

# Belt Loop Passport

## Archery



1. Explain the rules for safe archery that you have learned in the district/council camp or activity you are attending with your leader or adult partner. 1. \_\_\_\_\_
2. Demonstrate to your leader or adult partner good archery shooting techniques, including the stance and how to nock the arrow, establish the bow, draw, aim, release, follow-through, and retrieve arrows. 2. \_\_\_\_\_
3. Practice shooting at your district or council camp for the time allowed. 3. \_\_\_\_\_

## Art



1. Make a list of common materials used to create visual art compositions. 1. \_\_\_\_\_
2. Demonstrate how six of the following elements of design are used in a drawing: lines, circles, dots, shapes, colors, patterns, textures, space, balance, or perspective. 2. \_\_\_\_\_
3. Identify the three primary colors and the three secondary colors that can be made by mixing them. Show how this is done using paints or markers. Use the primary and secondary colors to create a painting. 3. \_\_\_\_\_

## Astronomy



1. Set up and demonstrate how to focus a simple telescope or binoculars. 1. \_\_\_\_\_
2. Draw a diagram of our solar system. Identify the planets and other objects. 2. \_\_\_\_\_
3. Explain the following terms: planet, star, solar system, galaxy, the Milky Way, black hole, red giant, white dwarf, comet, meteor, moon, asteroid, star map and universe. 3. \_\_\_\_\_

## BB Shooting



1. Explain the rules for safe BB gun shooting you have learned to your leader or adult partner. 1. \_\_\_\_\_
2. Demonstrate to your leader or adult partner good BB gun shooting techniques, including eye dominance, shooting shoulder, breathing, sight alignment, trigger squeeze, follow through. 2. \_\_\_\_\_
3. Practice shooting at your district or your council camp in the time allowed. 3. \_\_\_\_\_

## Badminton



1. Explain the rules of badminton to your leader or adult partner. 1. \_\_\_\_\_
2. Spend at least 30 minutes practicing badminton skills. 2. \_\_\_\_\_
3. Participate in a badminton game. 3. \_\_\_\_\_

## Baseball



1. Explain the rules of baseball to your leader or adult partner. 1. \_\_\_\_\_
2. In three separate sessions, spend at least 30 minutes practicing baseball skills. 2. \_\_\_\_\_
3. Participate in a baseball game. 3. \_\_\_\_\_

## Basketball



1. Explain the rules of basketball to your leader or adult partner. 1. \_\_\_\_\_
2. Spend at least 30 minutes practicing basketball skills. 2. \_\_\_\_\_
3. Participate in a basketball game. 3. \_\_\_\_\_

## Bicycling



1. Explain the rules of safe bicycling to your den leader or adult partner. 1. \_\_\_\_\_
2. Demonstrate how to wear the proper safety equipment for bicycling. 2. \_\_\_\_\_
3. Show how to ride a bike safely. Ride for at least half an hour with an adult partner, your family or den. 3. \_\_\_\_\_

## Bowling



1. Explain to your leader or adult partner the rules of courtesy and safety for bowling. 1. \_\_\_\_\_
2. Show how to pick out a ball of proper weight and with finger holes that fit your hand. 2. \_\_\_\_\_
3. Play a complete game with your family or den. 3. \_\_\_\_\_

## Chess



1. Identify the chess pieces and set up a chess board for play. 1. \_\_\_\_\_
2. Demonstrate the moves of each chess piece to your den leader or adult partner. 2. \_\_\_\_\_
3. Play a game of chess. 3. \_\_\_\_\_

## Citizenship



1. Develop a list of jobs you can do around the home. Chart your progress for one week. 1. \_\_\_\_\_
2. Make a poster showing things that you can do to be a good citizen. 2. \_\_\_\_\_
3. Participate in a family, den, or school service project. 3. \_\_\_\_\_

## Collecting



1. Begin a collection of at least 10 items that all have something in common. Label the items and title your collection. 1. \_\_\_\_\_
2. Display your collection at a pack or den meeting. 2. \_\_\_\_\_
3. Visit a show or museum that displays different collections. 3. \_\_\_\_\_

## Communicating



1. Tell a story or relate an incident to a group of people, such as family, den or members of your class. 1. \_\_\_\_\_
2. Write and send a letter to a friend or relative. 2. \_\_\_\_\_
3. Make a poster about something that interests you. Explain the poster to your den. 3. \_\_\_\_\_

## Computers



1. Explain these parts of a personal: central processing unit (CPU), monitor, keyboard, mouse, modem, and printer. 1. \_\_\_\_\_
2. Demonstrate how to start up and shut down a personal computer properly. 2. \_\_\_\_\_
3. Use your computer to prepare and print a document. 3. \_\_\_\_\_

## Disabilities Awareness



1. Visit with a friend, family member, classmate, or other person with disabilities. Find out what this person enjoys and what this person finds difficult. 1. \_\_\_\_\_
2. Attend a disabilities event such as an Easter Seals event, Special Olympics, a performance with sign language interpretation, an activity with Guiding Eye dogs, or a wheelchair race. Tell your adult leader what you thought about the experience. 2. \_\_\_\_\_
3. Make a display about one or more disabilities. It can include physical, learning, or mental challenges. Share the display at a pack meeting. 3. \_\_\_\_\_

## Family Travel



1. Make a list of things you would take on a three-day trip with your family, then pack these items in a bag or suitcase. 1. \_\_\_\_\_
2. With an adult's help, figure out the cost and miles to complete a trip to a place of interest using the family car or public transportation. 2. \_\_\_\_\_
3. Research at least five places to visit during a trip to a place of interest. Explain what you learned to your family. 3. \_\_\_\_\_

## Fishing



1. Review your local fishing regulations with your leader or adult partner. Explain why they are important, and commit to following them. 1. \_\_\_\_\_
2. Demonstrate how to properly bait a hook. 2. \_\_\_\_\_
3. Spend at least 30 minutes trying to catch a fish. 3. \_\_\_\_\_

## Flag Football



1. Explain or discuss the simple rules of flag football with your den. 1. \_\_\_\_\_
2. Practice running, passing and catching skills for at least 30 minutes. 2. \_\_\_\_\_
3. Play a game of flag football. 3. \_\_\_\_\_

## Geography



1. Draw a map of your neighborhood. Show natural and manmade features. Include a key or legend of map symbols. 1. \_\_\_\_\_
2. Learn about the physical geography of your community. Identify the major landforms with 100 miles. Discuss with an adult what you learned. 2. \_\_\_\_\_
3. Use a world globe or map to locate the continents, the oceans, the equator, and the northern and southern hemispheres. Learn how longitude and latitude are used to locate a site. 3. \_\_\_\_\_

## Geology



1. Explain to your den or an adult family member what *geology* means. 1. \_\_\_\_\_
2. Collect samples of igneous, sedimentary, and metamorphic rocks. Explain how each was formed. 2. \_\_\_\_\_
3. Collect samples of three minerals. Explain to your family or den what a mineral is and show and tell about the minerals you collected. 3. \_\_\_\_\_

## Golf



1. Explain the rules of golf to your leader or adult partner. Explain the need for caution concerning golf clubs and golf balls. 1. \_\_\_\_\_
2. Spend at least 30 minutes practicing golfing skills at a driving range. 2. \_\_\_\_\_
3. Spend at least 30 minutes practicing golfing skills at a chipping/putting range. 3. \_\_\_\_\_

## Good Manners



1. Make a poster that lists five good manners that you want to practice. Share your poster with your den or family. 1. \_\_\_\_\_
2. Introduce two people correctly and politely. Be sure that one of them is an adult. 2. \_\_\_\_\_
3. Write a thank-you note to someone who has given you something or done something nice for you. 3. \_\_\_\_\_

## Gymnastics



1. Explain the six events of men's gymnastics: floor exercise, pommel horse, still rings, vaulting/side horse, parallel bars and horizontal bar. 1. \_\_\_\_\_
2. Explain the safety rules you should follow to learn gymnastics. 2. \_\_\_\_\_
3. Participate in an exercise from three of the six events using the proper equipment and techniques. 3. \_\_\_\_\_

## Heritages



1. Talk with members of your family about your family heritage: its history, traditions, and culture. 1. \_\_\_\_\_
2. Make a poster that shows the origins of your ancestors. Share it with your den or other group. 2. \_\_\_\_\_
3. Draw a family tree showing members for three generations. 3. \_\_\_\_\_

## Hiking



1. Explain the hiking safety rules to your den leader or adult partner. Practice these rules while on a hike. 1. \_\_\_\_\_
2. Demonstrate proper hiking attire and equipment. 2. \_\_\_\_\_
3. Hike at least 30 minutes with your adult partner, family, or den. 3. \_\_\_\_\_

## Hockey



1. Explain ways to protect yourself while skating. Demonstrate how to put on all necessary safety equipment. Explain why proper safety equipment is important. 1. \_\_\_\_\_
2. Spend 30 minutes practicing the skills of hockey: skating, stick handling, passing, shooting, and checking. This may be over two different practice periods. 2. \_\_\_\_\_
3. Play a game of hockey while on roller skates or hockey skates. 3. \_\_\_\_\_

## Horseback Riding



1. Explain five safety precautions for when you are near a horse. 1. \_\_\_\_\_
2. With help from an experienced horse handler, demonstrate how to safely mount and ride a horse and then how to safely dismount the horse. 2. \_\_\_\_\_
3. Go on a supervised horseback ride for at least 20 minutes. Wear an approved helmet (such as one approved for horseback riding by the ASTM, or American Society for Testing and Materials). 3. \_\_\_\_\_

## Ice Skating



1. Explain ways to protect yourself while ice skating, and the need for proper safety equipment. 1. \_\_\_\_\_
2. Spend at least 30 minutes practicing the skills of skating. 2. \_\_\_\_\_
3. Go ice skating with a family member or den for at least three hours, in up to three one-hour outings. Chart your time. 3. \_\_\_\_\_

## Kickball



1. Explain the rules of kickball to your leader or adult partner. 1. \_\_\_\_\_
2. Spend 30 minutes practicing the skills of kickball (pitching, kicking, base running, catching, throwing). This may be over two different practice periods. 2. \_\_\_\_\_
3. Play a game of kickball. 3. \_\_\_\_\_

## Language and Culture



1. With your parent's or adult partner's permission, talk with someone who grew up in a different country than you did. Find out what it was like and how it is different from your experience. 1. \_\_\_\_\_
2. Learn 10 words that are in a different language than your own. 2. \_\_\_\_\_
3. Play two games that originated in another country or culture. 3. \_\_\_\_\_

## Map and Compass



1. Show how to orient a map. Find three landmarks on the map. 1. \_\_\_\_\_
2. Explain how a compass works. 2. \_\_\_\_\_
3. Draw a map of your neighborhood. Label the streets and plot the route you take to get to a place that you often visit. 3. \_\_\_\_\_

## Marbles



1. Explain the rules of Ringer or another marble game to your leader or adult partner. 1. \_\_\_\_\_
2. Spend at least 30 minutes practicing skills to play the game of Ringer or another marble game. 2. \_\_\_\_\_
3. Participate in a game of marbles. 3. \_\_\_\_\_



## Mathematics



1. Do five activities within your home or school that require the use of mathematics. Explain to your den how you used everyday math. 1. \_\_\_\_\_
2. Keep track of the money you earn and spend for three weeks. 2. \_\_\_\_\_
3. Measure five items using both metric and non-metric measures. Find out about the history of the metric system of measurement. 3. \_\_\_\_\_

## Music



1. Explain why music is an important part of our culture. 1. \_\_\_\_\_
2. Learn a song with at least two verses and sing the verses to your den or to an adult family member. 2. \_\_\_\_\_
3. Listen to four different types of music either recorded or live. 3. \_\_\_\_\_

## Nutrition



1. Make a poster of foods that are good for you. Share the poster with your den. 1. \_\_\_\_\_
2. Explain the difference between a fruit and a vegetable. Eat one of each. 2. \_\_\_\_\_
3. Help prepare and eat a healthy meal of foods that are included in the food pyramid. 3. \_\_\_\_\_

## Pet Care



1. Care for your pet for two weeks. Make a list of the tasks that you did to take care of your pet. 1. \_\_\_\_\_
2. Read a book, explore the Internet (with your parent or adult partner's permission), or acquire a pamphlet about your pet. List three new interesting facts that you learned about your pet. 2. \_\_\_\_\_
3. Make a poster about your pet. Share your poster with your den, pack, or family. 3. \_\_\_\_\_

## Photography



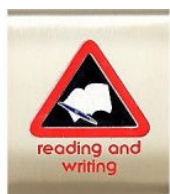
1. Point out the major features of a camera to your den or family and explain the function of each part. Parts could include film, lens, shutter, power on and off, zoom, battery, flash, display panel, case, settings, etc. 1. \_\_\_\_\_
2. Discuss with your den leader or adult partner, the benefits and contributions photography makes to modern life. Report what you learned to your den or family. 2. \_\_\_\_\_
3. Using a camera, take at least 10 pictures of your family, pet or scenery; show these to your den. 3. \_\_\_\_\_

## Physical Fitness



1. Give a short report to your den or family on the dangers of drugs and alcohol. 1. \_\_\_\_\_
2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate. 2. \_\_\_\_\_
3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw. 3. \_\_\_\_\_

## Reading & Writing



1. Visit a library and get your own library card. Check out and return a book. 1. \_\_\_\_\_
2. Write a letter or a short story. Read it to your den or family. 2. \_\_\_\_\_
3. Keep a diary of your activities for one week. Read it to your den or family. 3. \_\_\_\_\_

## Roller Skating



1. Explain ways to protect yourself while roller skating or in-line skating, and the need for proper safety equipment. 1. \_\_\_\_\_
2. Spend at least 30 minutes practicing the skills of roller skating or in-line skating. 2. \_\_\_\_\_
3. Go skating with a family member or den for at least three hours. Chart your time. 3. \_\_\_\_\_

## Science



1. Explain the scientific method to your adult partner. 1. \_\_\_\_\_
2. Use the scientific method in a simple science project. Explain the results to an adult. 2. \_\_\_\_\_
3. Visit a museum, a laboratory, an observatory, a zoo, an aquarium, or other facility that employs scientists. Talk to a scientist about his or her work. 3. \_\_\_\_\_

## Skateboarding



1. Demonstrate to an adult the general rules for safe skateboarding by showing that you know how to wear the proper safety gear. 1. \_\_\_\_\_
2. Carefully demonstrate how to fall to help minimize injuries. 2. \_\_\_\_\_
3. Practice skateboarding for 30 minutes. This practice may be done in several periods. 3. \_\_\_\_\_

## Snow Ski and Board Sports



1. Explain the conditioning, clothing, equipment, and planning needed for snow skiing or boarding. 1. \_\_\_\_\_
2. Explain "Your Responsibility Code," the rules of safety and courtesy for the slopes. 2. \_\_\_\_\_
3. Go skiing or snowboarding. Demonstrate how to stop and turn. 3. \_\_\_\_\_

## Soccer



1. Explain the rules of soccer to your leader or adult partner. 1. \_\_\_\_\_
2. Spend at least 30 minutes practicing soccer skills. 2. \_\_\_\_\_
3. Play a game of soccer. 3. \_\_\_\_\_

## Softball



1. Explain the rules of softball to your leader or adult partner. 1. \_\_\_\_\_
2. Spend at least 30 minutes practicing softball skills. 2. \_\_\_\_\_
3. Participate in a softball game. 3. \_\_\_\_\_

## Swimming



1. Explain the rules of Safe Swim Defense. Emphasize the buddy system. 1. \_\_\_\_\_
2. Play a recreational game in the water with your den, pack, or family. 2. \_\_\_\_\_
3. While holding a kickboard, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area. 3. \_\_\_\_\_

## Table Tennis



1. Explain the rules of table tennis to your leader or adult partner. 1. \_\_\_\_\_
2. Spend at least 30 minutes practicing table tennis skills. 2. \_\_\_\_\_
3. Participate in a table tennis game. 3. \_\_\_\_\_

## Ultimate



1. Explain the rules of ultimate or disc golf to your leader or adult partner. 1. \_\_\_\_\_
2. Spend at least 30 minutes practicing ultimate or disc golf skills. 2. \_\_\_\_\_
3. Participate in a game of ultimate or disc golf. 3. \_\_\_\_\_

## Video Games



1. Explain why it is important to have a rating system for video games. Check your video games to be sure they are right for your age. 1. \_\_\_\_\_
2. With an adult, create a schedule for you to do things that include your chores, homework, and video gaming. Do your best to follow this schedule. 2. \_\_\_\_\_
3. Learn to play a new video game that is approved by your parent, guardian or teacher. 3. \_\_\_\_\_

## Volleyball



1. Explain the rules of volleyball to your leader or adult partner. 1. \_\_\_\_\_
2. Spend at least 30 minutes practicing skills to play the sport of volleyball. 2. \_\_\_\_\_
3. Participate in a volleyball game. 3. \_\_\_\_\_

## Weather



1. Make a poster that shows and explains the water cycle. 1. \_\_\_\_\_
2. Set up a simple weather station to record rainfall, temperature, air pressure, or evaporation for one week. 2. \_\_\_\_\_
3. Watch the weather forecast on a local television station. Discuss with an adult family member what you heard and saw. Follow up by discussing the accuracy of the forecast. 3. \_\_\_\_\_

## Wildlife Conservation



1. Explain what natural resources are and why it's important to protect and conserve them. 1. \_\_\_\_\_
2. Make a poster that shows and explains the food chain. Describe to your den what happens if the food chain becomes broken or damaged. 2. \_\_\_\_\_
3. Learn about an endangered species. Make a report to your den that includes a picture, how the species came to be endangered, and what is being done to save it. 3. \_\_\_\_\_