF232 Get a booklet from your electric service company that explains how to read your electric meter. Read your electric meter every day at the same time for one week. Record the number of kilowatt-hours used each day. Figure the total number of kilowatt-hours used in one week.



TF233 Imagine how different your life would be if electricity had not been discovered. Write a story that describes a day in your life without electricity.



TF234 Tour a plant or factory that assembles or makes planes, cars, trucks, railroad cars or other vehicles. Describe to someone else what you learned.



TF235 Travel by plane, train or boat. Observe all you can about the vehicle's construction and operation. Give a report or write a log of your trip.

TF236 Read about the usefulness of the space shuttle as a transportation system. Report your findings to the group.

TF237 Tell some legends or stories about humans' early attempts to fly. Or, tell stories about the early history of the railroads, automobiles, power ships, submarines or space capsules.

TF238 Go on an excursion to a dock or freight wharf. Observe workers and machines at work. Explore the interior of a cargo or passenger vessel if possible.

TF239 Visit a lighthouse or airport. Find out how beacons work. Describe to someone else what you learned.

TF240 Find out about rapid rail mass transit systems. Rapid rail systems are found in San Francisco, Chicago, Boston, Philadelphia, Washington, D.C., Atlanta, and New York. What are the advantages of these systems in large cities? What are the disadvantages?

TF241 Visit a city with a mass transit system if you do not live in a city that has one. Get a map showing the mass transit routes. Pick a destination. Travel to your destination using the mass transit system.

TF242 Keep a journal of all your uses of transportation for one week. Decide if you can cut back on your use of the kinds of transportation that use limited energy sources such as gasoline.

TF243 Pretend you are going from your hometown or the biggest city near you to another city in the U.S. Find out the time and cost to make the trip by bus, train and airplane. Which is the cheapest means of transportation? How long will it take to make the trip using these different methods of transportation?

TF244 Look at a road map of your state. Identify one or more U.S. highways or interstates that go through your community. If your community does not have a U.S. highway or interstate, locate the one nearest you. List several other communities located on these U.S. highways or interstates. Figure out how long it would take to travel to these towns. Use the mileage scale on the map.

TF245 Call Amtrak's toll-free number. Ask this passenger train company to send you a map that shows where its trains run. (You may prefer getting an Amtrak map at a travel agency). Mark the route of a trip you would like to take. Figure or find out the cost of the trip on Amtrak.

TF246 Interview a car salesman. Find out what kind of safety equipment has been added to automobiles over the years.

TF247 Create an activity to learn more about energy. _____

TF248 Create an activity to learn more about energy. _____

TF249 Create an activity to learn more about energy. _____

Sky and Stars

TF250 Read about clouds. Draw pictures of different types of clouds. Use white chalk or crayon on blue paper. Label each cloud type.

TF251 Draw a picture of the rain cycle. Show what causes rain to fall, what happens to rain when it hits the earth's surface and how moisture returns to the atmosphere again.

TF252 Make a weather station in your backyard with a rain gauge and barometer. Record the daily rainfall, temperature and sky conditions for two weeks.

TF253 Find the weather page in your newspaper. Keep a record of the temperature in different sections of the country for a week. Point out the changes and differences.

TF254 Explain the formation of rainbows, rings around the moon and the colors of a sunset. Draw a picture of one of these that you observe.

TF255 Read about the North Star or Pole Star. Learn a legend about it that is told by people of a different culture. Know how to locate it in the sky.

TF256 Make a sketch of the Big Dipper, the North Star and the horizon line early some evening. Six hours later on the same night, do the same thing again. Record the date and time of each sketch. Compare your sketches. Explain any changes.

TF257 Find a dark room for your experiment. Pretend that your flashlight is the sun. Imagine that a basketball or soccer ball is the earth. Shine your flashlight directly on the ball. Have a friend turn the ball or "earth." See how the day follows the night for people living in different parts of the world.

TF258 Draw the planets on a chart to show their relative size.

TF259 Define the following words: asteroid, meteor, comet and shooting star. Explain the terms to your group.

TF260 Visit a business or home which uses solar energy as a source of heat. Have someone explain to you how the system works.

TF261 Invite a local utility representative to your group to discuss ways to conserve energy at home. Make a list of questions to ask.

TF262 Create an activity to learn more about the sky and stars. _____

TF263 Create an activity to learn more about the sky and stars. _____

TF264 Create an activity to learn more about the sky and stars. _____

Business

TF265 Compare the price of two different brands of the same product. Check quantity, ingredients and claims made about each product. Tell why you would decide to buy one brand and not the other.

TF266 Request information from three different stores about an item you are interested in buying. Make a chart before you start to record your information. Decide which store you would probably purchase from.

TF267 Find out about taxes in your community. Compute the sales tax for three items of different prices.

TF268 Make a reservation for your family or a group of friends at a restaurant. After the meal, figure the tip and pay the bill.

TF269 Write a business letter to request information about a product or a service. Use correct style and state your request clearly.

TF270 Write a business letter stating your dissatisfaction with a product or a service. Use correct business style and state what happened clearly.

TF271 Buy a product that includes a manufacturer's rebate coupon. Send in the coupon for your rebate, following the instructions for what to include to get the refund.

TF272 Learn about mailing packages from various sources such as UPS, US Postal Service and Federal Express. Are the costs different? Why? Make a chart comparing the sources using a computer.

TF273 Buy an item from a mail order catalog. Fill out the order form with the correct information. Check your order when it arrives.

TF274 Fill out and send in the warranty or purchase registration card for an item you or your family purchases. Write down all of the requested information and keep a copy of the warranty and purchase receipt.

TF275 Swap your services for something you want. Make a deal with a family member, neighbor or friend to do a certain amount of work in return for an item or a privilege. Write up your agreement and have both parties sign it. Follow through on your agreed work.

TF276 Clip coupons from magazines and newspapers. Organize them in a file so you can find what you need. Use coupons on several different shopping trips.

TF277 Compare prices between convenience stores and full line grocery stores. Look at the prices for ten food items your family uses frequently. Decide which is the best place to buy certain foods. Share this information with your family.

TF278 Visit a food cooperative. Find out how it operates. Compare prices with the grocery store your family regularly uses.

TF279 Compare prices for three different brands of the same food at the same grocery store. Help select foods for your family or a group outing that are most economical.

TF280 Watch television at different times of the day for one week. Record what kinds of products are advertised at different times such as prime time evening hours, Saturday mornings and weekday afternoons. Decide whom you think the advertisers are trying to get to buy their products.

TF281 Write and illustrate your own ad for a product you use. Include the information you would like to know about a product before you buy it.

TF282 Review your purchases over the past month. Describe which purchases were good choices and which were less than satisfactory. Discuss with your group how you can make better choices as a consumer.

TF283 Imagine that you have \$500 to spend. Go to a store and choose the items you would buy. Add up the prices of all your purchases, add sales tax and see how close you can come to exactly \$500.

TF284 With your parents' permission order something off the Internet. Explain the safety procedures.

TF285 Serve on the purchasing committee for a group event. Make a shopping list of the supplies needed for the event. Know how much you have to spend. Keep receipts of all your purchases. Make a financial report to your group.

TF286 Create an activity to learn more about business.

TF287 Create an activity to learn more about business.

TF288 Create an activity to learn more about business.

Communications

TF289 Visit a radio or television station. Have an engineer explain how the station receives and transmits programs.

TF290 Visit a telecommunications company. Learn how calls are made. Explain to your group how cell phones transmit calls.

TF291 Visit an amateur radio station or ham radio operator. Find out about the broadcast frequency. Look at the ham operator's log.

TF292 Ride with someone whose car or truck is equipped with a CB (Citizen's Band) radio. Learn the usefulness of a CB. Talk to someone over the CB radio using some of the CB slang.

TF293 Learn Morse Code. Make up some messages in code. Teach these to a friend. Use flashlights after dark to send each other messages.

TF294 Learn about letter flags on ships. Spell your name using letter flags.

_____ TF295 Prepare and tape record a mock radio broadcast with homemade mechanical sound effects. Play your broadcast for your group.

_____ TF296 Write and then send a telegram to a friend or relative.

_____ TF297 Make a crystal radio set.

_____ TF298 Create an activity to learn more about communications. _____

_____ TF299 Create an activity to learn more about communications. _____

_____ TF300 Create an activity to learn more about communications. _____

SPORTS FOR YOU

Archery

_____ TF301 Learn about the U.S. National Archery Association® and the services and information it provides.

_____ TF302 Learn and demonstrate safety rules and precautions for archery as they apply to your equipment, your audience and yourself.

_____ TF303 Learn and demonstrate the parts of the bow and arrow. Explain the scoring values of different colored circles on the target.

_____ TF304 Learn and demonstrate the proper method of drawing arrows from the target and scoring.

_____ TF305 Learn and demonstrate how to find the point of aim. Tell why your aim changes as you move toward or away from the target.

_____ TF306 Create and use an archery target that you made.

_____ TF307 Contact a local division of the U.S. National Archery Association® and attend a competition.

_____ TF308 Earn any of the ratings recognized by the U.S. National Archery Association®.

_____ TF309 Participate in an archery competition or tournament.

Baton Twirling

_____ TF310 Learn about the U.S. Twirling Association® and the services and information it provides.

_____ TF311 Learn and demonstrate the correct way to hold a baton.

_____ TF312 Learn and demonstrate three basic twirls.

_____ TF313 Learn two new baton twirling skills.

_____ TF314 Learn two new baton throws.

_____ TF315 Create and perform a baton twirling routine.

_____ TF316 Join a baton twirling team and practice with this team for at least a month.

_____ TF317 Participate in a baton twirling competition, talent show or performance.

TF318 March in a parade with your baton twirling team, solo, or as a pair.

Cycling, BMX and Mountain Biking

TF319 Learn about the U.S. Cycling Federation® and/or the American Bicycling Association® and the services and information they provide.

TF320 Learn and demonstrate your ability to maintain your bike in proper working order.

TF321 Learn and demonstrate how to make minor adjustments and repairs such as raising seat and handle bars, changing a flat tire, patching an inner tube and mounting a chain and oiling bike parts.

TF322 Create a chart explaining the differences between a mountain bike, BMX and different kinds of racing bicycles.

TF323 Learn and demonstrate five important safety practices for bike riding.

TF324 Learn about different kinds of bicycle helmets, their uses and demonstrate how to fit a helmet.

TF325 Learn about different kinds of safety equipment used in mountain biking, BMX racing and other kinds of racing bicycles. Use the correct safety equipment at all times.

TF326 Participate in a bicycle safety project at your school or in your community.

TF327 Help organize and assist with a bicycle safety project at your school or in your community.

TF328 Participate in a cycling, mountain bike or BMX competition.

TF329 Set a goal and practice to meet that goal to improve your time or performance in a competition.

Bowling

TF330 Learn about the American Bowling Congress® and/or U.S.A. Bowling® and the services and information they provide for amateur bowlers.

TF331 Learn and demonstrate how to select and fit a bowling ball.

TF332 Learn and demonstrate how to score a game of bowling and keep score for several games.

TF333 Demonstrate how to approach the foul line and deliver the ball. Do this correctly several times.

TF334 Set a goal to improve your score in bowling. Practice to meet this goal.

TF335 Participate in a bowling tournament.

Cheerleading

TF336 Learn about the American Association of Cheerleading Coaches and Advisors® and the services and information they provide.

TF337 Learn and demonstrate five important safety practices when working with throws, catches, and pyramids.

TF338 Learn and practice three new cheerleading jumps or other stunts.

TF339 Make up an original routine to the words of a favorite cheer. Practice your routine until you can perform it easily.

TF340 Teach a cheerleading routine to some friends. Practice the routine together until all can perform it as a team.

TF341 Attend an organized cheerleading clinic or participate in a cheerleading competition.

Golf

TF342 Learn about the American Junior Golf Association® and the services and information they provide youth.

TF343 Complete a beginning golf class from a golf club or community school program.

TF344 Learn and demonstrate the parts of the golf club and different kinds of golf clubs and their uses.

TF345 Learn how to score a golf game, and keep score for several games.

TF346 Practice putting at a miniature golf course or putting green.

TF347 Practice regularly at a driving range.

TF348 Set a goal to improve your golf score. Practice regularly to meet your goal.

TF349 Research the history of game of golf. How has the game or the equipment changed over the years? Explain what you have learned to an adult.

TF350 Caddy for several golf games and learn the job duties of a caddy.

TF351 Contact the Professional Golf Association® or the Women's Professional Golf Association® and attend a golf tournament in your area.

Gymnastics

TF352 Demonstrate several stretching and limbering exercises to use before participating in gymnastics. Do these regularly.

TF353 Learn the proper way to spot several gymnastic stunts. Be a spotter several times.

TF354 Demonstrate your ability to perform correctly three tumbling skills, such as forward or backward rolls, handstand, cartwheel, or handspring.

TF355 Learn two basic stunts on a piece of gymnastic equipment. Make sure a spotter is present.

TF356 Make up a gymnastics routine. This might be a tumbling or floor exercise routine or a routine performed on a piece of equipment.

TF357 Perform three stunts on a trampoline. Make sure a spotter is present.

Horsemanship

TF358 Choose at least two breeds of horses and contact those national horse registries to find out more information about the history and modern uses of the breed.

TF359 Learn and demonstrate how to distinguish several breeds of horses.

TF360 Create and share a display with pictures about horses describing their appearance, traits, characteristics and special uses.

_____ TF361 Learn and demonstrate how to approach, catch, lead and tie a horse.

_____ TF362 Learn and demonstrate how to saddle and bridle a horse.

_____ TF363 Learn and demonstrate the differences between English, Western, and Australian tack.

_____ TF364 Mount and ride a horse, using a walking gait, for at least 100 yards and dismount.

_____ TF365 Learn and wear appropriate safety head protection when riding.

_____ TF366 Learn and demonstrate how to feed and water a horse.

_____ TF367 Learn and demonstrate proper grooming techniques.

_____ TF368 Learn and demonstrate how to figure the height of a horse by "hands."

_____ TF369 Learn and demonstrate how to ride correctly at a trot, canter and gallop.

_____ TF370 Learn and demonstrate how to ride on the correct lead.

_____ TF371 If you usually ride English, learn about two different types of riding events that are used in Western.

_____ TF372 If you usually ride Western, learn about two different types of riding events that are used in English.

_____ TF373 Learn about trail riding, what to bring on a trail ride, and locate two good trails in your area for a trail ride.

_____ TF374 Participate in an event at a horse show.

Riflery

Note: Riflery activities are recommended for a shooting range. Always have an adult present.

_____ TF375 Explain safety rules and precautions for shooting a rifle. Show how to safely load, unload and store a rifle.

_____ TF376 Learn and demonstrate two body positions for holding and shooting a rifle.

_____ TF377 Set a goal to improve your shooting score. Practice regularly to meet your goal.

_____ TF378 Participate in a rifle competition.

Skating

_____ TF379 List important safety rules for in-line skating, skateboarding or ice-skating. Demonstrate the proper care and storage of skates and board.

_____ TF380 Learn what protective equipment should be worn for in-line skating or skateboarding. Wear this equipment when you skate or skateboard.

_____ TF381 Demonstrate your ability to skate forward and backward and stop on ice-skates or in-line skates.

_____ TF382 Learn to go in a straight line and to turn on a skateboard. Practice until you can perform these skills easily.

_____ TF383 Skate forward and backward in dance position with a partner either using ice-skates or in-line skates.

_____ TF384 Perform two ice-skating, in-line skating or skateboarding stunts.

_____ TF385 Participate in an in-line skating, skateboarding or ice-skating show, competition or demonstration.

_____ TF386 Play two games on ice skates or in-line skates.

_____ TF387 Put an ice-skating routine to music. Perform your routine for friends, family or your group.

_____ TF388 Show a younger child basic ice-skating, in-line skating or skateboarding skills.

_____ TF389 Help plan and carry out a party where everyone has an opportunity to skate or skateboard. Be sure everyone observes and practices the safety rules.

_____ TF390 Learn two skateboard stunts that are new to you. Practice them until you can perform them with ease.

Skiing

_____ TF391 Demonstrate how to maneuver on downhill skis. Show how to stop, traverse, step up a slope and turn around in place.

_____ TF392 Ski down a slope using correct techniques. Make several connected snowplow, wedge or parallel turns. Do this several times.

_____ TF393 Learn the meaning of trail markers telling the difficulty of different slopes. Learn how to read a trail map.

_____ TF394 Ski cross-country using correct techniques for different kinds of terrain, including skiing on the flat, uphill and downhill.

_____ TF395 Demonstrate how to care for ski equipment. Explain how to fit ski equipment to your size and skill level.

_____ TF396 Wax your own cross-country skis. Do this several times. Demonstrate your knowledge of what wax to use for different snow conditions.

_____ TF397 Act out what to do for an accident or emergency while skiing. Know about the proper clothing to wear for downhill or cross-country skiing.

Track and Field

_____ TF398 Set a goal to improve your performance in a track or field event. Record your times or distances. Practice regularly to meet your goals.

_____ TF399 Demonstrate the proper method to warm up and cool down before and after a track or field event.

_____ TF400 Participate in a track and field event. Compete in or help run the competition.

_____ TF401 Compete in a run open to the public such as a 10-kilometer or fun run.

_____ TF402 Volunteer to help at a checkpoint for a race.

_____ TF403 Learn skills required in two different track events.

_____ TF404 Learn skills required for two different field events.

_____ TF405 Learn about triathlons in your area. Observe one.

_____ TF406 Create your own activity in an individual sport. _____

_____ TF407 Create your own activity in an individual sport. _____

_____ TF408 Create your own activity in an individual sport. _____

PLAY WITH OTHERS

Badminton

_____ TF409 Know the rules for playing and scoring badminton. Play several games observing these rules.

_____ TF410 Demonstrate the correct way to serve in badminton. Serve several times using proper technique.

_____ TF411 Put up a badminton net and mark off the playing court correctly. Take down the net after playing and store properly. Do this several times.

Baseball/Softball

_____ TF412 Demonstrate the correct stance and way to hold a bat to hit and bunt. Show the proper way to catch and throw a baseball or softball.

_____ TF413 Demonstrate correct pitching techniques for slow or fast pitch softball.

_____ TF414 Teach someone how to catch, throw and bat.

_____ TF415 Explain the proper care of baseball or softball equipment. Set up a field for play. Do this several times.

Basketball

_____ TF416 Set a goal to improve your average in making baskets. Practice to meet your goal.

_____ TF417 Demonstrate your ability to perform the following basketball skills: dribbling, shooting, passing and guarding.

_____ TF418 Learn a drill to help you improve a particular ball handling skill. Do your drill regularly until you can perform this skill easily.

_____ TF419 Explain the rules of basketball to someone who is unfamiliar with the sport. Explain different kinds of fouls and the penalties involved.

Football

_____ TF420 Explain the rules of flag football. Play several games observing these rules.

_____ TF421 Learn the names of the offensive and defensive positions.

_____ TF422 Demonstrate your ability to punt, pass, catch and kick a football. Do these several times.

_____ TF423 Draw diagrams of several football plays. Try them out in a game.

_____ TF424 Talk to a football coach about drills and exercises to build skills needed in football. Practice some of these drills.

TF425 Demonstrate the different signals used by a football referee. Tell what they mean. Explain different kinds of penalties.

Handball/Racquetball

TF426 Demonstrate several ways to serve in handball. Know what are unplayable serves or fault serves.

TF427 Demonstrate your ability to make the three basic handball shots: the kill shot, the ceiling ball and the pass shot. Use them in a game.

TF428 Play several handball games in singles, cutthroat or doubles.

TF429 Play several games of racquetball with one or three other people.

TF430 Perform several successful racquetball serves in a row.

Hockey

TF431 Learn the rules of ice or field hockey and participate in a game.

TF432 Demonstrate your ability to handle the puck forward and backward, pass the puck and shoot at the goal in ice hockey.

TF433 Wear proper gear for playing hockey such as shin pads, helmet, mouthpiece, shoulder guards and ankle guards. Show how to care for your gear properly.

TF434 Demonstrate the correct techniques for the following basic field hockey skills: handling the stick, stopping the ball, dribbling and driving.

TF435 Learn two methods to dodge or evade a tackling opponent in field hockey and two methods to tackle or take the ball away from an opponent. Use them in a game.

Lacrosse

TF436 Learn the rules of lacrosse and participate in a game.

TF437 What equipment is used in lacrosse? What protective gear is worn?

TF438 Demonstrate your ability to handle the crosse, run with the ball in your crosse, pass the ball, catch the ball and shoot.

TF439 Learn two methods to dodge or evade an opponent in lacrosse and two methods to take the ball away from an opponent, without fouling. Use them in a game.

Soccer

TF440 Demonstrate your ability to kick a soccer ball using three basic kicks: instep, inside of the foot and outside of the foot.

TF441 Describe how indoor soccer is played differently from outdoor soccer.

TF442 Practice heading a soccer ball until you can do it with a fair amount of accuracy.

TF443 Demonstrate several traps or methods of ball controls. Show how you can use different parts of your body to control the ball.

TF444 Demonstrate your ability to dribble and pass a soccer ball. Do drills regularly to improve these skills.

_____ TF445 Teach a soccer skill that you are good at to someone else.

_____ TF446 Explain the rules of soccer to someone who is unfamiliar with the game.

Tennis

_____ TF447 Play several games of tennis, either singles, doubles or both. Keep score.

_____ TF448 Perform several successful tennis serves in a row.

_____ TF449 Demonstrate the correct way to hold a tennis racket. Learn the forehand and backhand drive. Practice these regularly until you have mastered them.

_____ TF450 Master two of these tennis shots: lob, smash, drop shot, drop volley, half volley. Explain when to use these shots.

Table Tennis

_____ TF451 Demonstrate your ability to perform the following table tennis skills: the block shot, the chop, forehand and backhand drives, the serve.

_____ TF452 Teach someone how to play table tennis. Play several games with this person.

Volleyball

_____ TF453 Demonstrate your ability to serve and volley. Draw a diagram showing correct rotation of the players. Explain how a game is scored.

_____ TF454 Demonstrate your ability to bump and set up the ball. Do drills to improve these skills.

_____ TF455 Explain the rules of volleyball to someone who is unfamiliar with the game. Tell what are fouls in volleyball and what are the penalties for fouls.

_____ TF456 Create a sports activity you do with others. _____

_____ TF457 Create a sports activity you do with others. _____

_____ TF458 Create a sports activity you do with others. _____

Sports Knowledge

_____ TF459 Read a book that tells the history of your favorite sport. Be able to name famous people in this sport.

_____ TF460 Keep statistics on the performance of a favorite sportsperson.

_____ TF461 Read the sports page in the newspaper regularly for one month.

_____ TF462 Collect sports cards. Organize your collection for easy reference.

_____ TF463 Work out averages of a sportsperson for running, hitting, etc. Compare with other sportspersons and teams.

_____ TF464 Organize or participate in a sports trivia contest.

_____ TF465 Serve as a scorekeeper for a game.

TF466 Keep statistics for a game.

TF467 Serve as a referee for a game.

TF468 Help coach a team of younger athletes.

TF469 Make charts of field or game areas with player positions. Explain these to some younger children who are learning the game.

TF470 Learn more about a successful sports figure you especially admire. Find out how this person achieved success. Find out facts about his or her life.

TF471 Make a list of sports terms used in your favorite sport. Write down what they mean. Find out how they originated.

TF472 Serve as an announcer for a sports demonstration.

TF473 Write up a story on a sporting event you attended.

TF474 Find out how the Olympic Games began. Compare those ancient games with the modern Olympics. Tell about what you learn to group members.

TF475 Learn about the Special Olympics. Volunteer to help with the activities at your local Special Olympics.

TF476 Create an activity to gain more sports knowledge.

TF477 Create an activity to gain more sports knowledge.

TF478 Create an activity to gain more sports knowledge.

Computers and Technology

TF479 Using the Internet, research information about the world's first computer. Tell your Camp Fire group how big the first computers were and how computers have changed over the years.

TF480 Learn to use a scanner.

TF481 Create a brochure or flyer to advertise an event. Use clip art images in the flyer.

TF482 Create a Web site. (You do not have to publish the Web site to earn this bead.)

TF483 Make a list of the uses computers have in your daily life. Read your list to an adult or your group.

TF484 Learn to download digital pictures to a hard drive or onto a CD-ROM.

TF485 Ask the manager at a grocery or department store to explain to you how computerized checkout systems work.

TF486 Find out how Cathode Ray Tubes (CRTs) are used in a business in your community. You might find out how CRTs are used at a bank or at a check-in counter at airports. Ask the operator to explain how the CRT is used.

TF487 Talk to a person who has a computer-related occupation. This might be a systems analyst, a computer programmer, computer engineer, a web site designer or a person who sells computer hardware or software. Find out what kind of education or training people in such a job must have. Find out what they do on their jobs.

TF488 Learn something from a computer. Participate in a computer-assisted instruction at school, camp or special class.

TF489 Write a story or draw a picture describing how computers might be used in daily life in the future. Share with your group or class at school.

TF490 Learn the flow chart symbols used by computer programmers to plan their programs. Draw a flow chart for doing a common activity in your life, such as doing a math assignment.

TF491 Take a course on how to create a database.

TF492 Find out what computer software is. Compare prices and capabilities for different kinds of computer software that have the same function. If your family owns a personal computer, look at software for your computer. Or, compare prices of software for a personal computer you'd like to have.

TF493 Make a computer wish list. Collect pictures of computer hardware and software you would like to own if you had enough money to purchase anything you wanted. Explain why you made the

choices you did.

TF494 Review different computer or video game magazines. Choose one you think is most interesting and read several issues of that magazine.

TF495 Compare favorite video games with two of your friends. Do you like the same games? What qualities do you like in a game? Why? Design your "ideal" game, which combines the best of all games. Share with your group.

TF496 Make a list of five different computer-programming languages and explain when they are used.

TF497 Research Internet safety on the Internet. What is a software firewall? What brand of firewall would you purchase and why? What is a computer virus? Research different antivirus software programs. Which antivirus software would you purchase and why?

TF498 Prepare a cost analysis of online services in your area.

TF499 Search the Internet for Camp Fire. What kinds of sites did you find? Share with an adult or your group.

TF500 Write an e-mail to a relative or friend. Be sure to use spell check.

TF501 Write an informal e-mail to a friend using current e-mail jargon.

TF502 Send an e-mail to a friend that contains a link to your favorite Web site.

TF503 Discuss Internet safety issues with an adult family member or a teacher.

TF504 Play a game on the Internet that can help you learn a skill such as spelling.

TF505 Use the computer to make a gift for someone.

TF506 Use a word processing program to complete a school project.

TF507 Survey people of different ages to find out their attitudes about computers. Ask people in your survey how they have used computers, if they are comfortable with computers, how computers have made their lives easier or harder. Summarize what you discovered in your survey for your Camp Fire group.

TF508 Create your own computers and technology activity.

TF509 Create your own computers and technology activity.

TF510 Create your own computers and technology activity.

BUSINESS AND CAREERS

Business In My Future

TF511 Learn to operate a machine that would be used at a place of business such as a fax machine, scanner or digital camera. Demonstrate that you can use this machine with a fair amount of accuracy.

TF512 Visit a job placement agency. Find out how a job placement agency helps people find jobs.

TF513 Talk to a person in a business career you are interested in. Find out what kind of training or education is necessary to get a job in that field. Find out where in your area you can get that training or education.

TF514 Read the help wanted section of your local newspaper. Circle jobs you think you would be interested in having. Talk to a person who has a job similar to one you found advertised in the paper. Find out what this person's job is like.

TF515 Talk to a person who interviews job applicants. Find out what this person looks for in potential employees.

TF516 Ask an adult to explain to you what the different deductions on a paycheck are.

TF517 Write a story or draw a picture of yourself in a business job you might have in the future.

TF518 Talk to someone who has a business in the home. Find out why this person likes to work in this

way.

TF519 Find out why social security numbers need to be kept private for personal security.

TF520 Find out what services are available for people who are unemployed. What kind of benefits do they get? How do they get help finding work?

TF521 Tour a work place where you can see people working in a variety of jobs such as a hospital or factory. Talk to several people in different jobs about what their jobs are like.

TF522 Find out what the laws are in your state on young people working. At what age can young people work in your state? What kinds of jobs can young people hold? Which hours and how many hours can they work?

TF523 Read the "Situation Wanted" section of the classified ads in your local newspaper. Write your own "Situation Wanted" ad describing your interests and talents. Limit yourself to 40-50 words.

TF524 Spend a day on the job with a parent or other adult. Observe the kinds of work that are part of this person's job.

TF525 Talk to a person who belongs to a union. Get this person's opinion on the usefulness of unions. Talk to someone else who does not belong to a union and get that person's opinion, too.

TF526 Go to a mall or other place where you can visit several businesses. Find out how many businesses are owned or managed by women and by men. How many salespersons are men and how many are women? Does there seem to be a trend? Why or why not?

Business In My Community

TF527 Find out what a not-for-profit agency is. List several not-for-profit agencies in your community. Find out where these agencies, such as Camp Fire, get their money.

TF528 Take a behind-the-scenes tour of a place of business people visit frequently. You might tour a grocery store, auto repair shop or restaurant. Find out what kind of work goes into the daily operation of this business.

TF529 Choose a product that you and your family often use and trace it back to its original source. Where was the product purchased? Where did that store get it? Where was it manufactured?

TF530 Find out where you would go in your community to get five different things repaired. For example, you might find places that repair televisions, shoes, bicycles, kitchen appliances, the family car, furniture or torn clothing.

TF531 Talk to three store managers or employees about shoplifting. What is done to prevent shoplifting? What is done when a shoplifter is found?

TF532 Visit an advertising agency. Find out what kind of work goes into planning an advertising campaign.

TF533 Learn about the services offered by the Better Business Bureau in your community.

TF534 Talk to a notary public and find out what kinds of documents must be notarized.

TF535 Visit a mass media business such as a newspaper, magazine or book publisher or a radio or television station. Find out about the different kinds of jobs people do in this field.

TF536 Talk to a store clerk about customers who get angry. What does the clerk say and do? Write out or tape a conversation between a clerk and an angry customer.

TF537 Visit a retail business. Talk to the owner or manager to find out how merchandise is ordered.

TF538 Find out the different rates charged by the U.S. Postal Service to mail packages. Send two different packages at two different rates.

TF539 Learn the requirements, restrictions and costs for sending a letter and a package to a foreign country.

TF540 Write for free government pamphlets on businesses and other topics that interest you.

TF541 Find out what kinds of insurance a business must carry.

TF542 Show a new person in your neighborhood where to find useful stores and services such as supermarkets, drugstores, banks and repair shops.

TF543 Find out where a person would call or visit to get gas and electrical service hooked up, water turned on and telephone connected.

TF544 Demonstrate how to use an online telephone directory to find the following; directory assistance; phone numbers for city, county, state and federal offices, personal phone numbers, and a local business phone number.

TF545 Write an e-mail to a company either to complain or to compliment them on a product.

TF546 Use the yellow pages of the telephone directory to find three businesses offering a product or service you are interested in purchasing. Call the three businesses and ask the price of the item or service.



_____ TF547 Using the Internet find three businesses offering a product or service you are interested in purchasing. Visit each business's web site and find the price of the item or service.

_____ TF548 Visit a business in your community. Talk to its owner about how the business started and how it has changed over the years.

_____ TF549 Ask a business or a professional person how he or she keeps informed on new developments in that field of work.

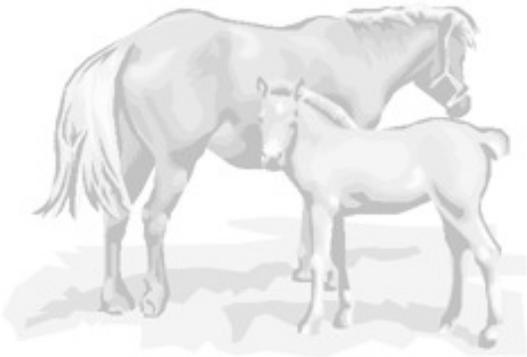
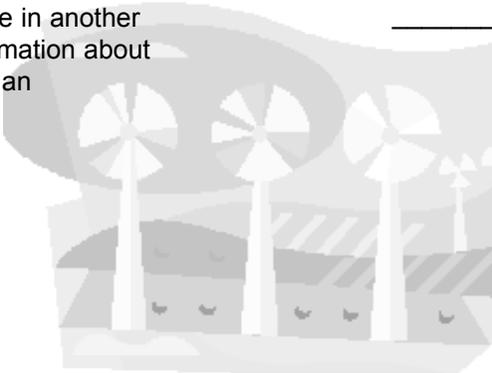
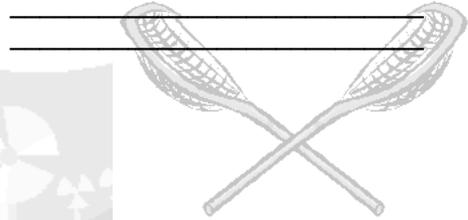
_____ TF550 Visit your chamber of commerce and learn what it does. Search on the Internet to find the chamber of commerce in another city and request information about that city via e-mail or an

_____ information request form.
 TF551 Talk to the manager of a large store or shopping area. Ask what is done to make it a safe place for shoppers. What would be done in case of a fire or other emergency?

_____ TF552 Create your own business activity. _____

_____ TF553 Create your own business activity. _____

_____ TF554 Create your own business activity. _____





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