



SRI LANKA SCOUT ASSOCIATION
Publication Of The Cub Scout & Programme Division

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Cover page & graphic designer H.Chamara Sandaruwan Kaldera Asst. Headquarters Commissioner **சேர்லை விடுதகை சோக்ப்வதி** குருளைச்சாரணர் சத்தியப்பிரமாணம் CLID COOLIT DROMICE

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எனது மதம் மற்றம் நாட்டிற்கு உடமைகளை நிறைவேற்றுவதற்கும் சாரன வீதிகளுக்கு கீழ்ப்படிவதற்கும் தினம்தோதும் நற்பணிபோன்றை செய்வதற்கும் எனது முழுமையான முயற்சியில் ஈடுபடுவேன் என்று உறுழியளிக்கின்றேன்.



T PROMISE TO DO MY BEST,
TO DO MY DUTY TO MY RELIGION AND COUNTRY,
TO OBEY THE CUB SCOUT LAW,AND
TO DO A GOOD DEED EVERY DAY.

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esina இழுத்தன் அன்றுப் விகர் வேடு குருளைச்சாரணர் ஆகேலாவுக்கு கீழ்ப்படிவார் THE CUB SCOUT OBEYS AKELA

පෝතක බාලදක්ෂයා පුයෝජනවත් අයෙක් වෙයි குருளைச்சாரணர் பயனுள்ளவாராக இருப்பார் THE CUB SCOUT MAKES HIMSELF USEFUL

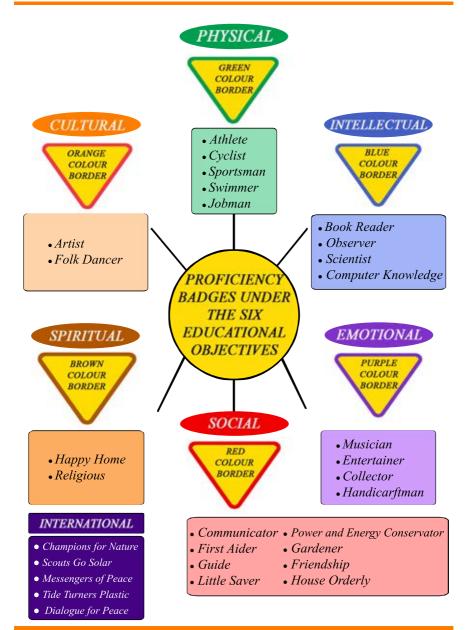
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පෝතන බාලදෑෂයෝ වඩාත් තොඳින් කිරීමට යන්න දරයි සුලැකොச்சாரணர் மிக நன்றாக செய்வதற்கு முயற்சிப்பார THE CUB SCOUT KEEPS TRYING TO DO BETTER

INTRODUCTION

It is important that educational objectives are considered when planning training activities of the Scout Movement. The syllabus of the proficiency badges has been designed with this in view. These badges help the children of the cub age group in character development to become better citizens. Therefore, it is very important that Akelas use the correct methodology in training the cubs in these proficiency badge work.

| No | Educational Objectives | Aims |
|-----|---------------------------|---|
| 01. | Physical | To develop good health habits through simple and enjoyable activities. |
| 02. | Intellectual | To stimulate curiosity in different fields useful in the future through simple and enjoyable activities. |
| 03. | Emotional | To train them to maintain a close and honorable relationship with others through simple and enjoyable activities. |
| 04. | Social | To inculcate an understanding on social ethics through simple and enjoyable activities. |
| 05. | Spiritual | To develop basic knowledge on various religions through creative activities |
| 06. | Cultural | To create cultural understanding which the Cubs continues to develop through simple and enjoyable activities. |



Instructions for acquiring the Proficiency Badges This is effective from 01st January 2020

- For the Bronze Star, it is compulsory to win either the Artist or the Book Reader badge.
- Before obtaining the Bronze Star, four (4) of the following proficiency badges could be obtained. (Other than the compulsory badges) Musician, Entertainer, Collector, Cyclist, Athlete
- For the Silver Star, the House Orderly and Gardener badges are com pulsory.
- Apart from the
 - o First Aider
 - o Guide
 - о Нарру Ноте
 - o Power and Energy Conservator
 - o International Badges
 - if desired, six (6) other proficiency badges can be obtained before winning the Silver Star.
- For the Gold Star, winning the Happy Home, Guide and First Aider or one of the international badges are compulsory.
- Before winning the Gold Star, in addition to the proficiency badges won earlier, eight (8) other proficiency badges could be won.
- After winning the Gold Star, if desired, all remaining proficiency badges could be won. (Should be completed before 11 years of age)

All proficiency badges should be worn on the right sleeve of the uniform, excluding the international badges which should be worn on the blue sash.

PHYSICAL SECTION

(Green border)

REQUIREMENTS FOR CUB SCOUT PROFICIENCY BADGES

(01) Athlete (CS/PH/01)

Objective:

Developing health, physical strength.

Requirements:



- 1. Run 75 meters
- 2. High Jump 80 cm.
- 3. Long Jump 2 1/2 meters
- Be able to throw a rubber or tennis ball 20 meters.
- Be able to catch a rubber or tennis ball throw from 15 meters away.

(The Examiner is allowed to vary the level of these requirements depending on the age and physical growth condition of the child)

(02) Cyclist (CS/PH/02)

Objective:

Acquiring the ability to correctly use a bicycle in day to day life.

Requirements:



- Demonstrate to the Examiner that he/she is able to ride a standard bicycle (appropriate to the child's size) up to a distance, visible to the examiner corectly.
- Be able to properly mount, park and dis mount correctly from a bicycle.
- 3. Be able to name the parts of a bicycle.
- 4. Know 5 signs of the high way code.

(03) Sportsman (CS/PH/03)

Objective:

Develop physical fitness while developing skills relevant to sports.

Requirements:



- Select 2 sports that you take part in, and explain to the Examiner about their rules and the manner of play.
- Produce a letter certified by the relevant Teacher in charge of Sports certifying that you take part in these sports.
- Know about some sportsmen and sportswomen who have achieved national and international standards in the sports you take part in.

(04) Swimmer (CS/PH/04)

Objective:

Acquiring the ability to become a healthy person through swimming.



- 1. Be able to swim 25 meters free style.
- 2. Swimming 15 meters back stroke.
- Be able to come to the surface after picking up something from a bottom of 4 feet by using the Duck Dive.

(05) Johman(CS/PH/05)

Objective:

To display that one has the necessary skills to be a useful person at home and at school.

Requirements:



- Be able to demonstrate how to use safely and how to take care of 05 of the following tools. (Hammer, hand saw, screw driver, spanner, claw hammer, tin cutter, broom, ekel broom)
- Cleaning an area in one's house or Cub Den. (E.g. arranging the bed in

house, mopping the floor of the den)

Demonstrate how to paint an article. (E.g. a small table or chair)

INTELLECTUAL SECTION

(Blue Border)

(01) Book Reader (CS/IN/01)

Objective:

To develop knowledge, attitudes, skills, learn proper usage of books, and also to develop language skills through reading books.

Requirements:



 Prepare a list of books read during the past 06 months, mentioning the names of the authors. (A minimum of 05 books).

Out of these books, at least one book should be an adventure story or heroic story or model character story or our

country's historical story or science fiction or a story about the environment.

- 2. Present a bookmark created by the Cub Scout.
- 3. Should present facts on the preservation of books to the Examiner verbally
- Submit a book consisting of a small story created by the Cub Scout and it should also have a front cover which consists of a picture done by him/herself.
- 5. Become a member of the local or school library.

(02) Observer (CS/IN/02)

Objective:

Developing sensitivity towards plants and animals, and to develop sensitivity of the five senses to the protection of environment.

Requirements:



- Identifying 5 trees and 5 flowers and give a brief verbal description to the Examiner.
- Out of the species of animals, birds, in sects and fish, select one category; 5 species off that category should be observed; and their appearance and

habits should be described verbally to the examiner.

- 3. 12 items different to each other are to be observed within 02 minutes and the Cub Scout should write at least 9 of them through memory. (Kim'sgame)
- 4. Take part in 02 sense training games organized by the Examiner (through smell, touch, sound and taste)

(03) Scientist (CS/IN/03)

Objective:

Coming to conclusions through observations and experiments based on scientific methods.



- Perform any two simple experiments selected by the Cub Scout. (Should be able to explain to the examiner what the experiment were and be able to explain what you were trying to prove)
- 2. Show that white light is made up of different colours.

- 3. Show how a thermometer is used.
- 4. Select and present one of the following to the examiner:
 - i. Make a periscope and demonstrate to the Examiner how it works.
 - *ii.* Make a simple electrical circuit and explain how it works.

(04) Computer Knowledge (CS/IN/04)

Objective:

Use of basic skills and knowledge necessary for the use of computers.



- Be able to name the main parts of the computer
- 2. Be able to switch on a computer
- 3. Be able to make a document
- 4. Be able to make and name a folder
- 5. Be able to work on that folder
- 6. Be able to reopen the folder made previously.
- 7. Be able to rename a file and folder.

EMOTIONAL SECTION

(Purple Border)

(01) Musician (CS/EM/01)

Objective:

Developing the musical ability latent in a Cub Scout.

Requirements:



- Singing an octave of musical notes (swara) (for this, accompaniment of a musical instrument is allowed)
- 2. Be able to name 03 musical instruments
- 3. Singing a children's song with actions.
- 4. Singing a drama song
- 5. Singing a foreign Scout song
- 6. Ability to play a musical instrument.

(02) Entertainer (CS/EM/02)

Objective:

Develop the aesthetic skills and talents to entertain others.

Requirements:



Being able to satisfactorily complete 3 of the following. (at least 3 minutes should be spent on each of these)

- 1. Playing a musical instrument
- 2. Singing (A patriotic song, folk song and a popular song should be sung)
- 3. A dance
- 4. Mime
- 5. Muppet or puppet performance.
- 6. A comedy act.

(03) Handicraftsman (CS/EM/03)

Objective:

Development of the ability to innovate through practical skills.

Requirements:



- Make any useful article before the examiner out of discarded objects. (E.g. wallhanging, greeting card)
- Make a model out of clay or some other substance.
- Make a useful decoration using natural substances such as roots of trees, wood,

coir rope, tender coconut leaves and seashells.

(04) Collector (CS/EM/04)

Objective:

Obtaining knowledge and entertainment through collecting various items during the Cub Scout's leisure time

Requirements:



Convincing the Examiner that one of the following items listed below had been collected and preserved for about 3 months continuously.

Explain (verbally) to the examiner on the knowledge gained during the collection process. The selected

collection should have variety.

3. Select one item listed below with a varied collection and show to the examiner. The minimum number of the collection is shown within brackets

Collection of photographs (20)

Collection of first day covers (05)

Collection of picture post cards (50)

Collection of labels (30)

Collection of a variety of pens (20)

Collection of coins (25)

Collection of feathers (20)

Collection of cereals/medicinal seeds (20)

Collection of things such as trade marks (10)

Collection of stamps (100)

Collection of various toys (20)

Collection of articles and pictures of national heroes/leaders 10

Collection of pictures of local and foreign mountains and rivers (10)

Collection of (various) badges (15)

In addition, a collection of items different to the items mentioned above can be presented to the satisfaction of the

Examiner. The Cub Scout Akela should recommend that this col lection belongs to the Cub Scout.

SOCIAL SECTION

(Red Border)

(01) Communicator (CS/SO/01)

Objective:

Developing the ability to properly communicate information.

Requirements:



- Know 02 methods of exchanging ideas using modern technology.
- Making a poster to communicate a given topic or message.
- Acting as an announcer (news/sports commentator for about 02 minutes)
- Give a verbal description relating to a photograph given by the Examiner
- 5. Be able to exchange ideas using a telephone properly.

(02) First Aider (CS/SO/02)

Objective:

Gain the ability to help others during an accident.



- Show that he is able to explain what first aid is,know when to seek adult help and know the qualities that a first aider should have.
- Know how to treat minor cuts, bruises and such injuries.
- Demonstrate how to bandage the palm and knee using roller bandages
- 4. Know how to put the large arm sling.
- Know the causes of burns and the treatment for minor burns likely to take place at home.
- 6. Know the first aid for bleeding from the nose and mouth

(03) Guide (CS/SO/03)

Objective:

Gain the ability to act as a guide as and when necessary in day to day life.



- Be able to give directions to a stranger asking about a place, accurately and politely.
- Draw and name 5 road signs to be followed by a pedestrian.
- 3. Demonstrate clearly to the Examiner how to walk on a road.
- Verbally describe 03 important places located in close proximity to the Cubs Scout's home.
- 5. Name the starting places and destinations, and numbers of buses passing the relevant area (minimum of 5).
- 6. Verbally describe the route from the school to Cub Scouts home.

(04) Power and Energy Conservator (CS/SO/04)

Objective:

Acquiring an understanding about ways of using energy economically.

Requirements:



- Be able to define in simple terms what is neant by energy and to name four sources of primary energy.
- Be able to provide a simple definition sec ondary energy and to name three ways used to produce electricity which is a sec ondary source of energy.
- Make simple models to demonstrate how primary energies are converted to secondary energies.
- Discuss with the Examiner about waste with reference to energy frequently used in day to day life.
- Discuss with the Examiner about ways in which energy waste could be minimized by using energy carefully.

(05) Friendship (CS/SO/05)

Objective:

Developing cordiality to others.



- Maintaining a friendship with a Cub of a different Pack (could be from his District or some other District) or of a foreign country (minimum of 03 months through email or letters. Adult supervision is necessary when using the internet)
- Satisfying the Examiner that one is associating with friends cordially (at school, home or other relevant occasions)
- Presenting verbally to the examiner 05 good qualities of the Cub Scout whom you are maintaining the friendship with.

(06) Gardener (CS/SO/06)

Objective:

Understanding the techniques and tools used in gardening.

Requirements:



 Make a 4 square meter (2x2 meter) plot, cultivating it and caring for about 2 months. (town packs could do the following: Cultivating and nurturing 3 types of plants from seedsfor a 3 - month period in flower pots, containers suitable for cultivation or

in alternate packings)

- Name 5 agricultural tools and state for what those are used.
 E.g. mamoty/ garden fork/hand fork/ knife/ rake/ crowbar/ grass cutter/ watering can
- Name 3 flowers and 3 vegetables which can be found in a garden.
- 4. Being able to name the following while discussing with the Examiner:
 - a. Three common weeds
 - b. Three animals which damage garden crops

(07) House Orderly (CS/SO/07)

Objective:

Acquiring the ability to assist in tasks within the household.



- 1. Prepare a cup of tea or coffee
- 2. Make a sandwich
- Demonstrate the boiling of a yam such as sweet potatoes or manioc.
- Demonstrate how a floor is cleaned and how doors and windows are dusted.
- 5. Polishing a silver or brass article
- Demonstrate how to clean vessels used in the preparation of food using an artificial or natural cleaner.

(08) Little Saver (CS/SO/08)

Objective:

Understanding the value of saving and reducing unnecessary expenses.

Requirements:



- Open a savings account with a minimum deposit of Rs 100
- Explain to the Examiner how consistent savings can be beneficial to one's future.
- Show increase in savings during the last 3 months.
- 4. Explain to the examiner three instances

how you could prevent your parents spending money on non-essential items and how the money saved in those occasions could be deposited in a savings account.

Discuss with the examiner why home cooked meals are healthier and also prevent unnecessary expenses.

SPIRITUAL SECTION

(Brown Border)

(01) Happy Home (CS/SP/01)

Objective:

Acquiring the ability to become a person maintaining a good re lationship within the family and among relatives.

Requirements:



- Preparing a report about how you had assisted in domestic activities during the past month and submit to the Akela (this should be certified by the mother, father or the guardian)
- Write 05 good qualities of the mother or the father, and if both are

deceased write about an adult that the Cub Scout likes most,

- Make a presentation by using photographs or drawings re garding close relations of his family and their relationships.
- 4. The Akela should be satisfied in a friendly discussion with the Cub Scout on how the cub scout has helped at home and acted usefully and pleasantly.

(The examiner for this badge is the Akela)

(02) Religious (CS/SO/02)

Objective:

Mave a good understanding regarding one's own religion and a basic understanding of other religions and be involved in religious activities



- Be aware of the religious symbols of one's own religion as well as others
- Have an understanding of how to behave at a religious institute of one's religion and behaving accordingly.
- 3.Know about the religious activities taking place in one's religion and participating in a minimum of 2 of such activities.
- Contribute at least half an hour of service to a religious institute.
- 5. Read at least two books about one's religion.

CULTURAL SECTION

(Orange Border)

(01) Artist (CS/CU/01)

Objective:

Be able to identify the primary colours and being able to display one's creative ability through art.

Requirements:



- Introduce the 03 primary colours (blue, yellow, red), and show how the various colours could be obtained by mixing them.
- Show to the Examiner a collection of about 10 drawings done by oneself within a period of at least 02 months.
- Draw in pencil, pastel or a medium of one's choice a topic given by the Examiner.

(02) Folk Dancer (CS/CU/02)

Objective:

Show an awareness about the past heritage and the skills in folk dancing.



- Name 3 types of folk dances and know the relevant folk songs.
- Perform to the satisfaction of the Ex aminer with a troupe or alone a folk dance dressed in a relevant costume, using an instrument and singing. (the "mendiya" must be used along with simple movements)

INTERNATIONAL SECTION

Champions for Nature Challenge (Cub Scouts)

Be aware

The badge examiner to inspire, guide & help the Cub Scout in doing this at every stage

 Complete the self-assessment of Cub Scout's knowledge and under standing of the relationship between humans, nature and biodiversity with the help of the badge examiner.



Complete 2 activities each of the se lected pathways to understand about the selected pathway with the help of badge examiner. Please refer to badge examiner for details.

List of activities

"Better Choices" pathway

- a. Footprint checklist
- b. Your eco-friendly life
- c. Green or Red

"Nature and Biodiversity" pathway

- a. What's at risk?
- b.Discovering Nature with Seek App by INaturalist
- c. BioBlitz Natural area exploration
- d.Minimum impact on nature

SRI LANKA SCOUT ASSOCIATION

Cooperate (Planning Stage)

☑ Plan an environment related happy service project at Cub Pack level with the help of examiner & the Cub Scout Leader (with the partici pation of maximum group of 12 Cub Scouts / 2 sixes).

Contribution from each Cub Scout Should be 4 service hours.

- Identify environmental issues or needs in your area
- ii. Explore possible solutions with fellow Cub Scouts
- iii. Design an action plan to execute the community project

Act

- ☑ Carry out the agreed plans for the service project.
- Share the project on www.scout.org with the help of Cub Scout Leader

Awarding of the badge

With the Recommendation of relevant District officials, District Coordinator shall submit the specimen form to the National Head Quarters & National SWA coordinator will issue the Badge and the certificate. In the absence of District coordinator, ADC Program will submit the specimen form (report) to the NHQ.

Scouts Go Solar Challenge

 7 years 11yars (Cub section) Level 01 / After completion of the Silver Star The examiner to inspire guide & help the Cub Scout in doing this badge at every stage.



- Know the basic information about Sun, Solar energy & its uses
- State the bad impacts of the Sun on health and environment
- Know about the precautions to be taken
- iv. Study & State the uses of solar energy

and the technologies used to generate energy from Sun

 Perform following Solar activities (02 activities from each section) during a level 01 solar introduction workshop.

Sun is Life Activity List

- · Chasing Light
- · Shadow Thief

- Solar Art
- Colours of Solar energy

Impact of the Sun on health and environment Activity List

Sunglasses

- Don't get a sunburn
- · How to treat a sunstroke?

Uses of solar energy Activity List

- Sun one day Every day
- Collect water
- Solar box cooker (Compulsory)

Go Solar Activity List

- Have a Solar lunch (Compulsory with 3 food items)
- Use clean water
- · Have a solar shower

Messengers of Peace - Ring Badge Criteria

Cub Scout section (7-11 years)/ After completion of the Silver Star

The examiner to inspire guide & help the Cub Scout in doing this badge at every stage.

1. Inspire



Cub Scout can be inspired in one of the following ways

 Observe an event or activity organized by MoP at Cub pack, Scout Troop, District or National level.

Watch a documentary/ listen to a speech related to MoP facilitated by

District MoP Coordinator/ ADC Program/ ADC Cubs / Cub Scout Leader

Learn & Decide

- Learn and decide on a possible project that Cub Scout would like to be involved in. (The subject matter should be in relation to an experience that inspired the Cub Scout), which covers one or more Sustainable Development Goals (SDGs)
- ☑ Give a verbal statement to Cub Scout Leader regarding the Project plan (Happy service)
- \[
 \text{Uub Scout Leader shall submit proposal format through the ADC cubs/ ADC Program to District Messengers of Peace Coordinator (Proposal format is annexed)

3. Do

□ Organize

the selected happy service project, spending no less than two (2) service hours in total (individual basis)

AND

☑ Participate

two happy service projects, spending no less than four (4) service hours in total (individual basis)

4. Share

- Cub Scout Leader / Examiner shall share the story via www.scout.org website (mandatory) & submit the specimen form (report) to the District Messengers of Peace Coordinator through ADC Cubs.
- In the absence of District MoP coordinator, submit the specimen form (report) to the ADC Programme through ADC Cubs.

Awarding

With the Recommendation of relevant District officials, District MoP Coordinator shall submit the specimen form to the National Head Quarters & National MoP Core team will issue the Messengers of Peace Ring badge and the certificate. In the absence of District MoP coordinator, ADC Program will submit the specimen form (report) to the NHQ.

Tide Turners Plastic Challenge

7 years 11 years (Cub Section) / After completion of the Silver Star

The examiner to inspire guide & help the Cub Scout in doing this badge at every stage.

Be aware



- Complete a Self-Assessment on how much does Cub Scout understand the issues related to plastics, plastic waste, and plastic pollution.
- Complete Plastic Audit Quiz to assess plastic usage in Cub Scouts day today life
- Complete minimum of 5 activities from the Healthy Planet Activity list for the Preventing and Recovering water and land Ecosys tems from pollution.

List of activities

- a) Audit your Plastic Habit
- b) Movie Night
- c) Play to kill the ocean
- d) Bottle Cap Mosaic Art & Craft
- e) Plastic Beginnings (plastic then & now)
- f) Plastic Resolution
- g) Upcycling Art
- h) Learning By Doing

Cooperate

- Plan an environment related community service project at Cub Pack level with the help of Cub Scout Master (with the participation of maximum group of 12 Cub Scouts / 2 sixes). Contri bution from each Cub Scout Should be 4 service hours.
 - Identify environmental issues or needs in your area with the teams, community, and partners.
 - b) Explore possible solutions with fellow Cub Scouts
 - c) Design an action plan to execute the community project

Act

- Share the project on www.scout.org with the help of Cub
 Scout Master

Awarding of the badge

With the Recommendation of relevant District officials, District Coordinator shall submit the specimen form to the National Head Quarters & National SWA coordinator will issue the Badge and the certificate. In the absence of District coordinator, ADC Program will submit the specimen form (report) to the NHQ

Dialogue for Peace

Under 11 Cub Section / After completion of the Silver Star The examiner to inspire guide & help the Cub Scout in doing this badge at every stage.

1. Learn



Choose five learning objectives (objectives 1 and 2 are mandatory) & learn about those with the help of the Badge

examiner.

- Demonstrate the knowledge of the principles of Dialogue
- Understand what is meant by "all people are different but equal."
- Explore why people are different and how they help each other.
- Discover some of the differences between people in the society and differences in family members.
- Understand that differences imply different needs and seeing things differently
- Be aware of harmful effect of conflicts /misunderstanding be tween people in the society.
- Explain how dialogue can reduce the risk of conflict/ correct misunderstanding between people
- Show examples of tolerance and living in harmony by sharing relevant news or historical events.

Do

Choose one activity & complete the activity with the help of the Badge examiner.

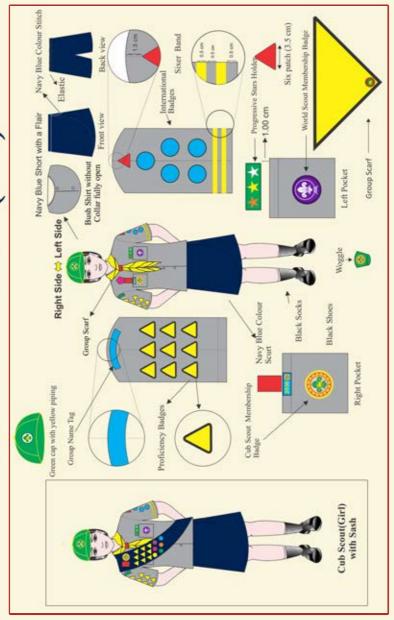
- 1. Participate in a local dialogue event (debate, meeting, etc.)
- 2. Initiate a dialogue session between two different individuals
- Present to your Cub Pack the benefits of dialogue as against conflict
- b) Explore possible solutions with fellow Cub Scouts
- c) Design an action plan to execute the community project

Act

Awarding of the badge

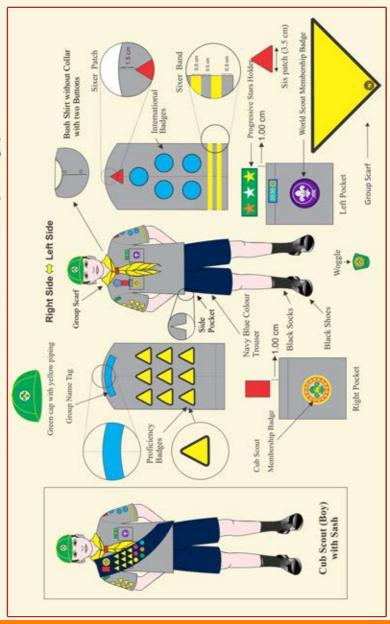
With the Recommendation of relevant District officials, District Coordinator shall submit the specimen form to the National Head Quarters & National SWA coordinator will issue the Badge and the certificate. In the absence of District coordinator, ADC Program will submit the specimen form (report) to the NHQ

Cub Scout Uniform (Girl)



SRI LANKA SCOUT ASSOCIATION

Cub Scout Uniform (Boy)



SRII ANK A SCOUT ASSOCIATION

CUB SCOUT PROGRESSIVE SCHEME









SRI LANKA SCOUT ASSOCIATION