

## Easy Win Badges!

**cubs** 

The Below Badges can be completed at home  
Please provide evidence to your Section Leader

### Artist Activity Badge

How to earn your badge

Choose three of these activities to do. You must have your leader or another adult with you for one of these activities.

- Imagine an event, character or scene. Now draw it using a pencil, brush, pen or crayon.
- Design and make a greetings card.
- Make a poster advertising Scouting or a Cub Scout event.
- Design and make a decorated book cover.
- Draw or paint a picture of still life or a landscape.
- Make a display of photographs on a subject that interests you.
- Make a video on a subject that interests you.
- Design and build a model.
- Visit an art gallery.
- Make a model out of clay.



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## Book Reader Activity Badge

How to earn your badge

1. Make a list of at least six books you have read or used recently. Books you have read on an e-reader count too.
2. Name the authors of your books. Tell your leader or other Cubs something about three of your books. At least one book should be fiction and one should be non-fiction.
3. Show that you know how to care for your books and know the benefits a library can bring to people who enjoy reading.
4. Show that you can use a dictionary and a thesaurus.
5. Write a review of your favourite book and share it with your Sixer, an Explorer Scout Young Leader or your Cub Leader.



## Collector Activity Badge

How to earn your badge

1. Over three months, build up a collection of similar items.
2. Display your collection in an exciting and interesting way. This can include displaying your collection through photographs or using a computer/tablet.
3. Talk about items in your collection. Which things particularly interest you?
4. View a collection made by someone else. What do you like or dislike about the way it's presented?



## Hobbies Activity Badge

How to earn your badge

1. Over three months, be actively involved in a hobby of your choice.
2. Show and explain to your leader or Explorer Scout Young Leader what equipment, materials and background information you have used to take part in your hobby including any safety rules.
3. Talk about your hobby including why you have chosen it and what you enjoy about it.
4. Talk to your leader about how you plan to develop your hobby, interest or skill in the future.



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## Home Help Activity Badge

How to earn your badge

1. Plan, cook and serve a simple one-course meal.
2. Wash up afterwards. Show how to clean a saucepan or other cooking utensils, cutlery and glasses. You could use a dishwasher for this step, including loading and unloading it.
3. Help sort out the washing. Load and unload the washing machine.
4. Iron at least two items. They could be things like pillowcases, t-shirts or trousers.
5. Sew on a button.
6. Help to clean and tidy a living room.
7. Clean at least two items in your home. They could be things like a basin or kitchen cupboard, silverware or brass.
8. Take sheets, pillow covers, and the duvet cover off a bed and help to put clean ones on. Make your own bed for a week.



## Martial Arts Activity Badge

How to earn your badge

1. Regularly take part in a martial arts activity for at least three months. Show how you've improved over that time. Your martial arts activity should be recognised by your nation's sports council.
2. Discuss with a leader the skills needed and the rules to be observed.
3. Take part in one exhibition or competition.



## Skater Activity Badge

How to earn your badge

1. Use a skateboard, scooter, or in-line, quad or ice skates, on at least three occasions.
2. Learn some safety rules about skating on the road and in other public places. Show what clothing and protective equipment you need to wear for your activity. You might include helmets, knee pads or elbow pads.
3. Show how to start, stop and turn safely.
4. Show how to fall safely and regain balance.
5. Show how you do three different manoeuvres. You could demonstrate travelling backwards, spinning, jumping or turning.



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# Sports Enthusiast Activity Badge

How to earn your badge

1. Follow your chosen sport for at least three months.
2. Find out the rules of the sport. Explain them to an adult.
3. Show you have a good knowledge of the teams and/or personalities in your chosen sport.
4. Explain what equipment is needed for the sport.
5. List some major events for the sport of your choice.
6. Describe events that you have attended for your chosen sport. If you haven't been to an event, explain to your leader how you keep up-to-date with your sport.



## Swimmer – stage 1

How to earn your badge

1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
2. Show you know how to prepare for exercises such as taking part in a warm up.
3. Demonstrate a controlled entry, without using the steps, into at least 1.5 metres of water.
4. Swim 10 metres on your front.
5. Tread water for 30 seconds in a vertical position.
6. Using a buoyancy aid, float still in the water for 30 seconds.
7. Demonstrate your ability to retrieve an object from chest-deep water.
8. Perform a push and glide on both your front and back.
9. Swim 25 metres without stopping.
10. Take part in an organised swimming activity.



## Swimmer – stage 2

How to earn your badge

1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
2. Show you know how to prepare for exercises such as taking part in a warm up.
3. Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water.
4. Swim 10 metres on your front, 10 metres on your back and 10 metres on your back using only your legs.
5. Tread water for three minutes in a vertical position.
6. Surface dive into at least 1.5 metres of water and touch the bottom with both hands.

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7. Mushroom float for ten seconds.
8. Enter the pool and push off from the side on your front, gliding for five metres.
9. From the side of the pool, push off on your back and glide for as far as possible.
10. Swim 100 metres without stopping.
11. Take part in an organised swimming activity.

## Swimmer – stage 3

### How to earn your badge

1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
2. Show you know how to prepare for exercises. You could do this by leading a warm up.
3. Demonstrate a controlled entry or dive from the side of the pool into at least 1.5 metres of water.
4. Swim 50 metres in shirt and shorts.
5. Tread water for three minutes, with one hand behind your back.
6. Surface dive into 1.5 metres of water and recover an object with both hands from the bottom. Return to the side of the pool, holding the object in both hands.
7. Enter the water from the side of the pool by sliding in from a sitting position. Using any floating object for support, take up and hold the heat escape lessening posture for five minutes.
8. Swim 400 metres without stopping.
9. Take part in a different organised swimming activity to the one on your previous swimming badge.

## Swimmer – stage 4

### How to earn your badge

1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
2. Show you know how to prepare for exercises. You could do this by leading a warm up.
3. Demonstrate a racing dive into at least 1.8 metres of water and straddle jump into at least 2 metres of water.
4. Swim 100 metres in less than four minutes.
5. Tread water for five minutes.
6. Surface dive into 1.5 metres of water, both head first and feet first and swim at least 5 metres under water on both occasions.
7. Enter the water as you would if you didn't know the depth. Swim 10 metres to a floating object. Use the object to take up and hold the heat escape lessening posture for five minutes.
8. Swim 800 metres using any of the four recognised strokes without stopping. You should swim 400m on your front and 400m on your back.
9. Take part in an organised swimming activity that's different to the one on your previous swimming badge.

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## Swimmer – stage 5

### How to earn your badge

1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
2. Show you know how to prepare for exercises. You could do this by leading a warm up.
3. Demonstrate a racing dive into at least 1.8 metres of water and a straddle jump into at least 2 meters of water.
4. Swim 100 metres in shirt and shorts. When you've finished, remove the shirt and shorts and climb out of the pool unaided. Your time limit is three minutes.
5. Tread water for five minutes, three of which one arm must be held clear of the water.
6. Scull on your back, head first, for ten metres, then feet first for ten metres. Move into a tuck position and turn 360 degrees, keeping your head out of the water.
7. Swim 10 metres perform a somersault without touching the side of the pool, then carry on swimming in the same direction for a further 10 metres.
8. Demonstrate the heat escape lessening posture.
9. Demonstrate a surface dive, both head and feet first, into 1.5 metres of water.
10. Swim 1,000 metres using any of the four recognised strokes, for a minimum distance of 200 metres per stroke. This swim must be completed in 35 minutes.
11. Take part in an organised swimming activity that's different to the one on your previous swimming badge.

You can visit [www.scouts.org.uk](http://www.scouts.org.uk) and look at all the badges that you can earn. There may be other badges you can do at home depending on your interests, hobbies, or knowledge. Before starting any badges that are not on this list please check with your leader

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