

Project Family	 <u>Adventure Requirements:</u> Complete all of the following. 1. Interview a grandparent, another family elder, or a family friend about what life was like when he or she was growing up. 2. With members of your family or a family friend, discuss some of your family names, history, traditions, and culture. Do one of the following: a. Create a family tree of three generations. b. Make a poster or Web page that shows the places that some of your family members came from. c. Choose a special celebration or holiday that some of your family members participate in, and create either a poster, picture, or photo slideshow of it. 3. Show your understanding of your duty to family by creating a chart listing the jobs that you and other family members have at home. Choose three of the jobs you are responsible for, and chart them for two weeks. 4. Select a job that belongs to another family member, and help that person complete it. Some examples would be to create a grocery shopping list for the week, to take out trash for a week,
	 to do the laundry for your family one time, to prepare meals for your family for one day, or to complete some yard work. 5. With the help of an adult, inspect your home and its surroundings. Make a list of hazards or security problems you find. Correct one problem you found, and tell what you did. 6. Complete one of the following a. Hold a family meeting to plan an exciting family activity. The activity could include: A family reunion, A family night, A family outing b. Create a list of community service or conservation projects that you and your family can do together, and present it to your family. Select one project, plan it, and complete it with members of your family.
	<u>Ideas:</u> We created a <u>project family workbook</u> (PDF) that you can use to complete your adventure. Download it and get to work on learning more about your family. Don't forget to share what you found on our pack facebook or with your den!
Protect Yourself Rules	 <u>Adventure Requirements:</u> Complete each of the following. 1. Watch the "<u>Protect Yourself</u>" video lessons for this adventure. 2. Know the six Protect Yourself Rules. 3. Describe what cyberbullying is and identify things you should never tell about yourself to

4. Explain what you would do if you or a friend felt unsafe at home.

5. List five safe adults you could tell if someone has made you feel unsafe. Name two of Scouting's Barriers to Abuse that adults are to follow

additional links and information.

others when online.

6.

Ideas: Visit the Protect Yourself Rules Preview Adventure information page on Scouting.org for