



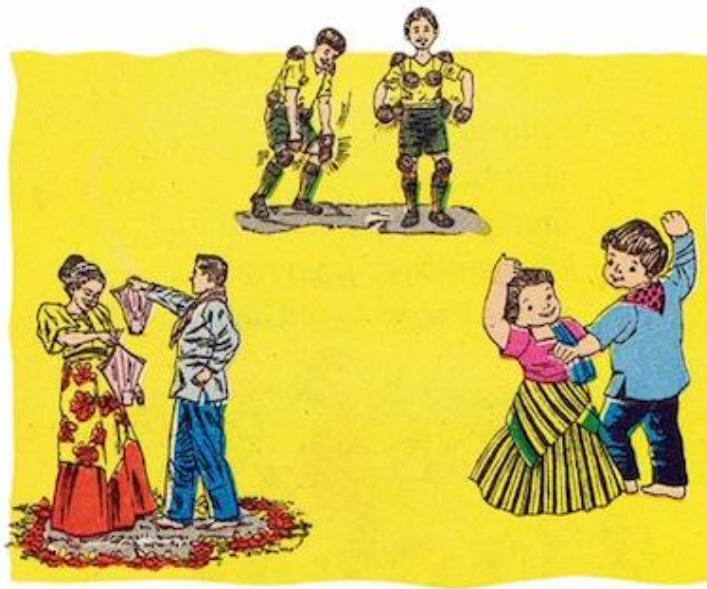
Magtanim Hindi Biro

*Magtanim ay di biro
Maghapong nakayuko
Di naman makatayo
Di naman makaupo.*

*Baywang ko'y nangangawit,
Braso ko'y namamanhid,
Binti ko'y namimitig
Sa pagkababad sa tubig.*

*Halina, halina,
Mga kaliyag
Tayo'y magsipag-unat-unat,
Magpanibago tayo ng lakas
Para sa araw ng bukas.*

2. Name five Philippine folk dances.
Dance one of them.



Itik-Itik

Itik-itik, saan ka nanggaling?

Naririto, may salamisim

Itik-itik bakit may dumating

Nagmamasid at naninimdim?

Itik-itik kay inam pagmasdan

Kapag ikaw ay sumasayaw

May kahalong tampo at lambingan

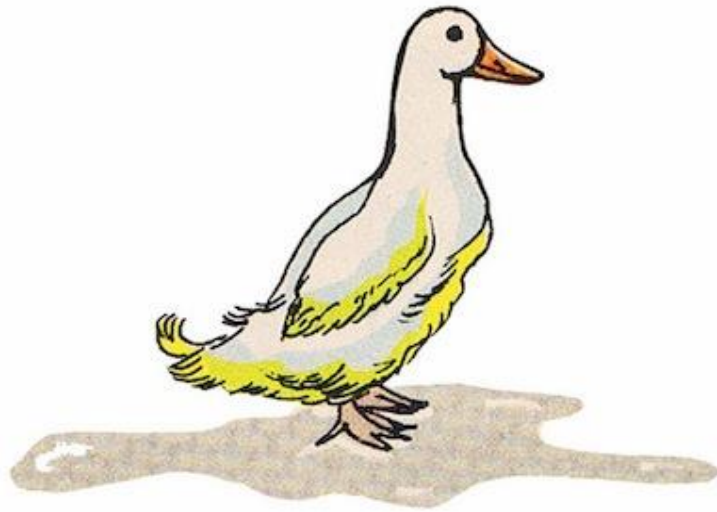
May kutya't lihim tumagayaw.

Itik-itik, ang iyong sigla

Panggising sa pusong may dusa;

Itik-itik kung umiindak ka

Ang puso ko ay sumasaya.



- 3. Make a scrapbook of Philippine costumes.**
Name the costumes.
Tell the places where they are worn.



TELL IT THE FILIPINO WAY

We Filipinos have many stories to tell.

Our stories tell of life in the Philippines.

They tell of our hopes and dreams.

These are our folklores and legends.

These are our proverbs, riddles, and rhymes.

1. Learn from your family a story about your town.

Tell the story to your Color Group.

Act out the story in your Kawan meeting.



2. Give five Philippine proverbs (*salawikain*).

Tell what they mean.

Examples:

“Ang di lumingon sa pinanggalingan Ay di makakarating sa paroroonan.”

“Ang punong bayabas ay di mamumunga ng mangga”

“Mga kinamihasnang ugali nang bata pa ay tinataglay hanggang sa pagtanda.”

“Pagkahaba-haba man ng prusisyon Sa simbahan din ang tuloy.”

“Pag may inimpok May titingalain.”

**3. Give 10 Filipino riddles.
Join in a *bugtungan*.**

Examples:

May katawan walang mukha

Walang mata'y lumuluha.



Apat katao

Iisa ang sumbrero.



*Lumalakad walang paa
Tumatangis walang mata.*



*Dalawang magkaibigan
Unahan nang unahan.*



*Bahay ni Kaka
Hindi matingala.*



*Hayan na, hayan na
Hindi mo nakikita.*



*May ulo, walang tiyan
May leeg, walang baywang.*



*May puno, walang sanga
May dahon, walang bunga.*



*Bukas kung hapon
Kung umaga ay lulon.*



Aso kong puti
Inutusan ko'y hindi na umuwi.



Buto't balat lumilipad.



Matanda na ang nuno
hindi pa naliligo.



4. Learn some Filipino rhymes.
Teach one to your Color Group.

Examples:

(1)

*Pen pen de sarapen,
De kutsilyo, de almasen
Haw haw de carabao batuten.*

*Sipit namimilipit
Ginto't pilak namumulaklak
Sa tabi ng dagat.*

*Sayang pula, tatlong pera
Sayang puti, tatlong salapi.*

(2)

*Ulan, ulan
Pantay kawayan
Bagyo, bagyo
Pantay kabayo.*

(3)

*Pong, pong ginapong
Ania't sidayo?
Kamatis, parya, tarong.*

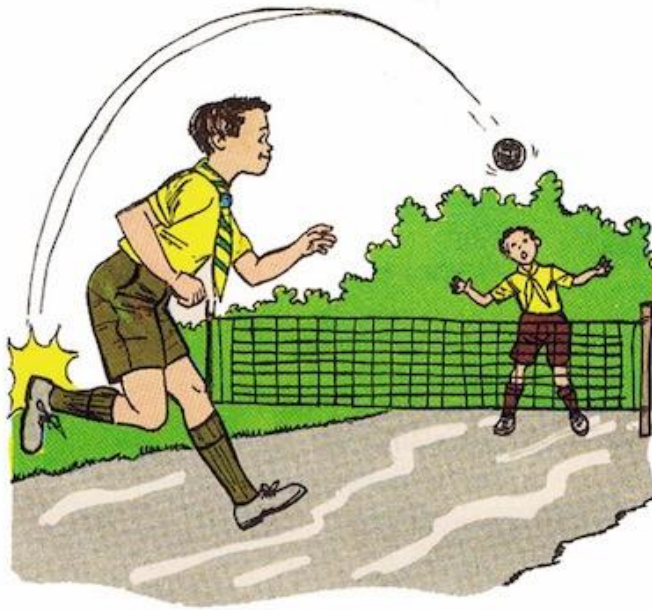
LET'S PLAY THE FILIPINO WAY

We Filipinos love to play games.

We have many Philippine games.

Learn some of them.

1. Play some native games with your family.



2. Choose one game you played with your family. Teach it to your Color Group. Play it with them.



GREAT FILIPINOS

We have many great Filipinos.

They did a lot for our country.

They worked to make our country great.

Some of them died for our country.

- 1. Make a scrapbook of at least 5 great men and women from your province or region.**
- 2. Together with your Color Group, dramatize the life of one of the great Filipinos.**
- 3; With your family or Color Group/Kawan, visit a shrine of a great Filipino, if there is one nearby.**

Write what you learned.

MAKING FRIENDS HERE AND AROUND THE WORLD

Everybody needs friends.

KAB Scouts have many friends.

Scouting makes friends around the world.



1. Who are your friends in your Kawan?

Let them sign their names in a clean sheet of paper.

2. Make friends with a KAWAN Scout in another Kawan in another province.

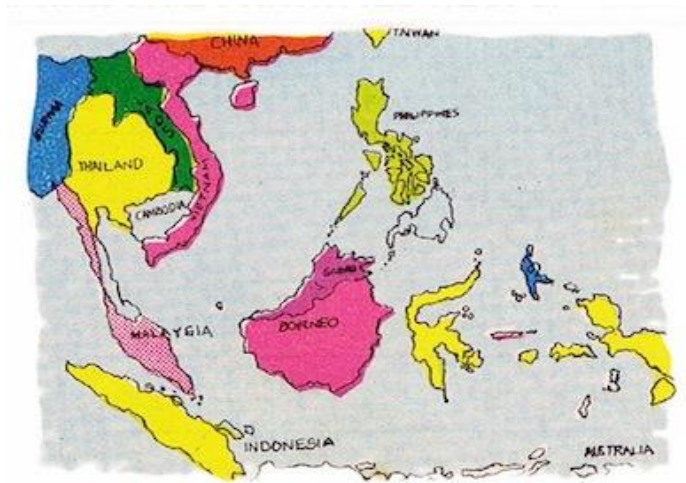
Send a postcard or a friendly letter to him.

Tell what you do during your Kawan or Color Group meetings.

Tell what you like to do best.

3. Point at the Philippines on a world map or a globe.

Name five countries near it.



- 4. Make an album of at least 5 countries.
Show the people beautiful places.
Show what the people do.**

- 5. Name 10 countries where there is Scouting.**

Write the names of the 10 countries in a clean sheet of paper.

LOOKING BACK

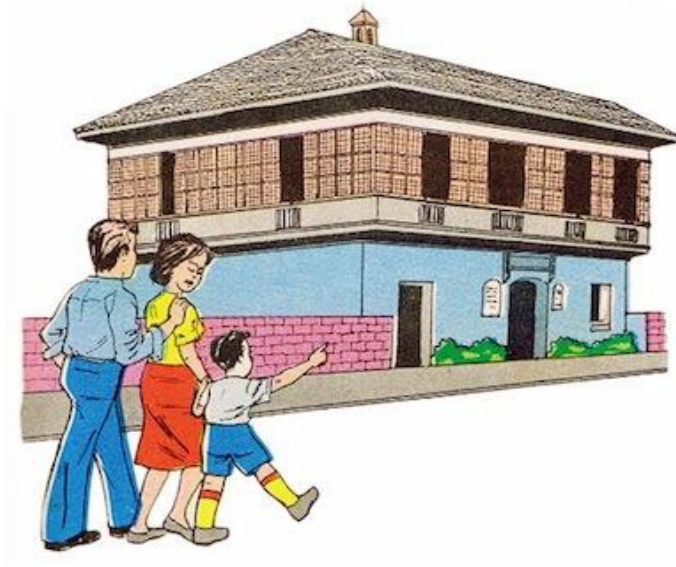
Our country has many historical places.

They tell us about our past.

They tell about our people a long time ago.

One of these places may be very near you.

- 1. Ask about a historical place in your town or province.
Go and visit it with your family or Kawan.**



2. Give the name of your province or city.

Record the following:

Name of Province/City

What was its original name?

What is its capital?

Study and explain its official seal.

**3. Find someone who was a KAB Scout long ago.
Ask him about KAB Scouting during his time.**

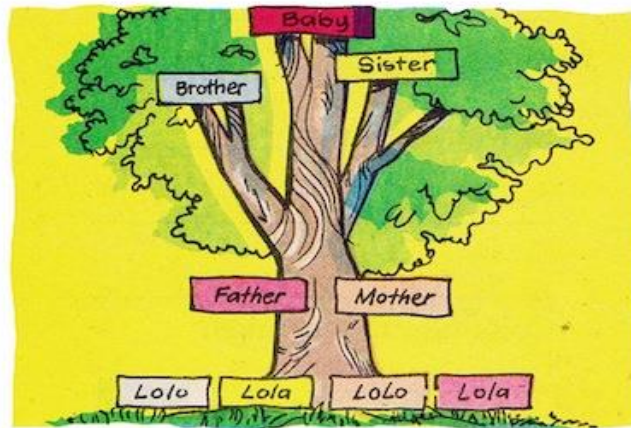
What did they do at:

Kawan meetings?

Color Group meetings?

What kind of uniform did they wear?

- 4. A family tree shows the members of your family.
Draw your family tree starting with your grandparents.**



How are you like your father?

How are you like your mother?

- 5. Talk to someone who has lived in your community for a long time.
Know something about the history of your town or community.**

How did the people live?

Where was the first school?

What were some important happenings?

KNOW YOUR COMMUNITY

You belong to a community.

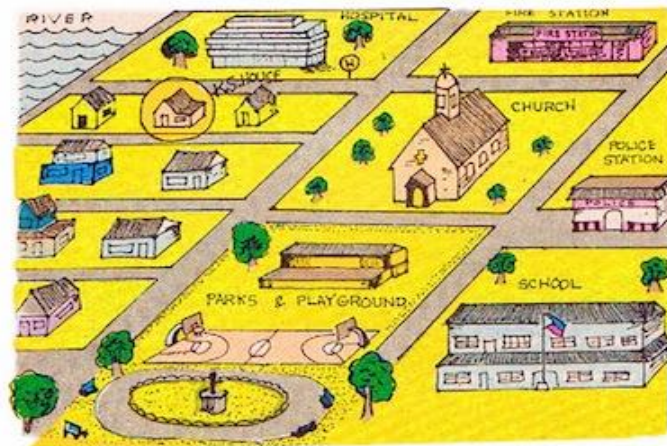
There are different places in your community.

There are people who work for your community.

They help make your community clean and peaceful.



**1. Draw a map of your neighborhood.
Mark where your house is.**



2. Visit the following places in your community.

Barangay Hall

Post Office

Public telephones

Bus Stops

Market

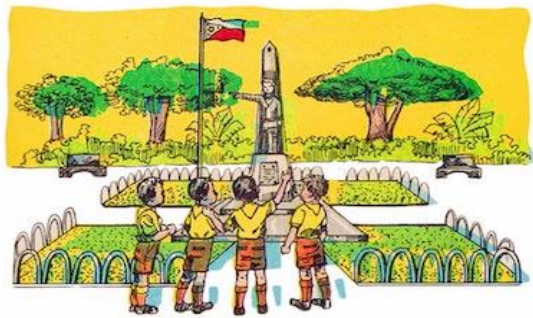
Other public places where people gather

Tell what you learned from the places you visited.

3. Find out how your community got its name.

Ask your parents or elders about it.

4. Visit beautiful and historical places in your community.



5. Make a poster advertising your community.

Invite people to visit your community



OUR COMMUNITY HELPERS

On your way to school you might see somebody cleaning the street.

Somebody might be directing the traffic.

They are our community helpers.

1. Make a scrapbook of community helpers.

Explain what each does for the community.

Examples:

Street sweeper

Health worker

Postman

Policeman

Garbage Collector

Fireman;

Barangay Tanod

2. Talk to community helpers.

Know more about their work.

Make a list of the Community Helpers you talked to. For each of them, record the following:

Where he/she works

What she does (at least three)

DUTY TO OTHERS HELP AT HOME

Most of the time you help at home.

So, you share in the chores at home.

Do them willingly and well.

These are a few things you can do

1. Show your parents that you:

Sweep and scrub the floor



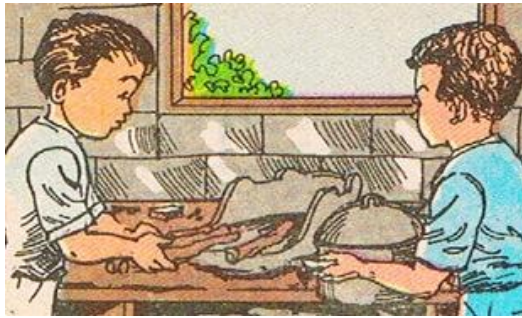
Clean windows



Dust furniture



Build fire



Cook rice

Boil egg



Set the table



Wash dishes



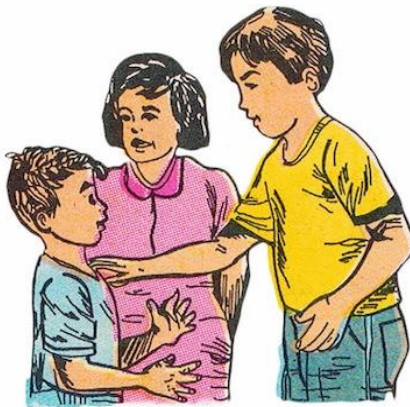
Clean/Polish parent's shoes



Make your bed



2. Talk with the other members of your family about helping at home.



Write down what you can do.

Show your mother and father that you do it regularly.

Talk with your family about your chores. Keep a record of your chores. Show that you are doing your best. Do this for a month. Show that you do it regularly.

Here's an example of a chart to record your chores:

HELP AT HOME CHART						
CHORES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Prepare and make my bed						
Wash dishes						
Clean my room						
Keep my clothes in proper places						
Keep my things in order						
Feed the pets						
Water the plants						
Others						

FIRST AID

Do you know what to do in case of accidents?

A KAB Scout should be prepared at all times.

He should be able to give first aid when needed.

- 1. Make your own simple first aid kit.
Show it to your Kawan Leader.**



List down the following items usually found in a typical First Aid Kit. Specify what each of these is used for.

Soap

Tweezer

Adhesive tape

Stick-on bandage

Candle and matches

Cotton

Scissors

Gauze

Bandage

Antiseptic

Check if these items are in your kit.

2. Demonstrate to your Kawan Leader the first aid for:

- (1) A graze – Wash the graze with soap and water.
- (2) A cut
- (3) A bruise
- (4) A sprained ankle



3. Show how to use an arm sling.



4. Tell why you have to tell an adult about an accident.

5. Write down where you can reach:

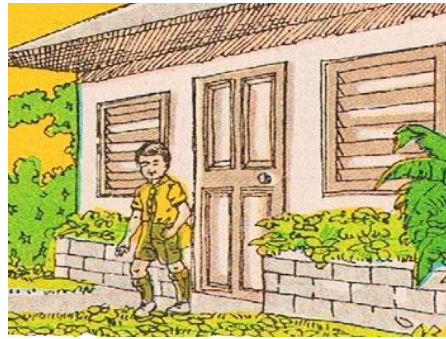
1. Your mother at work
2. Your father at work
3. Your family doctor
4. A family friend or close relative
5. Police Station
6. Fire Station

6. With your parents, talk about what you would do when:

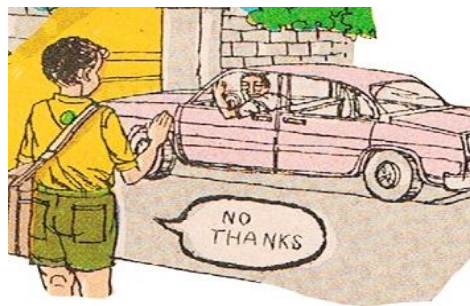
Your parents are out. Someone you do not know calls.



You leave the house.



A stranger offers you ride.



A stranger offers you candy.



OUTDOOR FUN AND ADVENTURE

Many things can be done outdoors.

That is real fun.

Games played outdoors can be fun for your Color Group.

Going out on a picnic or holiday is also an adventure.

1. Go out with your family/Color Group to any one of the following:

a picnic

a walk in a park

a zoo

a museum

a seashore

others

Make a report of your outing.

Activity

When

Where

Who joined

What the Group did (at least five)

2. Join a Kawan Holiday.

Play some outdoor games with your friends.

Make a record of your Kawan Holiday:

When

Where

Games Played (examples: *Habulan, Girabis, Taguan, etc.*)



As a KAB Scout you should be alert. When you travel around, you see signs all along the streets and roads. They are in bold letters like:



These are called traffic signs.

There are other traffic signs which you should observe.

It is important that you know what they mean.

They will help you be safe.

Here are some international signs.

Know what each says.



- 2. Find your way to a place out of doors.
Follow directions given by your Kawan Leader.
Look at traffic signs and landmarks.**

Write down the following:

Place visited

Date

Traffic Signs Seen (at least two)

Landmarks Seen (at least two)

SECRET CODES ARE FUN

Important messages are often written in a secret system or code.

Only certain persons can read them.

Any mark can be used in a code.

The person using the code should know what each mark means.

Have fun with the members of your Color Group.

Look at the numbers below:

12 5 20 20 5 18 19

19 20 1 14 4 6 15 18

19 15 21 14 4 19

What do these secret numbers tell you?

Make your own chart.

Write the letters of the alphabet across the top of your paper.

Write the numbers 1 below the letter A, 2 below B, and so on until 26 below Z.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

See if you can tell the message on page 115. Write it on a sheet of paper.

1. Invent a secret code for your Color Group.

Translate the following using your secret code:

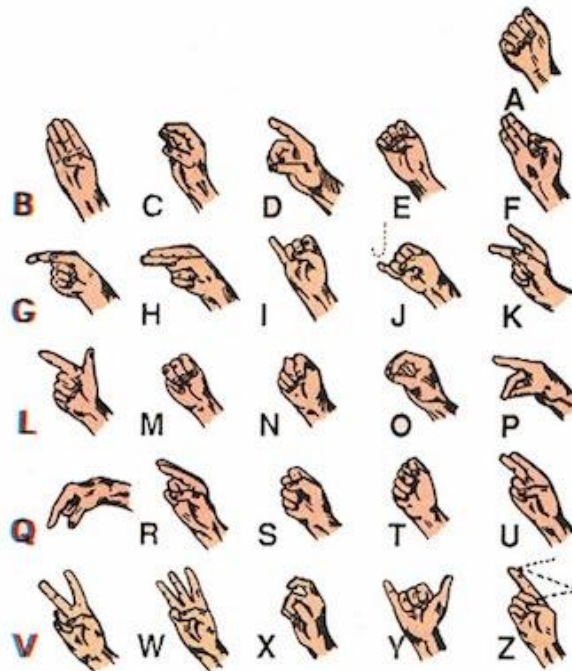
Let's go swimming.

What a fine day!

It's fun to go camping.

2. Communicate with your Color Group using sign language.

This is the sign language used by the deaf. Practice doing them:



Show your name and your age using sign language.

**3. Agree on a password that will be used by your Color Group.
Whisper this to your Kawan Leader.**

A password is a word that is used by a group to be able to do something.

Only the members of that group know this word.

The password is often used to be able to pass or get inside a “hide-out.”

Those who don't know what word to say can't pass or get inside the “hide-out.”

An example of a password is:

“Open Sesame”

(and the doors will open)

Now, think of your own Color Group password. Write it down.

LET ME ENTERTAIN YOU

KAB Scouts can be good actors, story-tellers, and magicians.

Magic tricks, tall tales, and funny stories entertain people.

1. Pretend you are a: doctor, singer, driver, juggler, musician, dentist, etc.



Act out what these people do.

Let your Color Group guess what you are acting out.

2. Act out situations before the members of your Kawan:

Climbing a tree

Marching in a parade

Playing *sipa*

Others

Let the other Color Groups guess what you are doing.

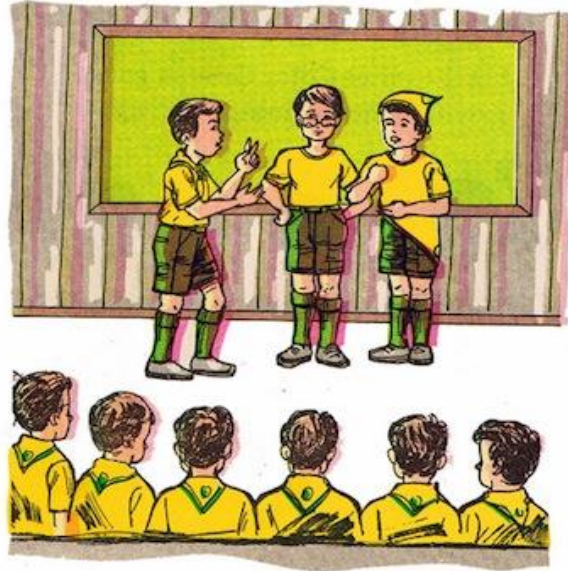


3. As a Color Group, show a skit at a Kawan meeting.

Write down the following:

Date of the Kawan meeting

Part played in the skit

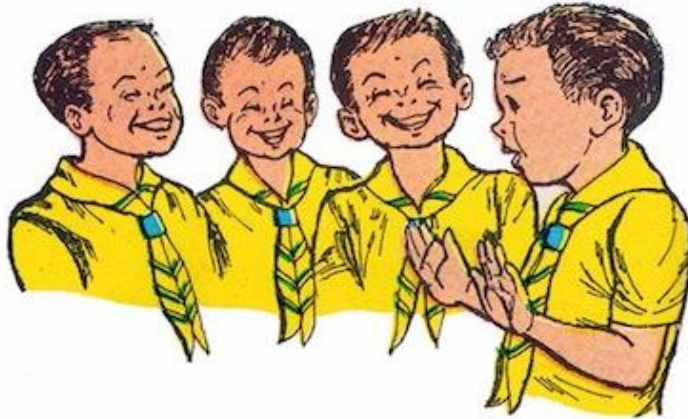


**4. Using your hands, project shadow figures on a wall.
Let the others guess the animals you are showing.**



5. Entertain your Kawan with tall tales and funny stories.

Example: Story about *Juan Tamad*



6. Entertain your Kawan with magic tricks.

It's fun to watch at magician do some tricks.

But it will be more fun if you can be the magician yourself.

You can do some magic tricks through the use of:

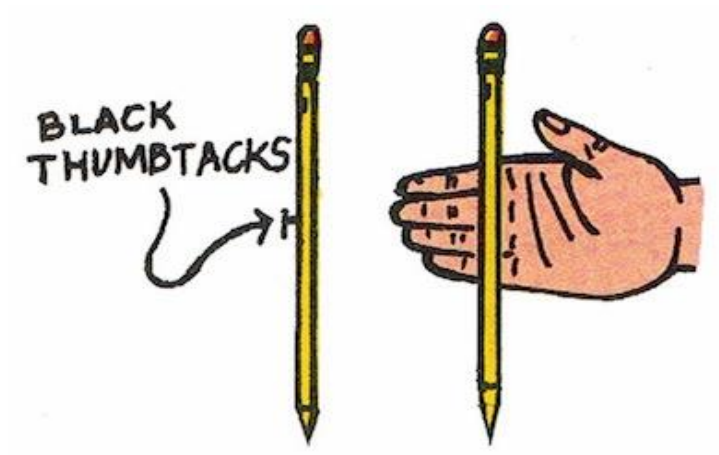
a. Your Hands

The Floating Pencil

What you need: a full-length pencil, black thumbtacks.

How to fix it: Press the tack into one side of the pencil at its center. Tap it lightly once or twice with a hammer to make sure it will stay in place.

What to do: Hold the pencil with your right hand. Hold it so it rests lengthwise across your fingertips with the head of the tack toward you. Your thumb should cover the tack. Now roll the pencil backwards slightly with your thumb for the head of the tack to revolve. It will go down between your middle fingers. Grip the tack lightly between your middle fingers and display the pencil as if it were merely resting across your fingertips.

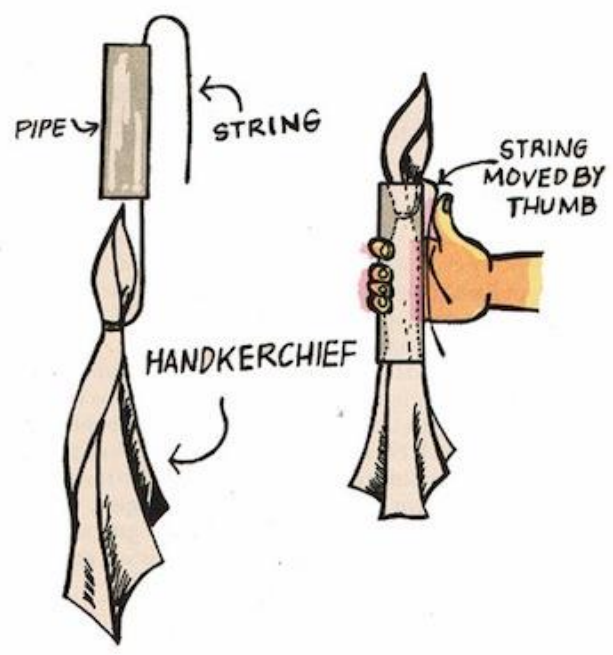


b. Handkerchief

The Haunted Handkerchief

What you need: a man-size white handkerchief.(with a 5 cm hem around the edges.); a pipe cleaner (the usual 150 cm length)

What you do:

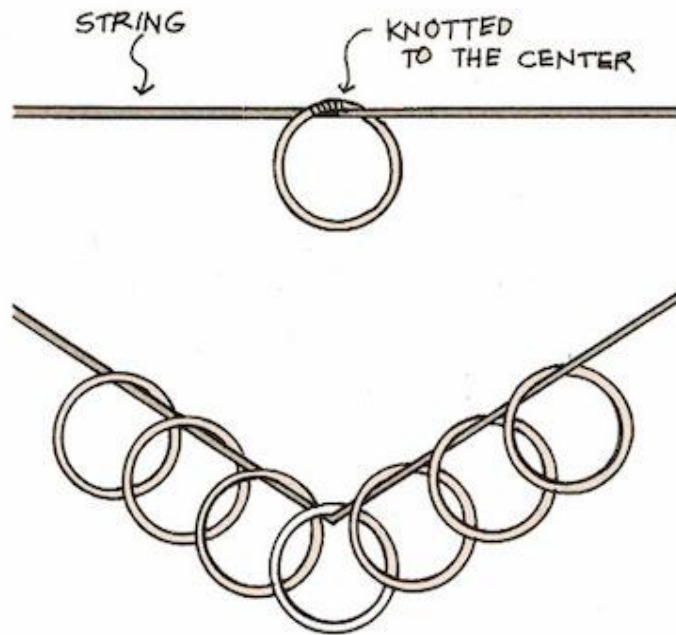


c. Strings

The Not Cut Knot

What you need: 7 (2.5 cm) plastic rings, white Cotton string, white cotton thread.

How you will fix it: One ring is knotted to the center of the string. Next the two ends of the string are raised and the rest of the rings dropped so they fall on the knotted ring. (see illustration)



d. Other objects

Triangle Turnabout Puzzle

What you need: 10 coins/checkers

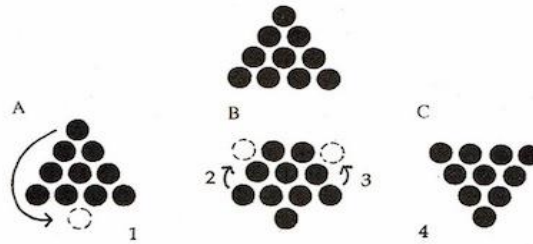
How to fix it: Put 10 coins/checkers on a table. Arrange them in a triangle pointing toward you. Don't put them close together.

What to do:

1. Tell your audience the coins/checkers are flying saucers leaving their home base.
2. Say they want to turn around and fly back home. Only three of them can fly in straight lines to make a new triangle pointing away from you.
3. Let your friends have plenty of time to try to do it. But they can move only

three items, and all must move in straight lines.

4. See letters A and B for the right moves. Now you can show your own tricks/magics.



BACKYARD CAMPING

1. Join a backyard or overnight camp of your Kawan.

Help:

- a. prepare part of one.
- b. build a simple shelter.
- c. build simple gadgets.



Participate actively in playing wide games.

2. Make a sketch of the following:

Your Campsite

The Scene I Like

My Best Friend in Camp

**3. Make a collage from some of the things found in your campsite.
Display your work in your Color Group site.**

**4. Join an expedition your Kawan.
Follow a route prepared by your adult leaders.**

Write down the following:

Date of expedition

Location

