

# CUB SCOUT PROGRAMME

SRI LANKA SCOUT ASSOCIATION

*Publication Of The Cub Scout & Programme Division*

# CUB SCOUT PROGRAMME

குருளைச்சாரணர்

திறமைகாண் சின்னங்களுக்கான  
பாடத்திட்டம்

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SRI LANKA SCOUT ASSOCIATION  
65/9, SIR CHITTAMPALAM GARDINER MAWATHA  
COLOMBO 02.

<i>First Print</i>	1987
<i>Second Print</i>	1996
<i>Third Print</i>	2002
<i>Fourth Print</i>	2006
<i>Revised Print</i>	2019
<i>Revised Print</i>	2021

*Published By :*

SRI LANKA SCOUT ASSOCIATION  
65/9, SIR CHITTAMPALAM GARDINER MAWATHA  
COLOMBO 02.

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**1**

தேவனை மிகவுடனாக அன்புடன் பின்பர் வேடி  
குருளைஞ்சாரணர் ஆகேலாவுக்கு கீழ்ப்படிவார்  
THE CUB SCOUT OBEYS AKELA

**2**

தேவனை மிகவுடனாக துயெக்கவித் துயெக் வேடி  
குருளைஞ்சாரணர் பயனுள்ளவாராக இருப்பார்  
THE CUB SCOUT MAKES HIMSELF USEFUL

**3**

தேவனை மிகவுடனாக விவத் தோடித் திரிவி யத்த தூடு  
குருளைஞ்சாரணர் மிக நன்றாக செய்வதற்கு முயற்சிப்பார்  
THE CUB SCOUT KEEPS TRYING TO DO BETTER

# 1

சேனக விலுடிசையு அகேலுபி வீகரே வெடி  
 குருணைச்சாரணர் ஆகேலாவுக்கு கீழ்ப்படிவார்

THE CUB SCOUT OBEYS AKELA

## 2 **கேதன விடுதலைய சூயேக்கலத் துயேத் வேடி** குருளேச்சாரணர் பயனுள்ளவராக இருப்பார் **THE CUB SCOUT MAKES HIMSELF USEFUL**

### 3 கோவை மிகுதகைய விவாதம் போட்டித் திரிபிடி யதற்கு குருணாச்சாரணர் மிக நன்றாக செய்யவந்தரு முயற்சிப்பாரா THE CUB SCOUT KEEPS TRYING TO DO BETTER

# CUB SCOUT LAW

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.

## CUB SCOUT PROGRESSIVE SCHEME



**GOLD STAR**



22 Requirements  
3 Compulsory Proficiency Badges

**SILVER STAR**




24 Requirements  
02 Compulsory Proficiency Badges



**BRONZE STAR**



23 Requirements  
01 Compulsory Proficiency Badge



**MEMBERSHIP BADGE**

10 Requirements



## පෝතක බාලදත්ත ගීතය

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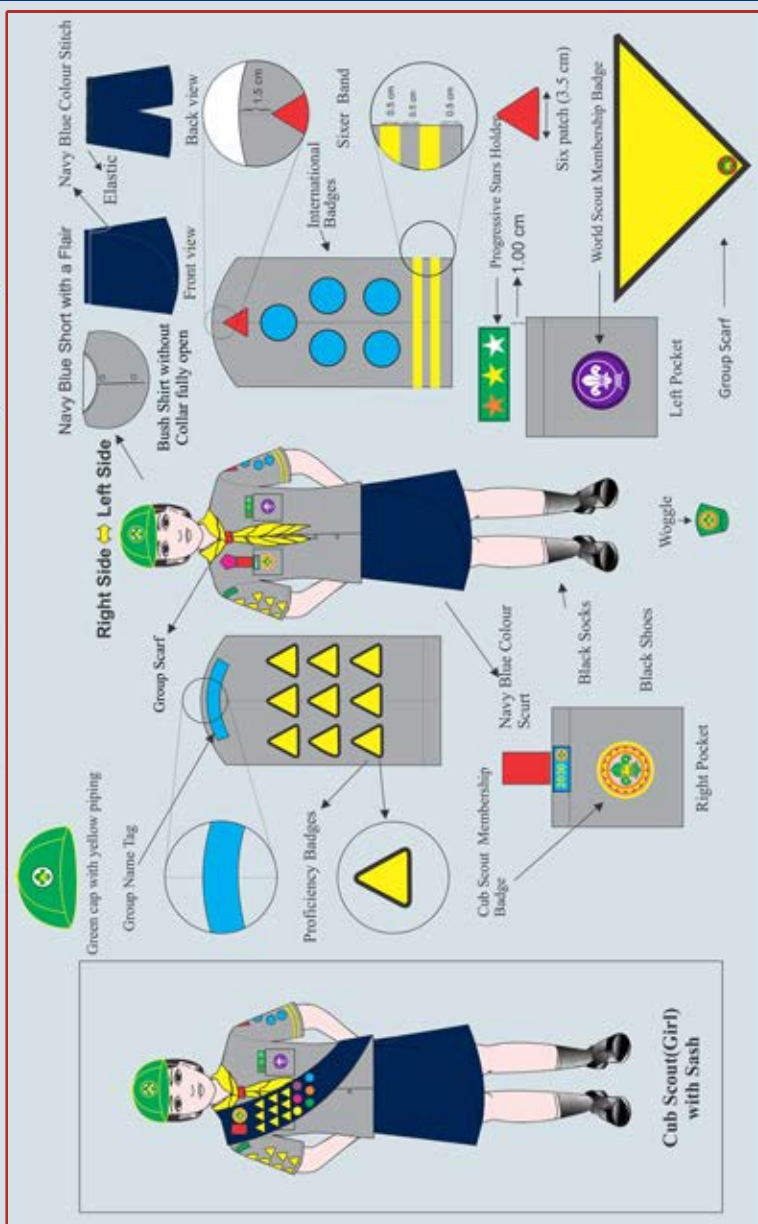
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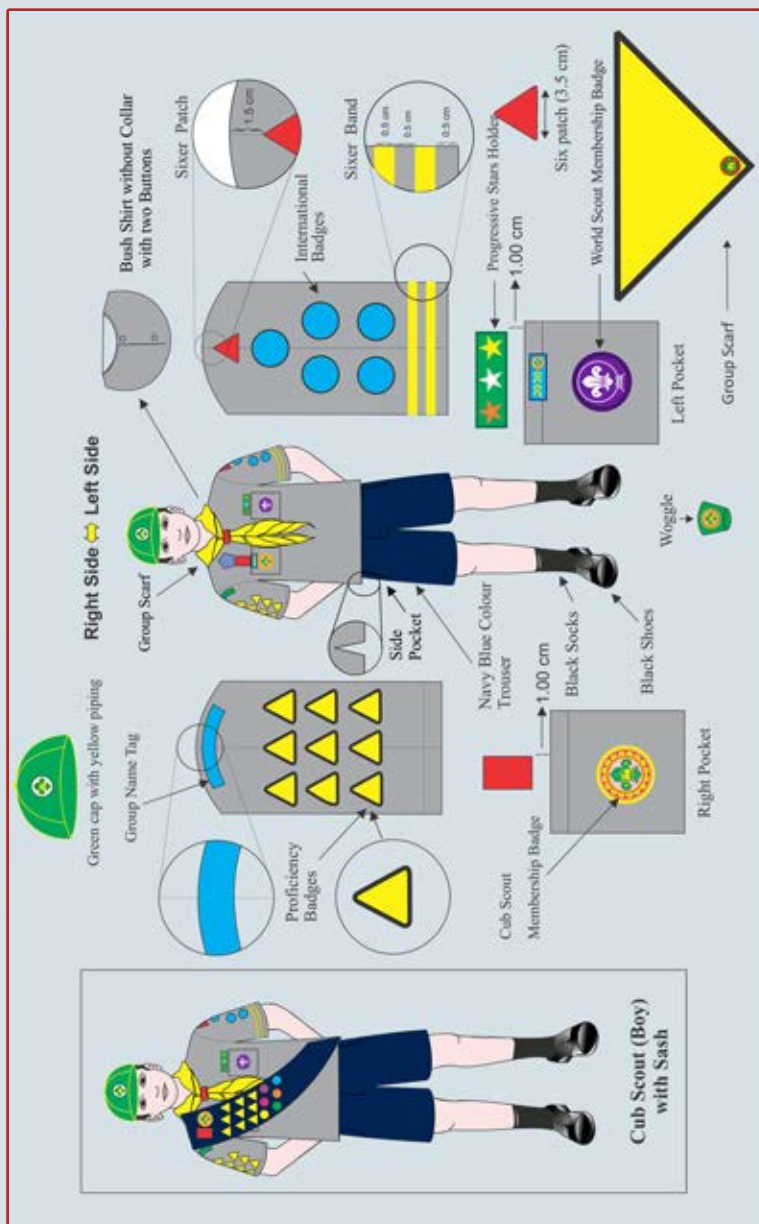


# Cub Scout Uniform (Girl)





# Cub Scout Uniform (Boy)



## CUB SCOUT MEMBERSHIP BADGE



### Requirements for the Cub Scout Membership Badge Age 7-11 Years

#### *The Cub Scout should know the following*

- 01. Cub Scout Promise**  
*Know the Cub Scout Promise*
- 02. Cub Scout Law**  
*Know the Cub Scout Law*
- 03. Motto**  
*Be able to say the motto*
- 04. Smartness**  
*Know how to stand at attention and at ease*
- 05. Salute and Handshake**  
*Know the Cub Scout Salute and the Left Handshake correctly.*
- 06. Grand Yell**  
*Know how to perform the grand yell.*
- 07. Jungle Story**  
*Know the story up to admission of Mowgli to the pack*
- 08. Good Deed**  
*Give a verbal report of a good deed done by the Cub Scout to the Akela.*
- 09. Safe from Harm**  
*Complete the requirements under the membership section as indicated in safe from harm table in the last page*
- 10. Two months service after joining the Cub Pack**  
*The Cub Scout Leader will certify that the Cub Scout has successfully completed this requirement and recommend the Cub Scout for the Membership Badge*

## BRONZE STAR AWARD



### Requirements for the Bronze Star Age 7 Years & 2 months–11 Years

**01. Collecting Money in a till**

From the time the Cub Scouts receive their membership they should collect money in a till until they receive their Bronze Star.

**02. Knowledge on different religions**

Know the names, symbols, and the places of worship of the main four religions in Sri Lanka.

**03. Happy Service**

To perform a service with the pack to help others happily.

Eg: - Cleaning the classroom / Donating books to a library / Making a flower bed.

**04. Reef Knot**

Know how to tie the reef knot and the uses of it.

**05. Reading the time**

Make a Clock and be able to read the time  
(minimum of four times)

**06. Cleaning Shoes**

Keep one's shoes clean (Polish them if possible)

**07. Scarf**

Learn how to fold and wear the scarf

**08. Create a Simple Art or Handwork**

Create a Simple Art or Handwork. (Can be held as an exhibition on a later date)

**09. National Anthem**

Recite the National Anthem and know the correct way of standing when it is sung.

**10. Observation**

Observe 3 different kinds of flowers and 3 different kinds of birds found in the Cub Scout's home/area and present a verbal report to the Akela.

**11. Acting**

Present either a performance of a story character or a mimicry of the movement of an animal.

E.g – How a rabbit hops, how Mahadana Mutta walks, a hawk flying fast.

**12. Throwing and Catching a Ball**

Participating in a game which involves catching and throwing a ball with other Cub Scouts.

**13. Skipping**

Skip forward 15 times and backwards 5 times using a standard skipping rope

**14. Leap Frog**

Perform the leap frog correctly with another Cub Scout suitable for his height.

**15. Good Health Habits**

Write down good health habits on a Bristol board & exhibit it in School while participating in a health procession/parade.

**16. Details of Family**

Should know his/her home address and telephone number and should present a verbal report to the Akela on details about themselves and about their family.

**17. Road Safety**

Know how to safely travel on a road and how to safely cross a road. Present information regarding road safety to the Akela verbally.

**18. Serving Food**

With the help of the Akela make and serve either sandwich, fruit salad or fruit kebabs as a "Six"

**19. Scout Songs**

Sing two scout songs with his "Six"

**20. Commands**

Practice the commands learnt up to now

- i. Standing at attention and at ease
- ii. Left turn
- iii. Right turn
- iv. About turn
- v. Dismiss

**21. Jungle Story**

Know the Jungle Story from when Mowgli entered the pack until he was rescued by Kaa the python.

**22. Safe from Harm**

Complete the requirements under the Bronze Star section as indicated in safe from Harm table in the last page.

**23. Six months service**

Complete six months of service after completing the membership award.

**01. Compulsory Proficiency Badge :**

Either Book reader or Artist Badge

A Cub Scout can only win this star after the age of 7 years and 8 months and before they are 11 years old.

Other than the compulsory badge he can also attempt 4 proficiency badges from the following :

Musician / Entertainer / Collector / Cyclist / Athlete

The recommendation will be given by the Cub Scout Leader, that the Cub Scout has successfully completed all the requirements and has qualified for the Bronze Star.

**SILVER STAR**

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**Requirements for the Silver Star**  
**Age 8 Years and 2 months - 11 Years****01. Savings Account**

Deposit the money which was collected when completing the Bronze star in a savings account. (Open a savings account if he/she does not have one. The Cub Scout can attempt the Little saver badge as well while completing this requirement)

**02. Religious Activity**

Participate in a special programme relevant to his/her religion.  
E.g – Observing Sil on a Poya day, taking part in 'Novena' or other services in church, A pooja in a Hindu temple, Fasting during Ramazan.

**03. Thriftiness and Good order****i. Clothes**

At a pack meeting, wash either his/her school uniform or Scout uniform with soap and dry it.

**ii. Books**

The Cub Scout must learn how to properly use his/her books and bag.

**iii. Either put a cover for a book or make a bookmark.**

**04. Stitching a button**

Should be able to thread a needle and stitch a button with two holes onto a small piece of cloth.

**05. Greeting**

- To know the forms of greeting at different times.  
E.g - Good Morning / Good Night etc.
- All cubs should make a greeting card at a pack meeting.  
E.g. birthday card/ Vesak card/Christmas card/Eid Mubark



**06. Respect**

Should know how he/she should respect elders.

**07. Sheet Bend**

Should know how to tie the Sheet Bend correctly and know the uses of it.

**08. Preparing Tea**

Should make tea as a "Six" and present it properly.

**09. Journey**

Visit a significant place close to his/her school with his/her pack. Present a report on the importance of that place to his/her Akela.

E.g. – Police Station, Post office, Flower Garden

**10. National Flag**

Should know what the colours and symbols included in the National flag represent and should know to stand at attention when hoisting the National flag.

**11. Observation (Trees and Mammals)**

Observe 03 kinds of trees and 03 kinds of mammals and present a verbal report to his/her Akela.

**12. Creativity**

Make a creative object which is useful for day-to-day activities using natural materials or disposed items.

**13. Folk Songs**

Sing two folk songs with his/her pack.

**14. Great Characters**

Perform an act as a "Six" about a great character in history.

E.g – Madduma Bandara, Weerapuran Appu,  
Hon. D.S. Senanayake, Pandith Amaradeva, T.B. Jayah,  
Ponnambalam Ra manathan.

**15. Obstacle Course**

Participate in an Obstacle Course.

E.g. – Creeping through a tyre, creeping through an obstacle, creeping under a chair.

**16. Smartness**

Mark time and forward march

**17. Acting to a song in a drama**

Act while performing a song as a "Six"

**18. Somersault/ Cartwheel**

Perform either a cartwheel or somersault twice.

**19. Balancing**

Walking a distance of about six meters balancing a weight on the head. (Use a book or a covered half brick, The Akela may decide on a suitable weight)

**20. Foreign Scout Song or Yell**

As a six or a pack, present a foreign Scout song and a yell.

**21. Jungle Story**

Should know the Jungle Story from when Kaa rescues Mowgli to the Red Flower being brought to the Seonnee Forest.

**22. District or National Activity**

Participation in a Cub Scout Day, District Cub Scout Rally or a Cub boree.

**23. Safe from harm**

Complete the requirements under the Silver star section as indicated in safe from harm table in the last page.

**24. Six Months Service from completion of the Bronze Star**

The Silver Star can only be won after the age of 8 years and 2 months and before the age of 11 years.

**The House Orderly and Gardener Proficiency Badges are compulsory.**

The Cub Scout can attempt 06 more Proficiency Badges other than the First Aider, Happy Home and Guide or international section proficiency badges.

**The recommendation will be given by the Cub Scout Leader, that the Cub Scout has successfully completed all the requirements and has qualified for the Silver Star.**

**GOLD STAR****Requirements for the Gold Star**  
**Age 9 Years and 6 months – 11 Years****01. Cub Scout Prayer/ Reflection**

Participate in a multi-religious programme organised by the Cub Scout Leader

**02. Scrap Book**

As shown by the Akela, press 10 varieties of leaves and flowers each and paste on a book and name them.

**03. Happy Service**

Engage in service in a significant place close to his/her school (For 01 hour)

E.g -A place of religious importance, a public place

**04. Round Turn and Two Half hitches**

Should know how to tie the Round turn and two half hitches correctly and know the uses of it.

**05. Clove Hitch**

Should know how to tie the Clove Hitch correctly and know the uses of it.

**06. Cooking**

Prepare either sweet potatoes, manioc, breadfruit, potatoes, chickpeas, or something similar and serve it. (If you choose to cook chickpeas use chickpeas which has been previously soaked in water).

**07. Ironing clothes**

Iron a pair of trousers or a frock during a pack meeting.  
(With adult supervision)

**08. Sensory training games**

Participate in three Sensory training games organised by the Akela.

**09. Ramble or Treasure Hunt**

Participate in a ramble or a treasure hunt with his / her "Six" organised by the Akela. (half a day)

**10. Advertisement**

Prepare a positive advertisement suitable for children and perform with his/her six.

**11. Nature Picture**

Draw a picture using the theme from nature

E.g – a tree, the beach, a mountain, a paddy field, a flower garden

**12. Performing a Children's play**

Perform a drama on a theme given by his/her Akela with his/her six.

**13. Climbing a tree or a rope**

Climb a tree or rope to a height of 02 meters.

**14. First Aid**

Prepare a First Aid box with six items.

Know the items necessary for treating a simple wound and know how to use them.

**15. Work Study**

With a friend, observe and study any two of the following places/institutes and present the work done by them to the Akela.

- I. A Public Library
- II. Museum
- III. Zoological Gardens
- IV. Supermarket
- V. A village market
- VI. A farm
- VII. A carpentry work shop
- VIII. A village smith's workshop
- IX. Post Office
- X. Harbour
- XI. Swimming Pool
- XII. A tea factory etc.

**16. Red Flower**

Actively participate in a 'Red Flower' programme organised by the Akela.

**17. Yells**

Perform three yells individually.

**18. The Founder -B.P.**

- ☒ Know the following facts about B.P.
- ☒ Country he was born in
- ☒ His date of birth
- ☒ The year Cub Scouting began
- ☒ The country B.P passed away in
- ☒ Where the first Scout camp was held

**19. Cub Holiday Camp**

Participate in a pack holiday camp with other Cub Scouts working on the Gold Star. (Stay one night)

**20. Jungle Story**

Should know the Jungle Story from the bringing of the Red flower to the Seonnee forest to the bringing of the skin of the tiger.

**21. Safe from harm**

Complete the requirements under the Gold Star section as indicated in safe from harm table in the last page..

**22. Six months Service**

Complete six months of service after completing the Silver Star. It is compulsory to win the three proficiency badges Happy Home, Guide and either the First Aider Badge or any one of the International badges.

The Gold Star can only be won after the age of 9 years and 6 months and before the age of 11 years.

Apart from the proficiency badges completed for the Gold Star, if the Cub Scout wishes he/she may complete another 8 more proficiency badges.

After winning the Gold Star , he / she may win the rest of the proficiency badges if desired. (before 11 years.)

He/She will be eligible for the Gold Star only after successfully being interviewed by the Assistant District commissioner (Cubs )of the District.

Cub Scouts do not use log books. They have to use the Activity books for each section, Membership, Bronze, Silver, and Gold Star designed by the Cub Scout Section of the National Programme Committee - SLSA.

## **Cub Scout Proficiency Badges**

Proficiency badge syllabus can be obtained from the Scout Shop or download from the website ([www.scout.lk](http://www.scout.lk)) When attempting a desired proficiency badge, he must be knowledgeable of the badge requirement.

When meeting the badge examiner, the Cub Scout should follow the undermentioned

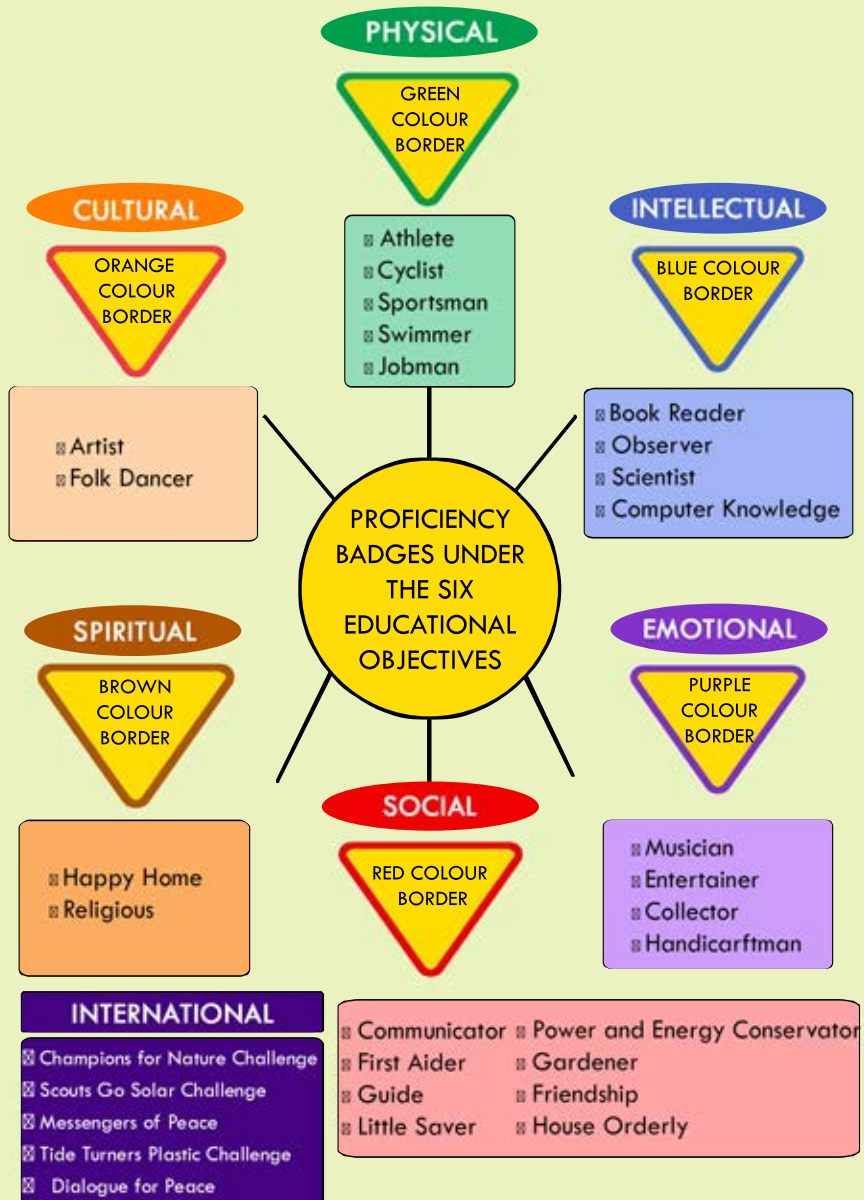
1. Be dressed in uniform
2. Should have written the badge syllabus in the Activity book
3. Should have a good Knowledge about the badge syllbus



# Safe From Harm

## SfH Requirements - Cub Section

	Membership badge (SfH 3)	Bronze Star (SfH 4)	Silver Star (SfH 5)	Gold Star (SfH 6)
Self-awareness & Social awareness	Know Your Name and emergency contact Number	+ Know your Address	+ Know your parents' names	+ Know your parents' telephone numbers
Relationships between Young People	Make friends within the six	Know the importance of having good friends.	Know how to be a good friend	How to know a bad friend
Relationships between Young People and Adults	Have a healthy relationship with Akela	Be accompanied only by a trusted adult	Bonding with Akela – talk about home and school	Bonding with Akela – your problems and plans
Relationships between Adults				
Physical Safety	should never wander Alone Do not talk to strangers	Know the difference between Good Touch and Bad touch and how to avoid bad touch.	importance of not going anywhere with unknown people – however they may call you	Be able to recognize any Physical harm that may occur to the Cub and be able to report this to the Akela
Emotional Health & Safety	If something undesirable happened to you know that it was not your fault		Take care of your physical wellbeing	Connect with others
Psychological Safety	Ask Questions to understand better	+ Clear Doubts	+ learn from mistakes	+ be yourself
Safety of Place and Equipment used	If you see anything unusual – tell Akela.	Preventing home accidents	Basic meeting place safety	Basic Electrical & Fire Safety
Promoting Healthy Lifestyle	Drink Plenty of water; Brush teeth twice a day	Very basics of a balanced diet	+ Be able to tell 2 good health habits	Be able to tell 4 good health habits
Cyber Security	Don't use internet without adult supervision		Know that internet is a wonderful thing with lot of dangerous stuff	
Data Protection	Unless you know someone well – NEVER tell your personal details Even on a call			
Personal Integrity	Being honest to others and being honest to yourself will bring the best in you			



# CUB SCOUT PROFICIENCY BADGE

## PHYSICAL SECTION



## INTELLECTUAL SECTION



## EMOTIONAL SECTION



## SOCIAL SECTION



## SPIRITUAL SECTION



## CULTURAL SECTION



## INTERNATIONAL PROFICIENCY BADGES

### CHAMPIONS FOR NATURE CHALLENGE



### SCOUTS GO SOLAR



### MESSENGERS OF PEACE



### PLASTIC TIDE TURNERS



### DIALOGUE FOR PEACE



# SCOUT PROMISE & LAW

## Scout Promise

I promise to do my best  
To do my duty to my religion and country  
To help other people at all times  
To obey the Scout law

## Scout Law

01. A scout is trustworthy
02. A scout is loyal
03. A scout is friendly and considerate
04. A scout is a brother to every other scout
05. A scout is courteous
06. A scout is kind
07. A scout is obedient
08. A scout is cheerful
09. A scout is thrifty
10. A scout is clean in thought word and deed

