

# Growing Usa Handbook

*“There are lots to learn in Scouting. There are lots to enjoy. There are lots of adventure. There are lots of fun. There are lots of magic. There are lots of useful things. There are lots to give you. This is Scouting.”*

This Handbook serves as a guide to both KAB Scouts (boys ages 6 to 9 years old) and Kawan Leaders. The **Growing Usa Trail** offers more interesting and fun-filled activities and challenges for young scouts.

This digitized copy of *Growing Usa Handbook* was created by **Bong Saculles**  
for the **Boy Scouts of the Philippines**.

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## **Your Growing Usa Handbook**

This is your Growing Usa Handbook. For your reference, get the following information and write them on a clean sheet of paper:

Your Color Group

Your Kawan Number

Name of your Institution/School

Date you earned your Young Usa Badge

Name of your Kawan Leader

Name of your Assistant Kawan Leader

Name of your Chief Usa

Name of your Flag Bearer

## **Letter To The Kawan Leader**

Dear Kawan Leader,

Hello there!

You did a good job with your KAB Scout. Thanks to you he is now a Young Usa. He is fortunate in having you as his Kawan Leader. You have given him an opportunity to start on a new experience through KAB Scouting. Your interest and assistance have opened to him more fun and wholesome relationships with his family and his friends in the Kawan. Please continue to give him the assistance and the inspiration he needs in his quest for fun and enjoyment as he works for his Growing Usa Badge.

In this Handbook, you will find activities that your KAB Scout will enjoy, with your help and guidance.

Secretary General

## Letter to Parents

Dear Parents,

You belong to a group of persons who support the KAB Scouting program. As parents, your responsibility is for one KAB Scout — your son.

While KAB Scouting is service to us, it is fun for your boy. You must have observed this when you helped him along his Young Usa Trail. You helped him earn his Young Usa Badge. In the process, you also enjoyed the experience, did you not? You became better acquainted with your KAB Scout son.



Now, he is going to work on another trail—one that will be more enjoyable and challenging than the Young Usa trail. You have your role to play again. You don't have to be an expert in KAB Scouting. Your son's success on this Growing Usa trail is up to you. Spend time with him, learn his concerns and problems, and help solve them. He needs your guidance, enthusiasm, and active participation.

If you need help, talk it over with the leaders of your KAB Scout. Let them be your friends and advisers.



There might be times when misled playmates might try to coax your KAB Scout into mischief. The best way to prevent this is to become a good friend to your son and his playmates.

As you thumb through this Handbook, you'll see constant references to you. Your KAB Scout son cannot get credit for any of his requirements if you don't work with him and help approve his advancement activities.

As you watch your boy complete advancement requirements with your advice and help, you'll soon find that you work together harmoniously. That's one feature of the KAB Scouting program — families working together and having fun.

Will you do it gladly to the best of your ability? Good! Happy working together!

Your Kawan Leader

# The Growing Usa Trail



Congratulations!

You are now a Young Usa.

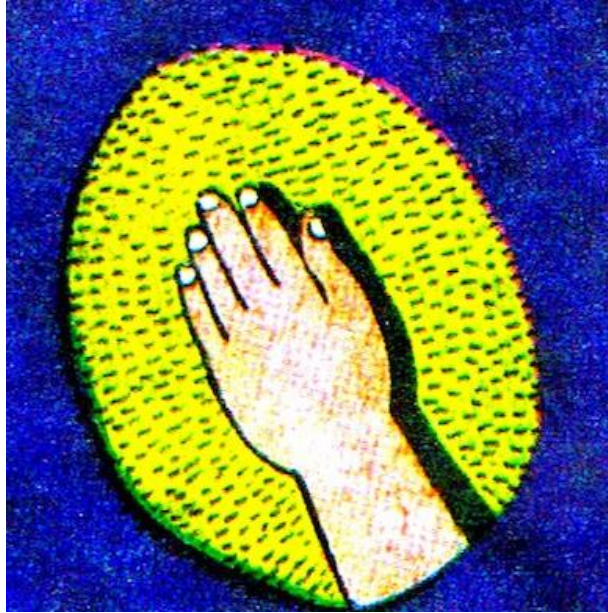
You are ready to become a Growing Usa.

Follow his trail and you can become one.



The trail leads to four duties:

1. Duty to God



2. Duty to Country



### 3. Duty to Others



### 4. Duty to Self



There are some side trails you may follow.



They are interesting and challenging.

These are the achievement requirement trails.

You passed some of them in your Young Usa trail.

You may like to try the others.

Ask your Kawan Leader about them.

Be sure to:

- Ask help from your parents or Kawan Leader.
- Have your book signed each time.

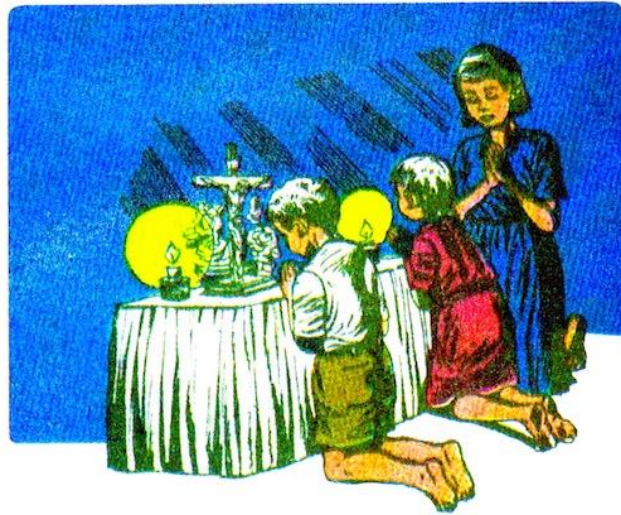
**Good luck!**

**Happy trails ahead!**



**DUTY TO GOD**

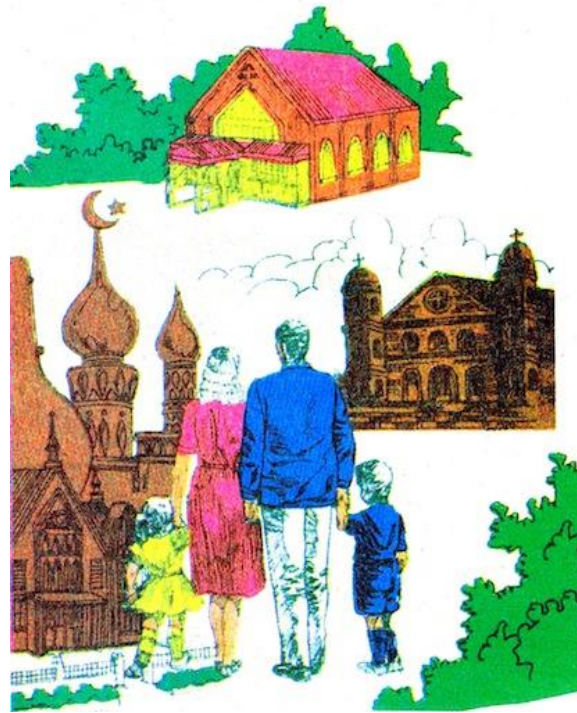
*Duty to God means practicing your religion*



at home



in school



at your place of worship.

You can show this in many ways

***1. Do a good turn in your place of worship.***





*2. Lead in praying.*



### *3. Earn the GIVE PEACE Achievement Badge.*

- Peace
- Stories on peace
- Song on peace



You have just finished the first trail: Duty to God.

Did you enjoy it?

Did you feel closer to God?

Good!

These are the things you did:

- Good turn
- Prayers
- GIVE PEACE Achievement Badge

## ***DUTY TO COUNTRY***

The Philippines is a beautiful country.

It is a great country.

Everyone is free.

The laws protect us.



The Filipinos did not always live freely.  
Many Filipinos worked hard to be free.  
They made the Philippines a free country.



You are a KAB Scout.  
You are one reason the it Philippines is great.  
Be proud you are a Filipino.  
Be a good Filipino citizen.  
Do your duty.

*1. Lead in singing the Pambansang Awit or any other song about the Philippines.*



***PILIPINAS KONG MAHAL***

*Ang bayan ko'y tanging ikaw*

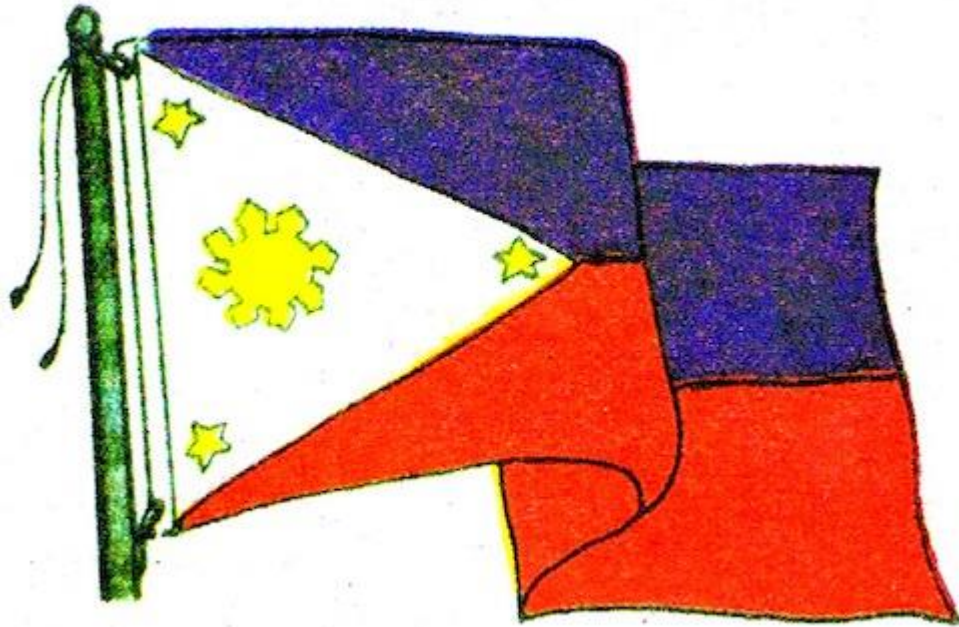
*Pilipinas kong mahal*

*Ang puso ko at buhay man*

*Sa iyo'y ibibigay.*

*Tungkulin kong gagampanan*

*Na Iagi kang paglingkuran  
Ang laya mo'y babantayan  
Pilipinas kong hirang.*



### ***BAYAN KO***

*Ang bayan kong Pilipinas  
Lupain ng ginto't bulaklak  
Pag-ibig ang sa kanyang palad  
Nag-alay ng ganda't dilag.  
At sa kanyang yumi at ganda  
Dayuhan ay nahalina  
Bayan ko, binihag ka  
Nasadlak sa dusa.*



*Ibon mung may layang lumipad  
Kulungin mo at umiiyak  
Bayan pa kayang sakdal dilag  
Ang di magnasang makaalpas.*

*Pilipinas kong minumutya  
Pugad ng luha ko't dalita  
Aking adhika  
Makita kang Sakdal laya.*

**2. We have a beautiful flag.**



a. It has four colors.

**Red**

**White**

**Blue**

**Yellow**

Tell the meaning of each.

b. Our flag has four symbols.

**The triangle**

**The three stars**

**The sun and its rays**

Tell the meaning of each.

**3. *Many Filipinos worked to make our country great.***

Here are just a few of them:

**Jose Rizal**

**Andres Bonifacio**

**Juan Luna**

**Apolinario Mabini**

**Manuel Quezon**

## Ramon Magsaysay

Identify two of them in their portraits below.

Tell something about them.



*4. Do you know... your school officials? your barangay officials?*

Name them.

Tell what they do.

Get a clean sheet of paper and write the names of your school and barangay officials.

School officials:

Principal

Assistant Principal

Librarian

Clinic Teacher

Barangay Officials:

*Barangay* Chairman

*Mga Kagawad ng Barangay*

Chairman of *Sangguniang Kabataan*

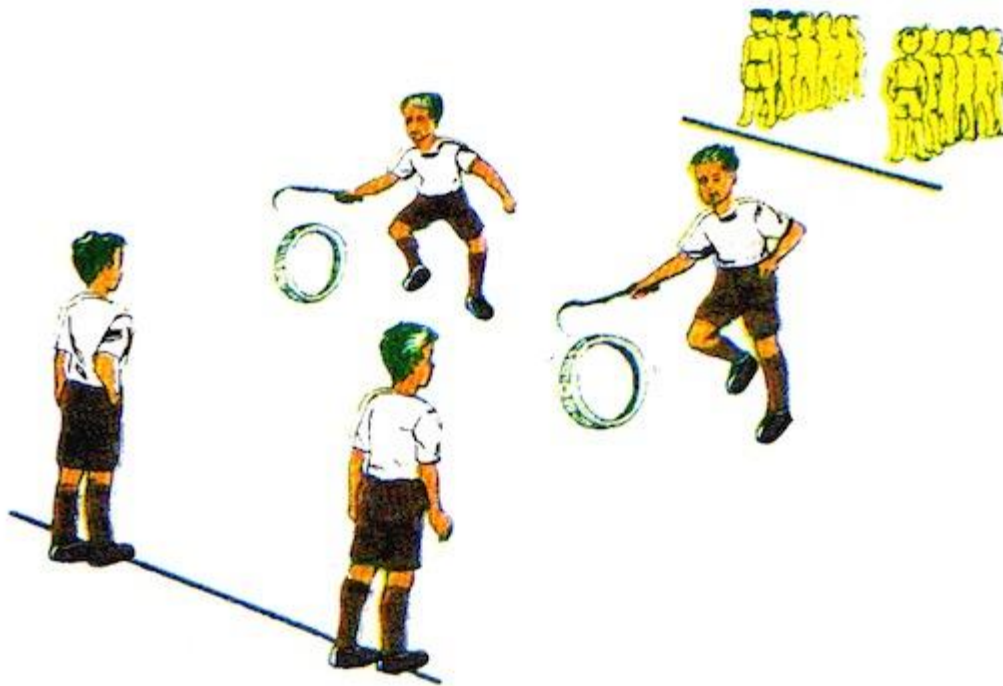
***5. Play our Native Games***

We have many interesting native games.

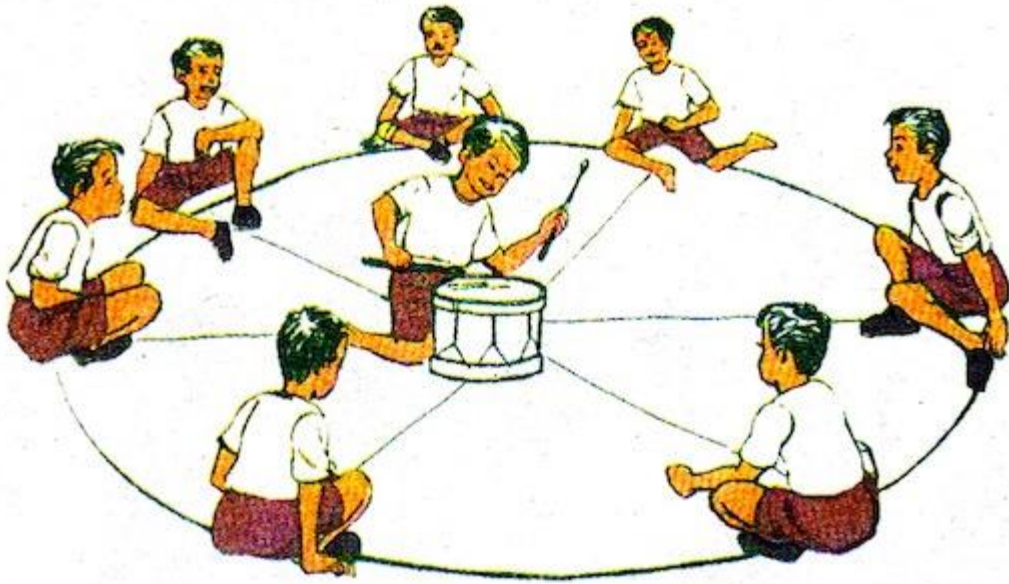
Play one of them.



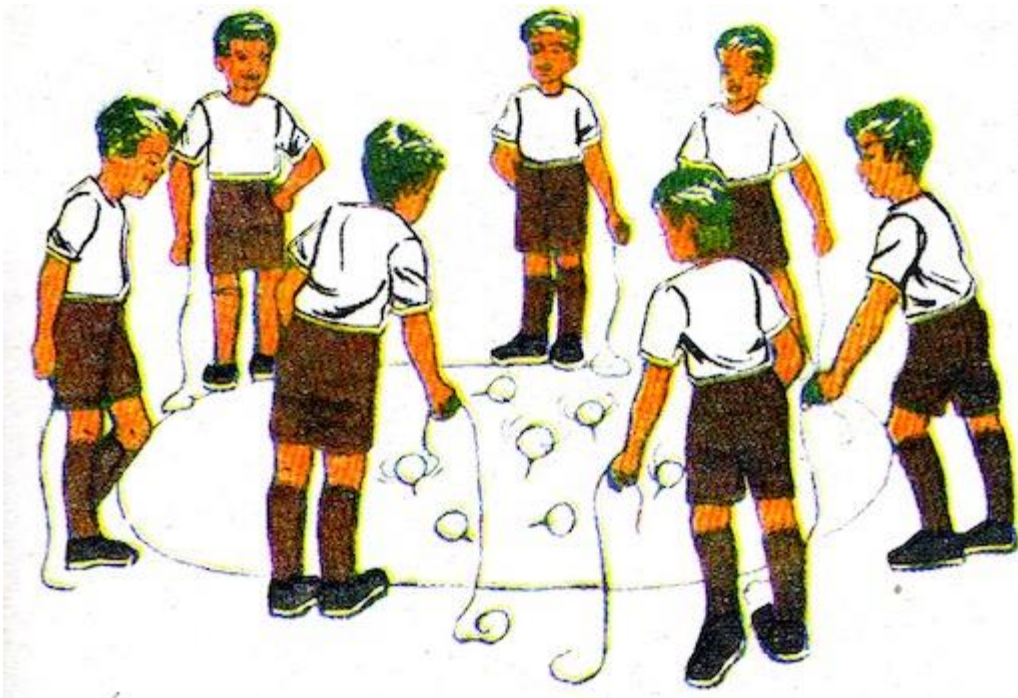
*Buwan-buwan*



*Pagulungan*



*Kuya-kuya*



*Turumpo*

## ***6. Earn an Achievement Badge.***

Earn one of these Achievement Badges.

- Let's Sing and Dance the Filipino Way
- Tell it the Filipino Way
- Let's Play the Filipino Way

Did you have fun on your second trail?

Do you know your country better?

Be proud you are a Filipino!

These are the things you did:

**Pambansang Awit**

**Philippine Flag**

**Filipino heroes**

**School and Barangay officials**

**Native games**

**Achievement Badge**

## ***DUTY TO OTHERS***

***“Ang KAB Scout ay gumagawa ng mabuti araw-araw.”***

The KAB Scout does a good turn everyday.

He helps others.

He makes other people happy.

Can you do these?

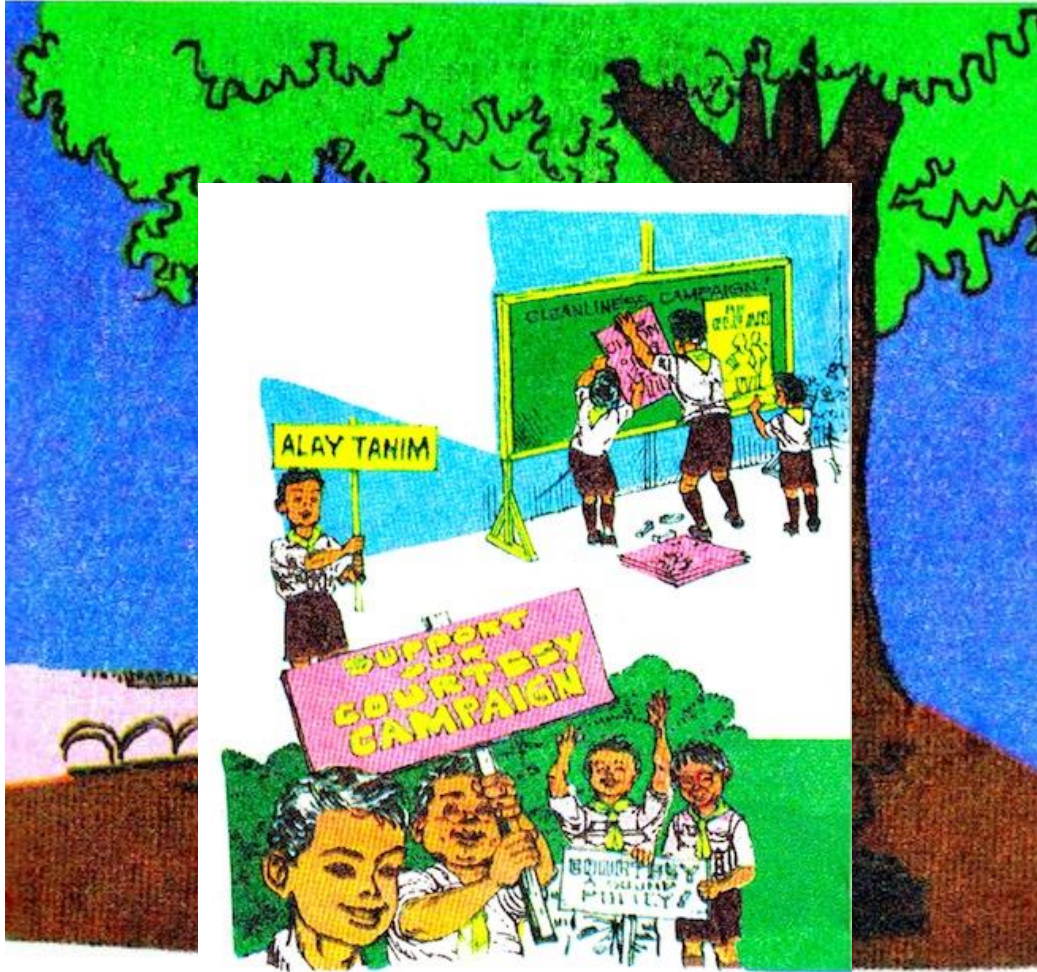
Can you do things for others?

***1. Run errands for, your leaders, teachers, and parents.***



***2. Help dispose of garbage in your institution.***





***3. Join actively in campaigns like cleanliness, beautification, Alay Tanim, Drug Watch, courtesy, and others.***

***4. Help welcome and guide visitors.***



***5. Earn the HELP AT HOME Achievement Badge.***

- Cleaning
- Cooking
- Other chores

## **Congratulations!**

You did it again.

How happy you must be.

You did well!

These are the things you did:

**Running errands**

**Disposing of garbage**

**Joining campaigns**

**Welcoming guests**

**HELP AT HOME Achievement Badge**

## ***DUTY TO SELF***

A KAB Scout has another duty.

This is Duty to Self.

You have many things to do for...

God

Country

Others.

So, you have to make yourself strong and healthy.

You have to learn many skills.

This is- your duty to yourself.

This is the last trail of a Growing Usa.



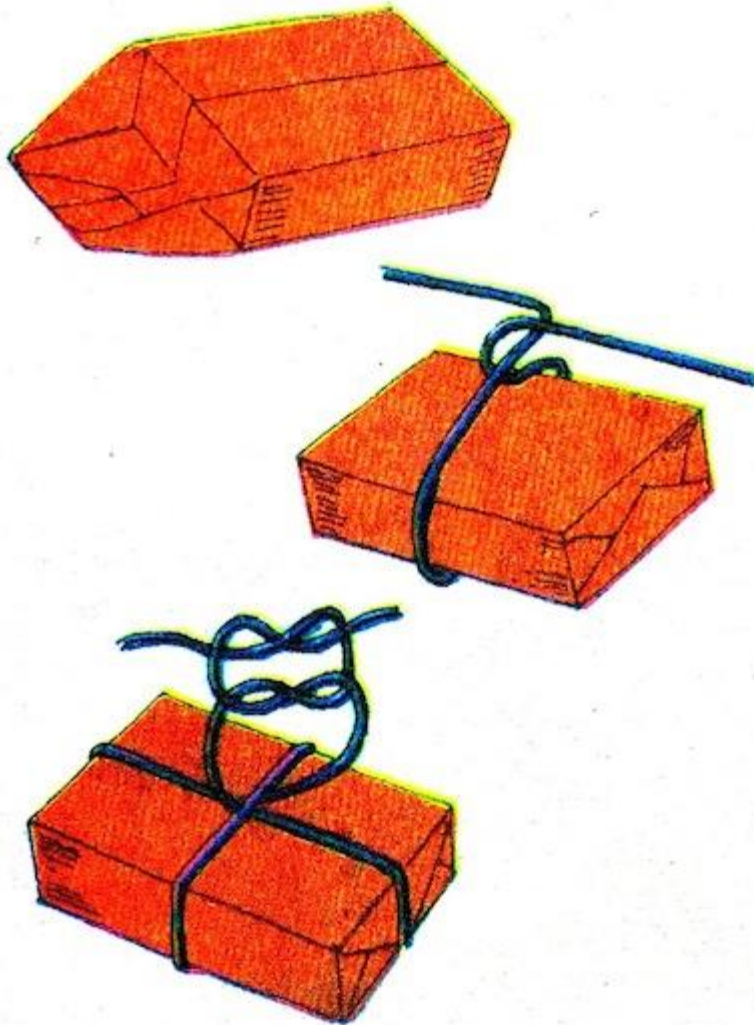
Follow the trail well.

Be sure to do your best.

Now, are you ready?

Here are the things you need to do...

***1. Wrap and tie a package using Packer's Knot.***



***2. Raise vegetables as a Color Group project.***

Take good care of your vegetable garden.



Help sell the harvest from your garden.



### ***3. Earn money.***

Earn money by:

- collecting and selling old newspapers



- collecting and selling empty bottles



- shining shoes



- saving 10% of your money

### ***4. Learn how to use matches safely and thriftily.***

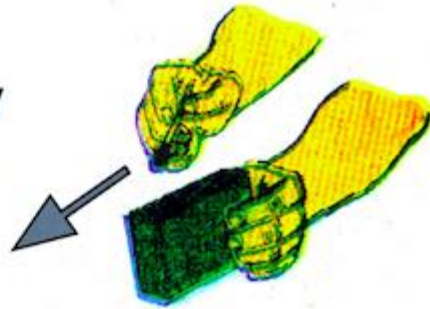
Matches are good friends if you use them properly.

Matches are enemies if you are careless.



**Strike a match away  
from strong wind.**

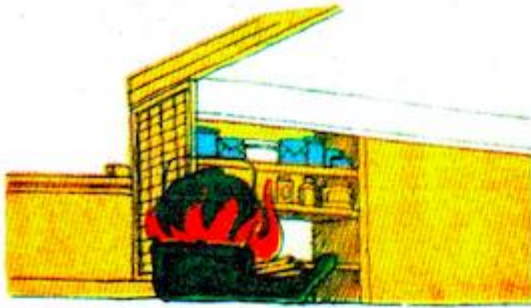
**Strike a match away  
from your body.**



**Put out fire from  
a matchstick  
before throwing it.**



**Keep matches  
out of reach  
of young children.**



**Keep matches  
away from fire.**

***5. Demonstrate first aid for minor burns.***

Accidents are frightening.

Be ready to do right when it comes.

Learn to do simple first aid.

For minor burns, what will you do?

- **Place the burnt part under tap water.**



***6. Earn the BE SAFE Achievement Badge.***

- Road safety
- Bicycle safety
- Home safety
- Safety with strangers

**Congratulations!**

You have achieved the end of the Duty to Self trail.

Aren't you glad?

Aren't you happy?

These are the things you did:

**Packer's knot**

**Vegetable raising**

**Earning and saving money**

**Safety with matches**

**First aid**

**BE SAFE Achievement Badge**

You are a good KAB Scout.

Your parents are proud of you.

You are ready to go on another trail: the trail of the **Leaping Usa**.

**But wait!**

There are other side trails you may follow.

They are interesting and enjoyable.

They will help you have more fun ahead.

These side trails are the Achievement Badge trails.

You went through some of them.

You earned nice badges.



You can earn more badges.

You can earn a badge for:

PETS ARE FUN

BE GOOD, BE HAPPY

or

OUR LIVING WORLD

They are achievement badges for Duty to God.

Perhaps you like to work on badges on Duty to Country.

Try:

GOOD CITIZENSHIP  
LOOKING BACK  
and  
MAKING FRIENDS

These are good, too.

There are many more badges:

OUTDOOR FUN  
or  
WHAT'S COOKING

These are great achievement badges.

So are:

FIX IT  
COMPUTERS ARE FUN  
or  
WATER FUN

There are many more!

Ask your Kawan Leader about them.

Just be sure to DO YOUR BEST in each.

**Good luck!**  
**Enjoy yourself!**



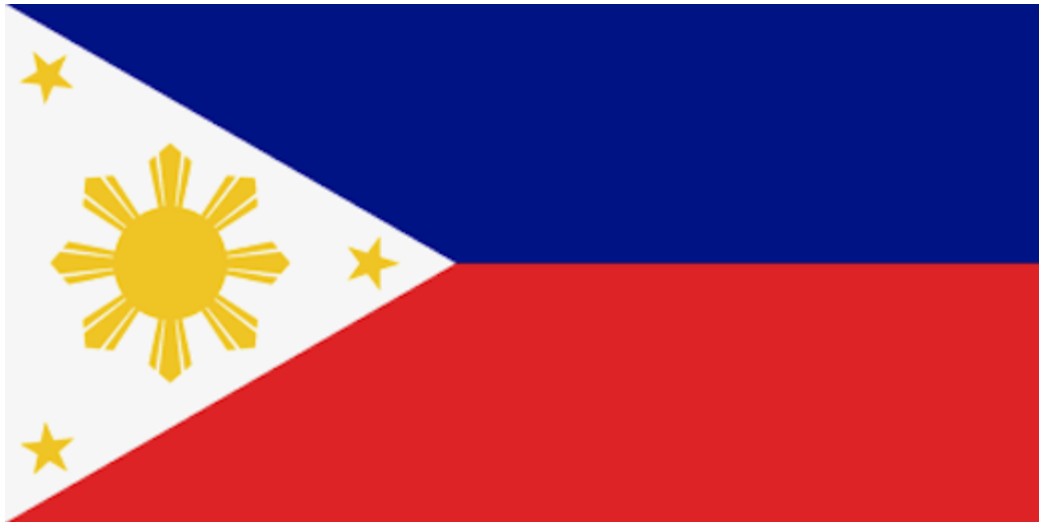
Copy this sample Achievement Record on a clean sheet of paper and fill it up:

<b>Achievement Badge</b>	<b>Date Started</b>	<b>Date Completed</b>

## **APPENDICES**

### ***Appendix A: Know Your Flag***

To know more about our Flag, it is important that the KAB Scout learns the meaning of its composition and the significance of its three colors, the triangle, the three stars, the sun, and the sun's eight rays.



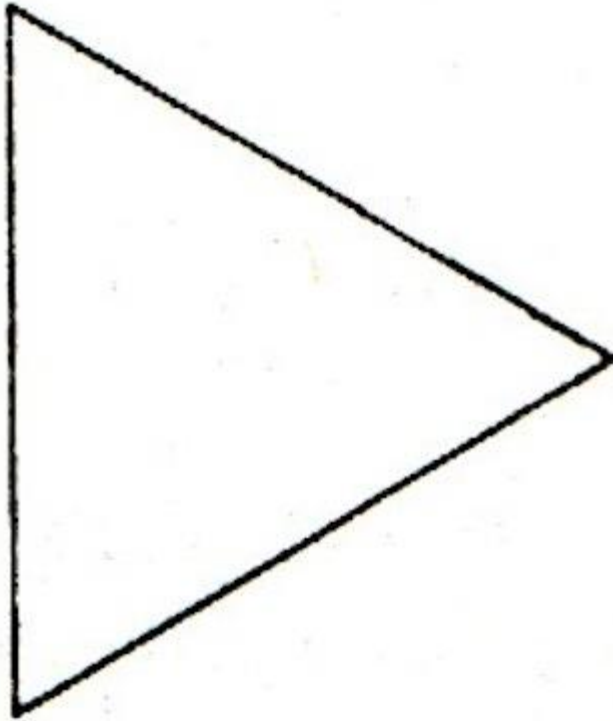
**BLUE** (*bughaw*) stands for noble ideals, the good things everyone has set for himself to live up to or to follow.

**WHITE** (*puti*) stands for purity and peace. Purity means cleanliness in mind and spirit; peace means freedom from trouble.

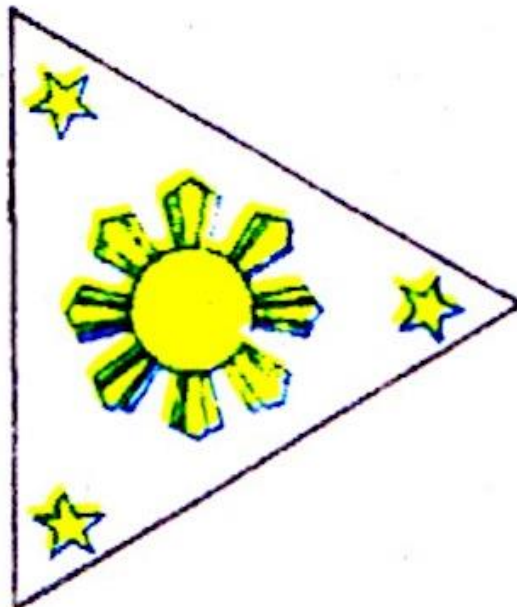
**RED** (*pula*) stands for courage, bravery, and heroism. It stands for the blood of people who are ready to die for their country. Courage means the readiness to stand up and fight for what you think is right. Bravery is the courage to face danger or trouble.

The **triangle** with three equal sides stands for equality and fraternity. Equality means that everything is the same under God and under the law. Fraternity means that all people belong to one whole group and that all people are brothers.



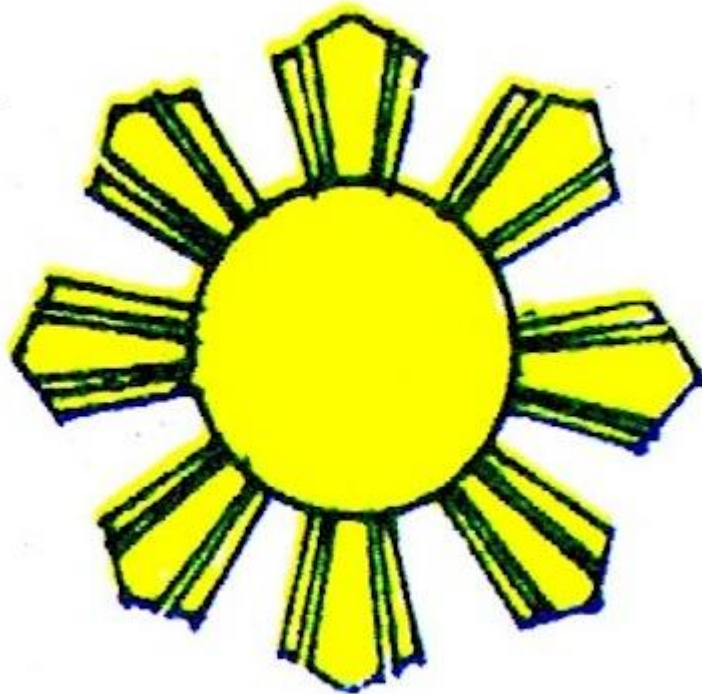


The **three stars** represent the three geographical divisions of our country, namely:



Luzon, Visayas, and Mindanao.

The **sun** stands for liberty, freedom, and light while its **eight rays** represent the first eight provinces that revolted against Spain.



These are:

**Manila**  
**Morong (Rizal)**  
**Bulacan**  
**Pampanga**  
**Nueva Ecija**  
**Tarlac**  
**Gavite**  
and  
**Batangas**

## **Appendix B: Some Filipino Heroes**

### **ANDRES BONIFACIO**

Andres Bonifacio, the “Father of the Philippine Revolution,” was born of poor parents in Tutuban, Tondo on November 30, 1863. He was an avid reader, intelligent, honest, and merciful. He was also brave, fearless, and of a strong character. He joined the *La Liga Filipina* of Rizal. Soon afterwards, he founded the famous *Katipunan* in 1892. In 1896, he organized, inspired, and led the famous "Cry of Balintawak" which signalled the beginning of the great Filipino revolt against Spain. His life history and ideals will forever be a part of our nation's precious heritage. He died on May 10, 1897.

### **JUAN LUNA**

Juan Luna was born on October 23, 1857 in Badoc, Ilocos Sur. He was an artist who studied in Spain and Paris. Like his brother, Antonio, he was a great patriot with his brush. He brought honor to his country, and his paintings have been acclaimed in Europe. Among them are the *Spoliarium*, “Cleopatra,” and “The Blood Compact.” He was a lover of Filipino music, poetry, and literature. He was a great friend of Rizal. He died on December 7, 1899.

### **APOLINARIO MABINI**

Apolinario Mabini was born on July 23, 1864 in Tanauan, Batangas. He was a lawyer and a statesman and is recognized as one of the greatest heroes of our country. Although paralyzed, he worked for our freedom with his brilliant mind and pen, thus earning for himself the sobriquet, “The Sublime Paralytic.” He was General Aguinaldo’s adviser during the Filipino-American war. He was deported to Guam on June 5, 1901 but was pardoned on August 24, 1902. He wrote the famous *Decalogue* and his patriotic writings are among the most beautiful and inspiring in Filipino literature. He died on May 13, 1903.

### **EMILIO JACINTO**

Emilio Jacinto was born on December 15, 1875 in Tondo, Manila. Although of poor parents, he was able to study in the University of Santo Tomas. He was rightfully called the “Brain of the *Katipunan*” and he wrote the famous code of the *Katipunan*. The literary works of Rizal and Marcelo H. Del Pilar inspired in him a great love for our country. After Bonifacio’s death, Mabini ordered him to lead the army in Majayjay,

Laguna, against the Spaniards. He was wounded and finally captured. He died of his wounds on April 16, 1899.

### **MANUEL L. QUEZON**

Manuel L. Quezon was born on August 19, 1878 in Baler, Quezon. He was considered the most dynamic Filipino leader of all time. As a soldier of the revolution against Spain, he was a major of the Filipino-American war.

He became provincial governor of Tayabas, an assemblyman, a senator, and a resident commissioner of Washington. He was President of the Senate from 1916 to 1935. Patriot, lawyer and statesman, he was elected in 1935 as the first President of the Philippine Commonwealth. He was a champion of Philippine independence and was instrumental in the passage of the *Jones Law* and the creation of the Philippine Senate.

A great friend of the poor, he took steps to improve their living conditions even at the cost of his personal interest, as when he cancelled all the debts of his tenants in Arayat. His people followed him not out of fear but out of love. During World War II, he was evacuated with General MacArthur from Corregidor to the United States.

He died at Saranac Lake, New York, on August 1, 1944, almost on the eve of the liberation of his beloved homeland by the USAFFE.

### **Appendix C: Native Games**

#### **BUWAN-BUWAN**

On the ground, draw a circle big enough to contain the players with space for running.  
Draw a line in the middle of the circle.



Choose an IT who stays on the line of the circle. The IT can run around the circumference of the circle and on the line of the middle with his arms outstretched trying to tag anybody. The players run inside the circle trying to avoid being tagged.

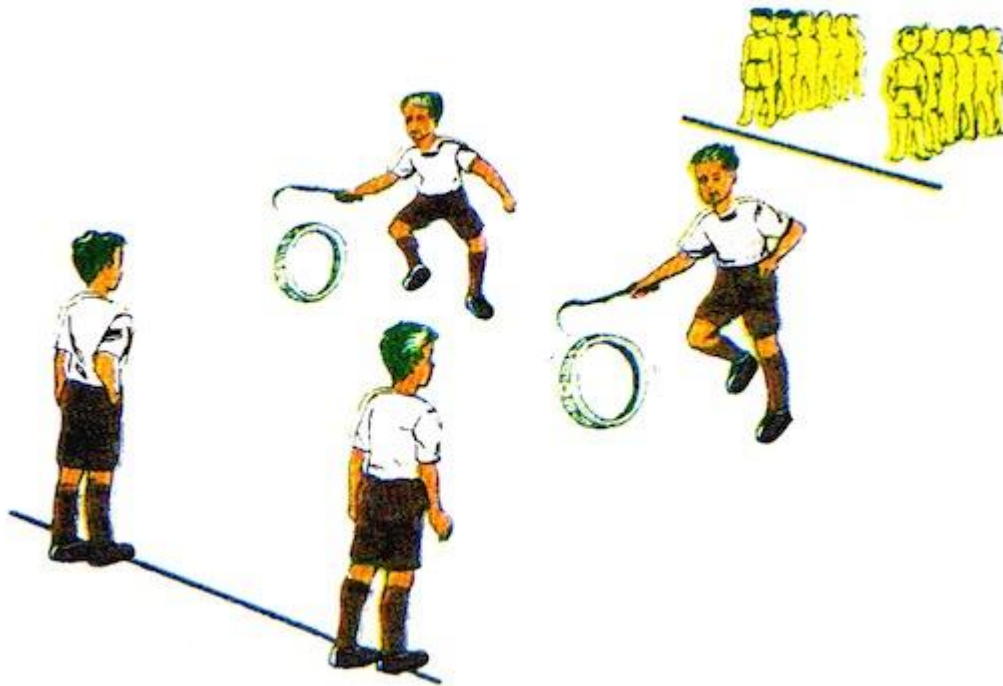
Any player who is tagged or who gets out of the circle becomes the next IT.

~o0o~

## PAGULUNGAN

Each Color Group should have a rattan hoop about one meter in diameter and a driving stick about 3/4 of a meter long and 2 cm thick or a thick wire with one end bent into a hook.

The competing Color Groups stand in relay formation behind the starting line.



At a signal, the first boy in each team rolls his hoop with the stick as guide, toward the finish line and back to the starting line. He passes the stick and the hoop to the next runner who does the same. The team to finish first wins the game.

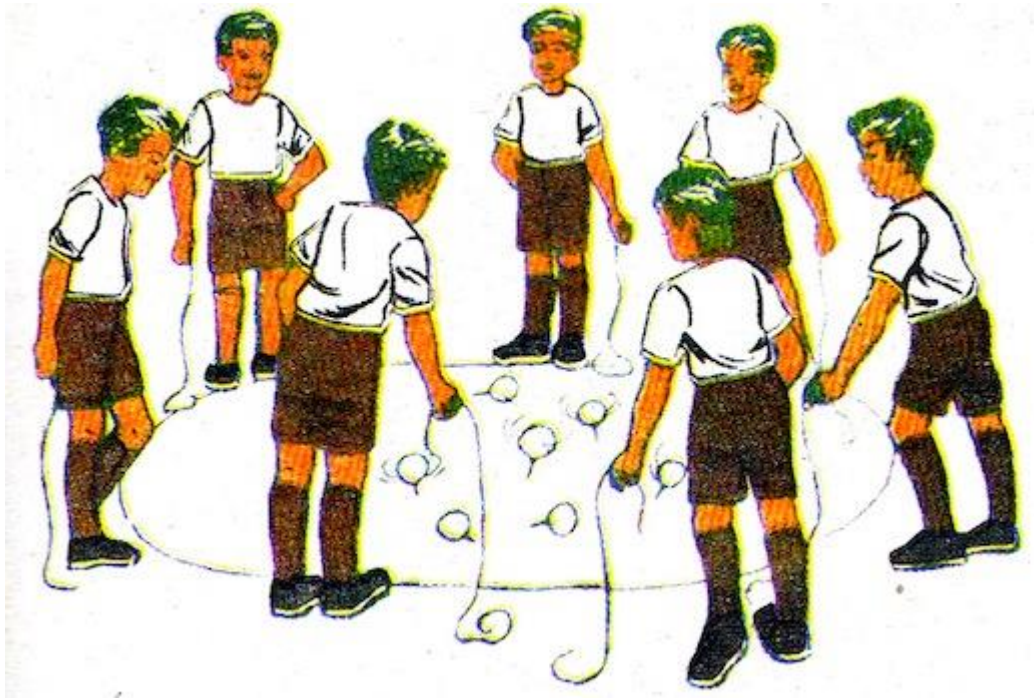
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## **TURUMPO**

(Top)

Each boy in the Color Group should have a top.

Draw a circle, around  $\frac{3}{4}$  of a meter, on the ground. Draw a starting line 2 meters from the circle.



Each boy winds a piece of sturdy string around the end of his top close to the nail. All the boys unleash their tops on the ground at the same time. All the tops spin together and the one that spins longest is the winner.

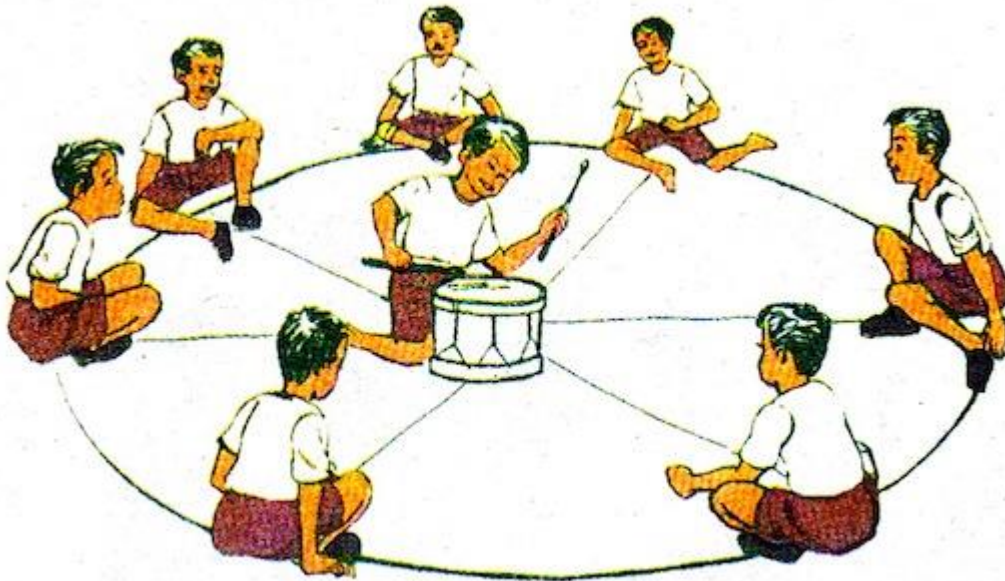
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## **KUYA-KUYA**

(Older Brother)

You will need a drum or any noisemaker.

Draw a big circle on the ground. Draw smaller circles (one for each KAB Scout) on the edge of the big circle.



The *Kuya* stays in the middle of the circle. He beats different rhythms on the drum and the other KAB Scouts move to the beat. They may run, skip, jump, or make any movement they like. When the *Kuya* stops beating the drum, all the KAB Scouts should sit down on the smaller circles as fast as they could. The last player to sit becomes the next *Kuya*.

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