




**CUBS POCKET BOOK 2: SKILLS
BEING A CHEF AND OTHER COOL CHALLENGES**





**Welcome to the Cubs Skills
Pocket Book. This is one of
three books that tell you all
about the exciting things you
can do in the Cub Scouts.**

**Look inside and discover
some of the brilliant skills
you can learn and fun
activities you can try.**

**You'll also find lots of simple
projects to do, great hints
and tips, plans for making
things, fascinating facts,
and a section where you
can jot down your own ideas.**

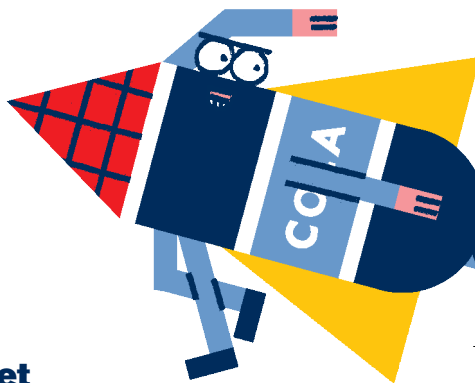
**Dip in and let
the fun begin!**

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**Cubs get to make stuff,
learn about the world and
do interesting experiments.
You can even launch a rocket!**



Make a Bottle Rocket

What you need:

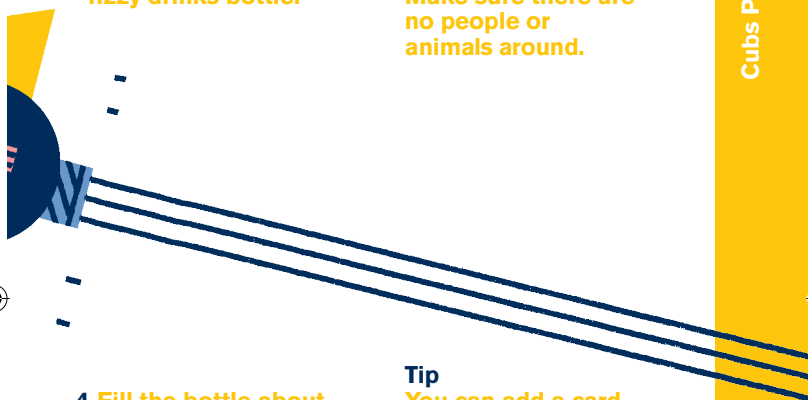
- a 2 litre plastic fizzy drink bottle.
- a cork that fits tightly in the bottle.
- a valve from a bicycle inner tube (a long one is best).
- a foot pump or hand pump that fits the valve.
- water.
- you also need a launch pad to rest the bottle on. The handle of a garden fork works well for this.

What to do

- 1. Make a small hole through the cork and push the valve right through. It should be a tight fit. You may need adult help with this.**
- 2. For the launch, find a large open space which is clear of people.**
- 3. To make the launch pad, push a garden fork into the ground at a low angle so that the bottle will fit into the handle hole.**

Keep safe

- This rocket uses air pressure to fire a bottle at high speed, so you must stand back when launching.
- Only use a plastic fizzy drinks bottle.
- Be careful when using a drill or sharp object to make a hole in the cork: ask for adult help.
- Always aim the bottle upwards.
- Make sure there are no people or animals around.



4. Fill the bottle about 1/4 full of water.
5. Push the cork in tight and check that the area around is clear.
6. Put the bottle into the launch pad upside down.
7. Attach the valve to the pump and start to pump steadily.
8. Keep going until the cork pops and your bottle rocket zooms upwards. You may get wet!

Tip

You can add a card nose cone and fins to make your bottle look more like a real rocket.

Other science activities you can do:

- set up an ant colony.
- make something work using electricity.
- grow crystals.
- make some yoghurt.
- make a compass.

MARTIAL ARTS

A cool badge you can earn at Cubs is for martial arts. You can achieve this by learning sports such as karate, judo, wrestling, aikido, ju-jitsu and taekwondo.

Key karate facts:

- karate involves self-defence without weapons
- karate started out as a secret martial art in Japan over 200 years ago
- it has never been an Olympic sport
- children can start learning karate as young as 4
- over 50 million people worldwide take part in karate



- there are over 10 different forms of karate using different styles
- the proper name for a karate chop is a knifehand strike
- Lewis Hamilton is a black belt in karate
- karate is always done with bare feet
- part of learning karate is using Japanese words eg for numbers
- the word karate means 'empty hand'

Lots of people have cameras and mobile phones, but do you know how to take good pictures and videos? Here are some tips from a professional photographer.

Top tips for taking photos

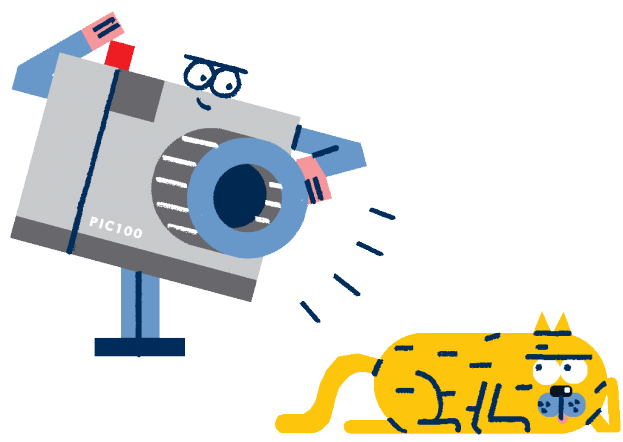
- 1. If you are taking pictures of people, try talking to them as you point the camera – this can help them to relax and look more natural.**
- 2. If you are taking a shot outdoors, be careful to keep your camera level. If you tilt it this can spoil the image.**
- 3. With photos of pets, give the animal a chance to get used to you and the camera. If you wait perhaps 10 minutes so that they stop being excited or nervous you are more likely to get good pictures.**

Some photo tricks you can try with a camera

These work best with a camera rather than a mobile phone.

Flaring

This is something to try on a sunny day. Most people taking photos outdoors work with the light behind them, but sometimes the best photos can happen when you are facing the sun. You must never look directly up at the sun, so it's best to do this when the sun is low and less bright, towards evening. If you take pictures of people



or places with the sun behind them you may well get interesting effects – scattering rays of light and reflections. This is called flaring and can make for some great photos.

for how to do this. The person should be quite close to you, with a low sun behind them, so this is best done early in the morning or towards sunset.

Silhouette portraits

A silhouette is a dark outline of something. You can take a silhouette photo of someone by shooting them against bright sunlight. For this you'll need to set the exposure against the bright sky first – read your camera instructions

Entertaining an audience of people is something you can try at Cubs. Here are two simple but impressive magic tricks to get you started.



The vanishing penny

In this easy trick you make a penny disappear in a paper cup, then appear again in your pocket.

You need:

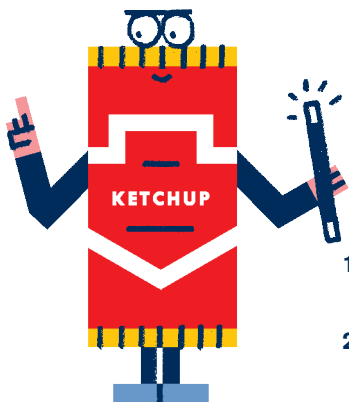
- a paper cup or thin plastic cup
- scissors
- two pennies

Preparation

Cut a hole in the bottom of the cup (so a penny can fall through). Put one penny in your pocket.

Performing the trick

1. Hold the cup with your hand underneath.
2. Drop the penny into the cup. Allow it to fall through the hole so you're holding it in your hand.
3. Turn over the cup making sure the penny doesn't fall. It seems to have disappeared!
4. With your other hand, reach into your pocket and bring out the other penny, making it seem as if the first one has reappeared.



Magic ketchup!

Impress people with your ability to control tomato sauce with your mind!

You need:

- a clear one litre plastic bottle with lid
- a sachet of ketchup

Preparation

Fill the bottle with water, put the ketchup sachet (unopened) inside and screw the lid on the bottle.

Performing the trick

1. Put the bottle on a table and hold it lightly with one hand.
2. Say, 'Down ketchup!' and wave your other hand slowly down as if magically directing it to move.
3. At the same time, squeeze the bottle gently. The ketchup should sink, as if obeying your command!
4. Say, 'Up ketchup!' and again move your other hand upwards slowly, while the hand on the bottle gently stops squeezing. The ketchup will magically rise!
5. With practice you should also be able to say, 'Stop ketchup!' and hold it in the middle by just squeezing a little.

Learning to prepare food is a really useful skill. There are lots of opportunities to do cooking at Cubs. Here's a quick recipe you can try:

Popcorn pizza

This only takes about 20 minutes to make, and is simple and yummy!
Serves 4.

Ingredients:

- 4 pitta breads (brown or white)
- 4 teaspoons of tomato purée
- 3 small ripe tomatoes, diced
- small cup of salted or plain popcorn (not the sweet kind)
- 50g cheddar cheese, grated
- an optional extra is any small/chopped vegetables you like such as sweetcorn, mushrooms, spring onion or green peppers



Instructions

1. Heat oven to 180°C - gas 4 and put a baking tray inside to heat up.
2. Spread each pitta with 1 teaspoon of purée.
3. Crumble the popcorn into small pieces with your fingers and sprinkle over the pittas.

4. Top with the tomatoes and vegetables, then the grated cheese.
5. Place on the hot tray and bake for 10 minutes until the pittas are crisp and the cheese has melted.

Keep safe

Always make sure an adult can help you when getting things in and out of the oven. Anything coming out of the oven will be extremely hot so always wear oven gloves.

Lots of people like playing sports and some just enjoy watching them. As a Cub, you can do both!

Imagine...

1.
If you could be a professional sports person, what sport would you choose?

- Football
- Swimming
- Motor racing
- Golf
- Ice skating
- Gymnastics
- Basketball
- Tennis
- Judo
- Cycling

2.
Who are your two favourite sports stars?

.....
.....

3.
What sport would you love to try?

.....
.....

4.
Choose one from each pair to watch (underline):

- Darts or diving
- Sailing or surfing
- Netball or rounders
- Hockey or volleyball
- Archery or rugby

5.
If you could change anything about your favourite sport what would it be?

.....
.....



**Bog snorkelling
is the name
of a real sport!**



**Facts:
wacky sports**

**Did you know that
all of these are real sports?
You can look them up online:**

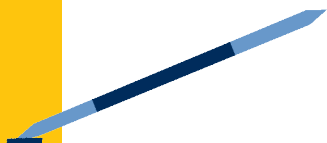
- pickleball
- bog snorkelling
- camel wrestling
- wallyball
- swamp football
- cheese rolling
- underwater hockey
- noodling





ATHLETICS

If you've ever watched the Olympic Games you'll know how exciting athletics can be: sprinting, running, hurdling, jumping, throwing and more. At Cubs you can do some of these – it could lead to becoming a gold medallist!

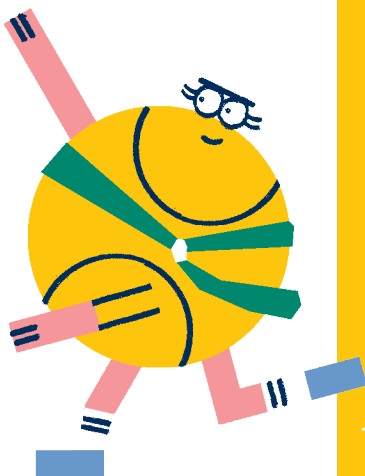


How to throw further

The javelin is one of the field events in athletics competitions. Here's how you can practise for it by learning to throw a tennis ball further.

More throwing tips

- 1. The first thing to know is that throwing far is a sideways action, so stand sideways pointing your non-throwing arm in the direction of the throw.**
 - 2. Your throwing arm should be quite high behind your head. Lean back.**
 - 3. Legs should be apart, front leg straight, back leg bent as you lean on it.**
 - 4. To throw, pull through with a strong rotation of your hips and shoulders, keeping your head facing the target. Your weight is transferred from your back foot to your front foot.**
- Loosen up your shoulder before you throw by swinging your arm in a wide circle.
 - To gain more distance add a run-up.
 - Grip the ball with two fingers behind and thumb in front.
 - You may be able to add a little hop-step before you release the ball.
 - For maximum distance aim up at an angle of about 45 degrees.
 - Throw to a friend then keep taking a step back and see how far you can go.



BE AN ARTIST

Whether you like drawing, painting, using clay, making models or taking videos, there's something for every Cub to try.



How to make a papier-mache alien

What you need:

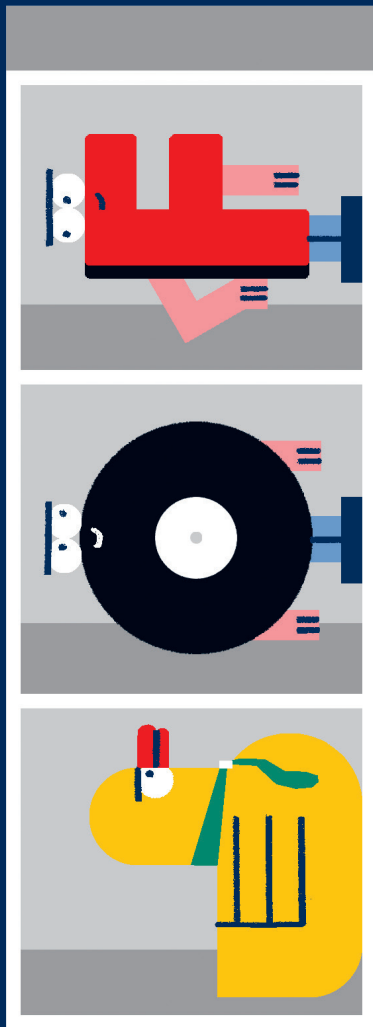
- newspaper
- PVA glue or wallpaper paste
- a card tube from kitchen roll
- masking tape
- a balloon
- thick card (eg from a corrugated box)
- thin card (eg from a cereal packet)
- a large bowl
- paints

What to do

1. Blow up the balloon so it is half inflated and knot it.
2. Put the bottom of the balloon in the tube, so it stands up, and fix with tape.
3. Using the thick card, cut out two large alien feet. It's best if these are joined (cut from one piece).
4. Tape the feet to the bottom of the tube.
5. From the thin card, cut two big alien ears and tape these to the balloon.
6. Make your paste in the bowl: this can either be wallpaper paste or PVA glue mixed with water to make it thin (it needs to be stirred very well).
7. Tear the newspaper into small strips about 3cm wide and 8cm long.
8. Cover a table with lots of newspaper (to prevent mess) then dip the strips of paper into the glue and start to cover the model with them, overlapping them carefully. Don't let it get too wet.
9. The whole model will need 5 to 6 layers including the top of the feet and all over the ears.
10. Leave it to dry in a warm place for at least two days.
11. It's now ready to paint – cover the whole thing in green or another colour first, then when that is dry, add the details like eyes and mouth. For a neater finish, make these separately on paper and then glue them on. You can also do this with arms.

BE A COLLECTOR

Lots of people collect items like coins, stamps and stickers. Here are some of the most amazing collections on the planet



Incredible collections

Rubber ducks

Charlotte Lee has collected 5,600 rubber ducks from all over the world. Every one of them is different.

Toy cars

Billy Karam claims to have the largest collection of toy cars on the planet. In total he has over 30,000.

Fridge magnets

Louise Greenfarb has been collecting fridge magnets for about 40 years. She now has over 35,000 of them...

Music

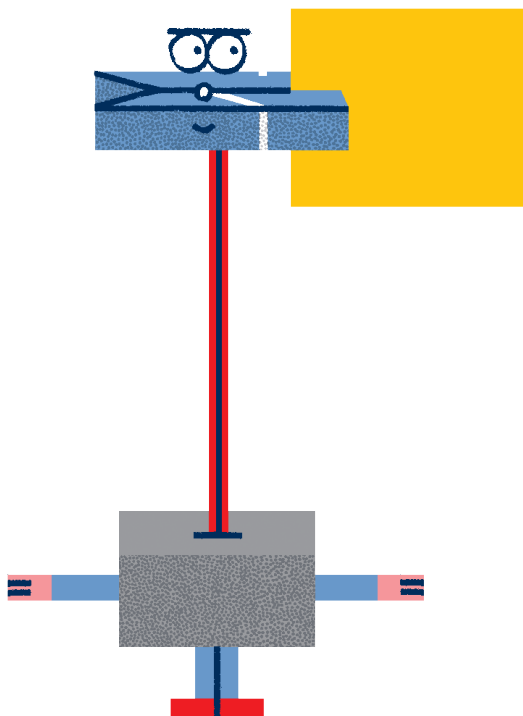
Paul Mawhinney has collected vinyl records plus CDs until he had the world's biggest collection: over 3 million items!

Barbie dolls

Jian Yang spent a quarter of a million pounds collecting Barbies – in total he has about 6000.

DIY PROJECTS

Making useful things is sometimes called DIY, which stands for Do-It-Yourself. Here's a simple project you can try now.





How to make a note holder

Things you need:

- a clothes peg (plastic or wooden)
- a small block of wood
- a rectangle of card about 12 x 8 cm
- a plastic drinking straw
- PVA glue
- a hand drill and 6mm drill bit
- a vice

What to do

1. First of all you need to drill a hole in the block of wood so that the straw fits inside. Always ask an adult for help with this.
2. Put the wood in a vice to hold it tight.
3. Fit the drill bit into the drill, tightening it well.
4. Drill slowly and carefully down through the block about two thirds of the way through.
5. Glue the block in the centre of the card, with the hole facing up.
6. If the straw has a bendy bit, cut this off.
7. Push one end of the straw carefully into the metal spring hole of the peg. If it doesn't fit, cut a slot in the straw with scissors so that it can be made narrower.
8. When the glue is dry, push the other end of the straw into the wooden block.
9. You now have a desktop note holder for important reminders – like getting your Cub uniform ready!



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