

REMEMBER, it is NOT your fault if a stranger may want to harm you.



Now you have finished BE SAFE. These are what you learned about BE SAFE.

Road Safety

Bicycle Safety

Home Safety

Safety with Strangers

LISTEN WELL, SPEAK WELL

A good KAB Scout listens well.

Then he can understand what he is hearing.

Then he can speak well and write well.

1. Listen to your leader or parent explain something, or listen to a news report over the radio or on TV.

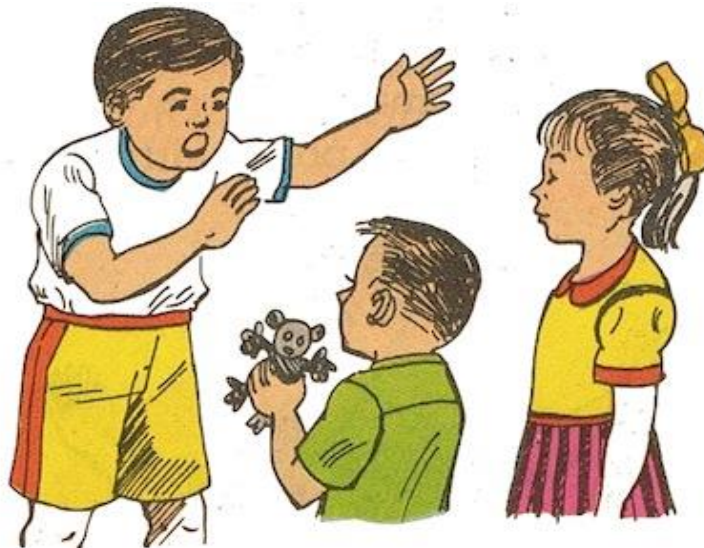


Write below what you learned.

Show what you wrote to your parent or leader.

2. Listen to your leader or parent tell a story.

Retell the story to your younger brother or sister.



Remember these when you retell your story.

Say the title of the story.

Say the characters.

Tell what happened.

Look at your listeners when you are talking.

3. Recite a poem from memory to your Color Group.

Remember to do these when you are reciting a poem.

Say the title of the poem.

Look at your listeners.

Put some actions on your poem.

Recite the poem with expression.



4. Give your Color Group directions in going to your house.

Draw the map to your house.

See if they can follow the directions by themselves (if your house is not far.).

In drawing your map, write the name of the streets and landmarks on the way.

5. Run an errand for your parents or leaders.

Relay a message to somebody.

Carry a message with dates, figures, and names.

First, let us test your memory. Read each sentence once. Then cover it. Say the sentence from memory. Look at the sentence again and mark the words you missed.

LORD BADEN-POWELL STARTED CUB SCOUTING IN 1914.

MOTHER WILL GO TO MARKET TO BUY BANGUS, SHELLFISH, PECHAY, BANANAS, GARLIC, ONIONS, MELON, AND TOMATOES.

Here is how you can remember better and faster.

a. Group things you need to remember.

Here is how you can group the things in the sentence above.

Seafoods: Fish, shellfish;

Vegetables: Garlic, onions, tomatoes, pechay;

Fruits: Bananas, melon.



Group these things.

Rizal
arms
sampaguita
nose
Mabini
legs
rose
santan
Bonifacio

Write your groupings.

b. Make a code.

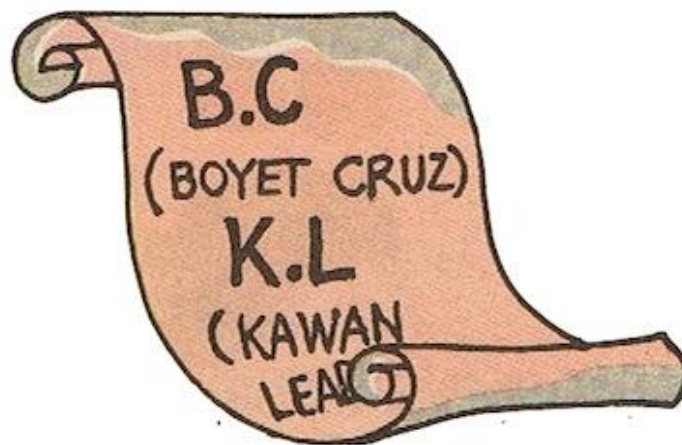
Make a code out of the first letters of each word. Make a code out of the syllables of the words. See BP: Think of Baden Powell.

Make a code for:

The names of 3 KAB Scouts

The name of your Kawan Leader

Your theme of the month



Now you are ready to carry a message.



5. Learn how to use a telephone.

Speak clearly.



Here is a telephone. Can you write the numbers correctly?

6. Say what you think and feel without hurting feelings.

See how Nikko is doing it.



Make a dialog with another KAB Scout.

Use any of the following situations.

Show your dialog to your Color Group.

Show what you will say and do.



Now you have earned the LISTEN WELL, SPEAK WELL Achievement Badge.



Check what you have learned.

Explaining

Telling a Story

Reciting a Poem

Giving Directions

Relaying a Message

Using a Telephone

Saying what you Think and Feel

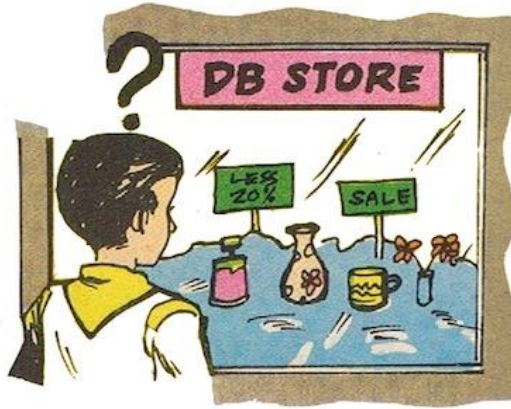
MAKING CHOICES

You are in a store.

You want to buy a gift for parents.

What gift will you choose?

What will help you choose?



Your friend is inviting you to their house to play.

He has a new toy.

You have a test the following day.

You have not studied for the test.

What will you do?



These are just some of the times when you need to make a choice.

There will be many times in your life when you will need to do this.

1. Learn the guidelines in making wise choices:

List down all the actions you can take.

List down what may happen if you do each action.

Ask yourself the following questions:

- Will I be happy with my choice?
- Will my parents, leaders, and elders be happy with my choice?
- Can I be proud of my choice?
- Can I proudly tell anybody about my choice?
- Will my choice hurt anybody?
- Can I put my choice into action?



Apply the guidelines to the situations above.

Tell your leader or parent how you made a choice.

2. Follow the guidelines in making decisions about the following situations.

Tell your parent how you made the decisions.

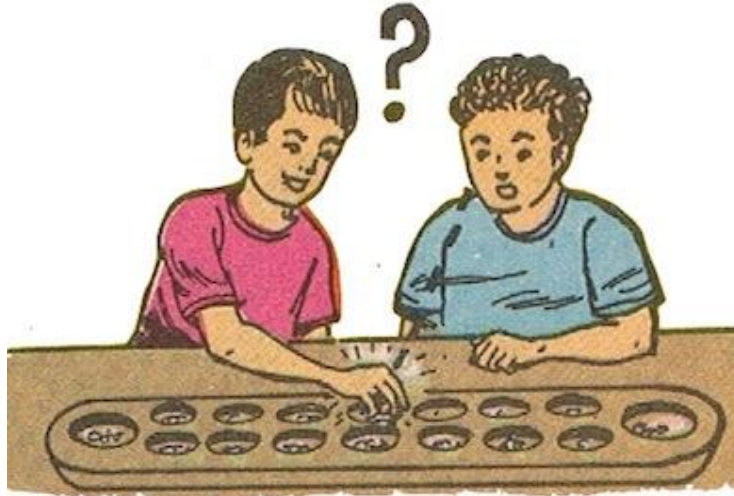
- a. You bought something from a store. The storekeeper gave you more change than what you should get. What should you do?



b. A stranger comes to you. She tells you that your parents met an accident. She wants you to go with her. What will you do?



c. You are playing a game. You see your friend cheating. What will you do?



d. Think of other situations where you need to make decisions. Tell what you will do.



Now you have earned the MAKING CHOICES Badge.

Check what you did:

Learning the guidelines

Following the guidelines

HOBBIES FOR FUN

Hobbies are fun.

They keep you busy.

They give you joy.

Here are some hobbies you can do.

Do any one of the following.

Show your work to your Leaders.

Share your work with the other KAB Scouts.

1. Start a collection hobby.

Arrange it well.

Label your collection properly.

You may keep your collection in an album, a box or on cardboard.

Wrap your collection in plastic.



Collect at least 10 to 20 items of any one of the following:

- Autographs of famous people
- Books or Comic books
- Bottle caps
- Buttons
- Candy wrappers
- Coins and paper money
- Key chains
- Pins
- Postcards
- Seashells
- Slides
- Stones/Rocks
- Souvenir items from important events
- Table napkins with the name of the eating place
- Wood carvings

2. Make a scrapbook of not less than 10 pages or more about any of the following:

- News or magazine clippings about a subject
- Photographs
- Beautiful scenery
- Sports
- Scouting
- Stamps
- Medicinal plants

- Philippine presidents
- Philippine fruits
- Philippine birds
- Philippine animals
- Filipino costumes
- Paintings by Filipino artists and others.

Show and explain your scrapbook to another KAB Scout.

Reading can be a hobby.

It is fun to read books.

You can learn many things from reading books.

Some KAB Scouts love story books.

Some like other books.

3. Write the titles of at least five books you have read.

Write also the author of each book.

Choose the book you like very much.

Circle it.

Tell your Color Group about it.

4. Learn to write your own poem, song, or story.

Sing your song, recite your poem, or tell your story to your Color Group.



Now you have earned the HOBBIES ARE FUN Badge.

Check what you did:

Collection hobby

Scrapbook

Reading

Writing original poem, song, or story

YOUNG OLYMPIAN

A KAB Scout needs to be healthy and strong.

You can be healthy and strong by exercising.

Exercise can make your muscles grow.

Try these activities.

Practice them and then show your AKL that you can do them.



1. See how high you can jump.

Hold a piece of chalk.

Stand close to a wall.

See how high your arm can reach.

Mark it with a chalk.

Mark with a ruler 30 cm above the chalk mark.

Count down from 10 to 0.

Coil your body.

When you reach 0, yell “UP” and jump as high as you can.

Mark with chalk what you reached on the wall.



2. Complete the following:

a. jog or run for 10 minutes.



b. Skip rope with both feet together 30 times.



c. Do a forward roll, a backward roll, and a cart wheel.

Use a mat in doing this.

FORWARD ROLL



Place your hands on the floor.

Bend your head forward, your chest touching, your chin, make your back round.

Roll forward on your neck and back.

Keep your body in the shape of a barrel.

Grasp your ankles while coming up to attention.

You may also do the roll without using your hands.

BACKWARD ROLL



Standing straight, drop to squat position.

Roll backward in a ball.

Keep your head well forward to avoid bumping it.

Use your hands to help you in completing the roll.

Stand straight.



CART WHEEL

Do these actions one after the other.

Stand at attention on the mat.

Step to a position with your heels about 30 cm apart sideways.

Swing your left arm to sideward position.

Swing your right arm to upward position.

Bend your trunk to the left.

Swing your right leg sideward and upward.

Put your body weight on your left arm as your left foot swings from the mat.

Continue the circle sideways.

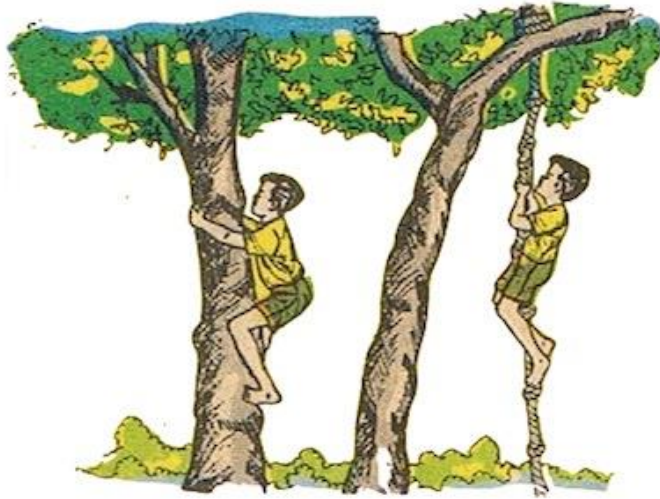
Keep your feet spread and overhead.

Put your body weight on your right arm; then on your right leg; then on both feet to erect position.

d. Climb at least 3 meters up a tree or rope.

Remember — move one hand or foot at a time.

Test the tree branch before stepping on it.



e. Walk on a balance beam forward, backward, and sideward.



Now you have earned the YOUNG OLYMPIAN Badge.

Check what you did:

Jumping

Jogging

Skipping rope

Climbing

Walking a line

Front roll, back roll and cart wheel

WATER FUN

We Filipinos are often called children of the water.

We love to play in water.

We love to cool ourselves in water.

We can easily do this.

Our country has many lakes, rivers, and seas.

We have many places to swim and play.

You will enjoy swimming and playing better if you are safe

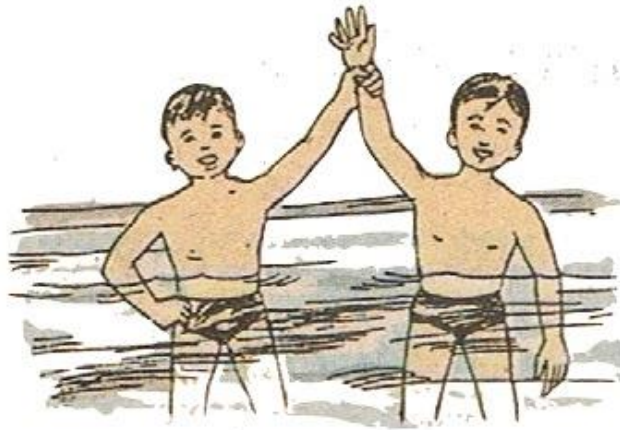


1. Learn these water safety rules.

A Show your leader or parents that you follow the rules.

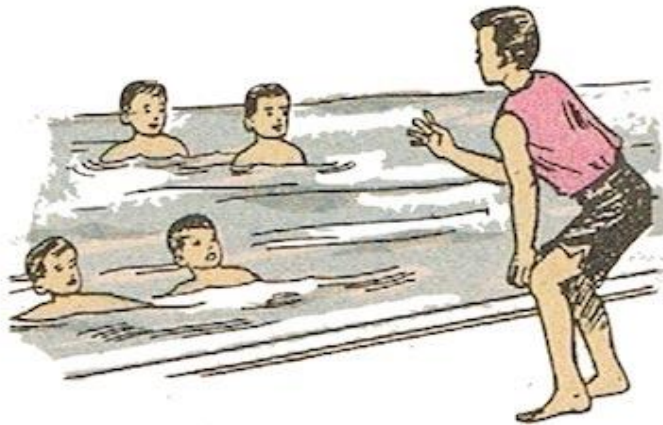


a. Ask permission to swim.

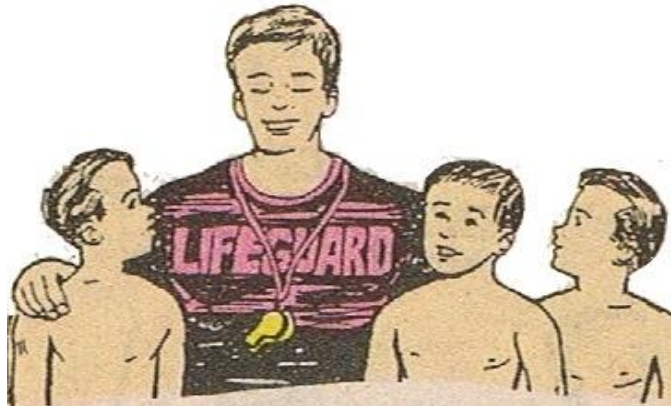


b. Always swim with a buddy or with others.

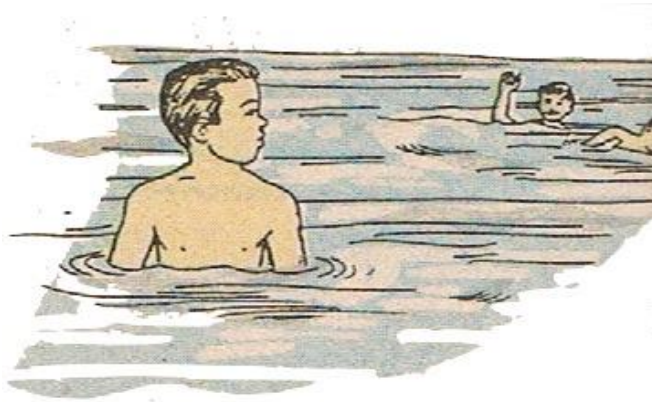
c. Always swim with adult supervision.



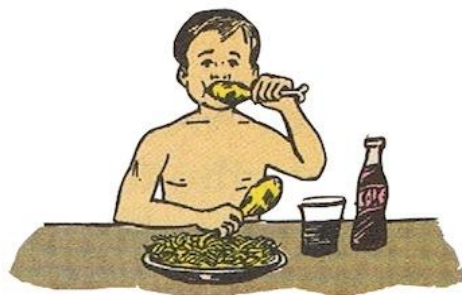
d. Always obey the lifeguard.



e. Don't go to a place too deep for you. Don't go too far out from land.



f. Never swim just after a meal.



g. Know your limits as a swimmer. Don't "show off" in the water.



h. Come out of the water before you get too tired. Come out if you begin to feel chilly.



i. If you get into trouble in the water, call for help.

When help comes, relax and follow what the rescuer tells you to do.



2. Show your AKL that you can swim and can do the following.

(NOTE to the Leader: There should be a lifeguard present for safety reasons.)

a. Ways of Floating

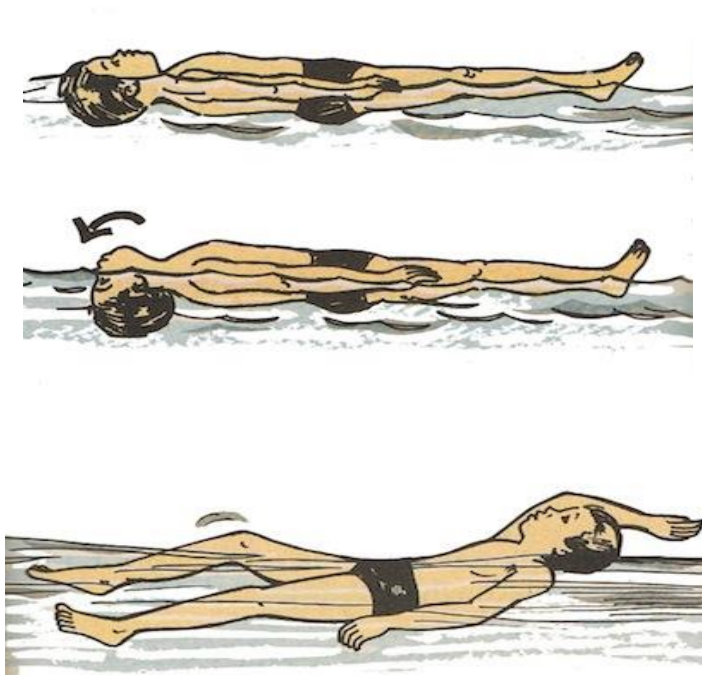
- Float in water without touching bottom.
- Stay as motionless as possible for at least three minutes.
- On dry land, or beside the pool, lie down flat with your face down.
- Put your arms straight up over your head.
- Straighten your legs.
- Your body should be one straight line from the tips of your fingers to the tips of your pointed toes.
- Relax your muscles.
- You are now in the prone float position.



- Now roll over on your back.
- Keep your legs extended and close together.
- Separate your arms so that they point out at an angle halfway between your head and shoulders.
- Keep your chin tucked against your chest.
- You are now in the back float position.



- Lean forward until your arms and chest are lying on the surface of the water.
- Be sure your head is up and out of the water.
- Now shove off from the bottom with your feet.
- Your feet will rise to the surface.
- When you are ready, take a deep breath.
- Lower your face under the water.
- Exhale and bring your head up again.
- Start with knee-deep water.
- Hold on to the side of the pool.



- Then try it in waist-deep water and neck-deep water.
- Try water that is neck-deep when you are sitting down.
- Put your weight on your hands.
- Push your legs off the bottom so that they rise to the surface.
- Let your head go back as far as you can.
- This is **Back Float**.
- Stand up from the back float.
- Let your hips drop in the water.
- Draw your knees up to your stomach.
- Force your hands up hard against the water.
- Then shove your legs downward.
- Use your hands and arms for balance.

b. Tread water.

- Treading water keeps you afloat in deep water.
- Your body remains in an upright position.
- Find a place where the water is up to your chest.
- Extend your arms sideward, just under the surface.
- Take your feet off the bottom.
- Move your arms — first one and then the other.
- Move them up and down slowly under the water.
- Your legs should pump slowly up and down.



Make believe you are riding a bicycle.

Keep your body relaxed.

c. Jump into water feet first. Then swim in any style for at least 10 meters.



- Diving should be done in a pool.
- Never dive into a lake or pond without first finding out what is under the water.
- Stand at the poolside.
- Take a deep breath.
- Jump down into the deep water.
- If your feet hit bottom, just give a shove to return to the surface, or, work your arms down against the water.
- You'll soon bob up again.

d. Dive while standing in the water or while swimming. This is called duck diving.



e. Swim 20 meters using the simple backstroke.

- Start with the back float position.
- Put both arms at your sides.
- Draw both hands up along your sides to your armpits.
- Extend them outward from your shoulders.
- Then pull them back in a wide arc to your sides again.



- This is how to kick.
- Draw your legs up toward your body.
- Your knees should point sideward and your heels together.
- When your legs are drawn up tight, shove them back against the water.
- Separate them in a fast motion.
- End with your legs fully extended and your feet about 30 cm apart.
- Bring your heels together. (Repeat everything)

- This is called the **frog kick**.

Can you guess why?



- Your legs are drawn back at the same time that your hands are drawn up to the armpits and your arms are shot out to the side.

- Your legs shove back as your arms pull forward through the water.

- Since your face is always out of the water you can breathe well.

- It will be easier if you inhale as your legs and arms are drawn up.

- Exhale as they pull and shove against the water.

- Practice on land, lying down.

- Do the arm stroke first, then the frog kick, then the two together.

- Count ONE as your arms and legs are drawn up.

- Count TWO as they shove back.

- Count THREE and FOUR before starting the stroke again.

- This will let you glide through the water after each stroke.

- Then you can rest your arms and legs.

- You can use backstroke for a long time.

- It is not tiring.

- You can use it in case of emergency.

f. Swim for 20 meters using any other stroke you like.



3. Play at least two games in the water with your Kawan.



Now you have earned the WATERFUN Badge.

Check what you learned and did:

Water safety rules

Floating

Treading

Jumping into water

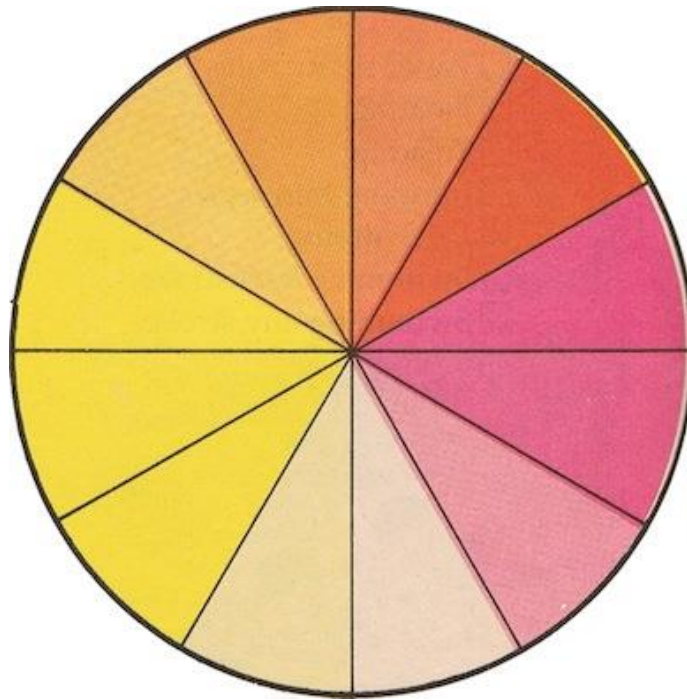
Duck diving

Swimming backstroke

Swimming any stroke

KAB SCOUT ARTIST

Try your hand at art. Here is the color wheel.



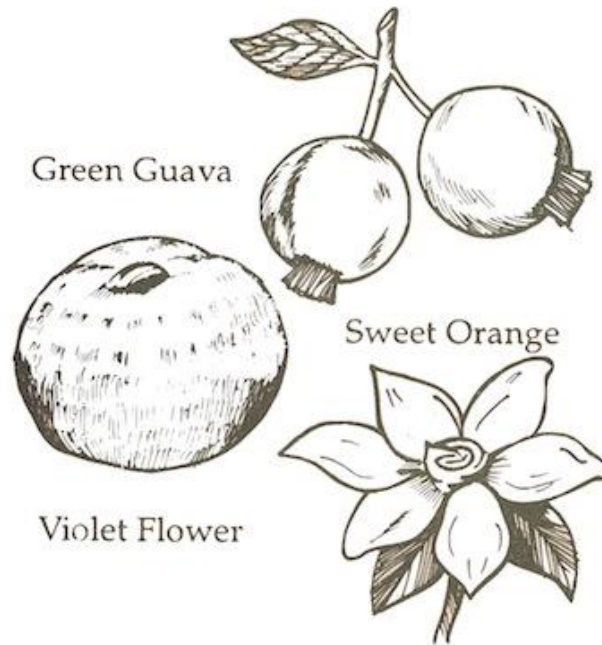
- 1. Mix your own colors.**
Use crayons or water colors.

Mix YELLOW and BLUE colors to make GREEN.

Mix YELLOW and RED to make ORANGE.

Mix RED and BLUE to make VIOLET.

Try it with these drawings. Copy them on a clean sheet of paper and then color them by mixing colors.



2. Trace these drawings on paper. Use a pencil.



- 3. Keep a drawing book for three months.
Draw what you do in KAB Scouting.
Use pencil or crayons.**



- 4. Draw pictures about a story you like.
Color your drawing with crayon or water color.**

Tell the story to your Color Group.

Show the pictures as you tell the story.



5. Make a greeting card.

Give the greeting card to your loved one.

For pictures, you can cut from magazines or old greeting cards.

Copy, trace, or draw your own design.

You can decorate your cards with:

- color paper
- gift wrapping paper
- ribbons
- lace-paper
- doily



6. Make a figure out of clay: an animal, a person, a toy, or anything you like.

- Take a lump of clay.
- Start by shaping the body.
- Attach it to a stand.
- Add the arms, legs, and other parts.

- Make sure small pieces like the arms and legs are firmly fixed.



For the Leader:

Here is a recipe for making craft clay. You will need:

1 cup cornstarch

2 cups baking soda

1 and 1/4 cups water

food coloring (optional)

Combine all the ingredients in a pan.

Cook over medium heat, stirring constantly.

Put on a pastry board and knead slightly.

Cover with a damp cloth until cool.

Wrap the unused portion of the craft clay in aluminum foil to keep it pliable.

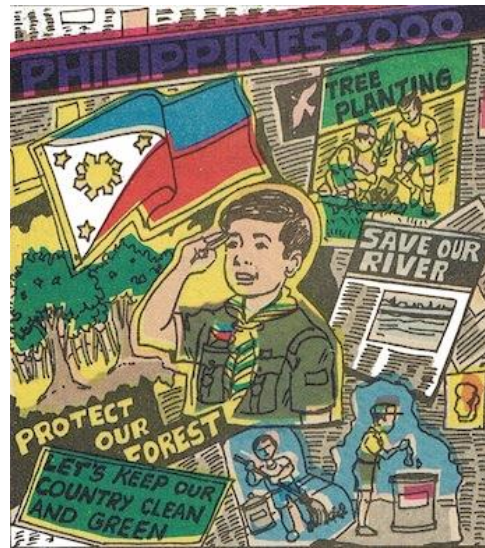
It will get very hard when it is left out to dry.

7. Make a picture showing love of country.

Use pieces of paper or magazine cut-outs

You may paste them one on top of the other.

This is a collage.



8. Help draw, paint, or color the backdrop for your Color Group Palabas in the Kawan Meeting. *OR*
Help prepare props for the Palabas.

