

Welcome!

Enjoy your
journey!

Greetings!

The Cub Workbook

Hello!

Hi there cubs!



The Cub Workbook

With grateful acknowledgement and thanks to the many dedicated Scouters throughout the country, without whose friendly co-operation and help this book would never have been published.

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Sponsorship for the translation of this book was made in honour of Garnet de la Hunt, Chief Scout, 1985 – 1995.

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SCOUTS South Africa
PO Box 2434
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welcome to the cub workbook!

This book belongs to:

My Pack is:

My Akela is:



Let's go!

Welcome new Cub,
we are glad that you have
decided to join the Worldwide
Movement of Scouting.

We are so excited that we can
be part of your adventure.

NOW the fun begins!

Hi! My name is
Mowgli!

I am part of the Wolf Cub Pack.
Come and follow me as I walk
through the jungle and learn
some fun things with my
friends.



membership

My Six

I am in the _____

_____ six

My sixer's name is _____

My friend is _____

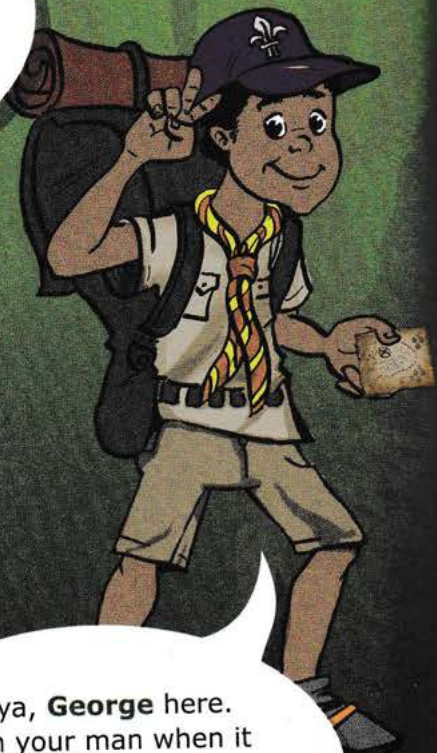
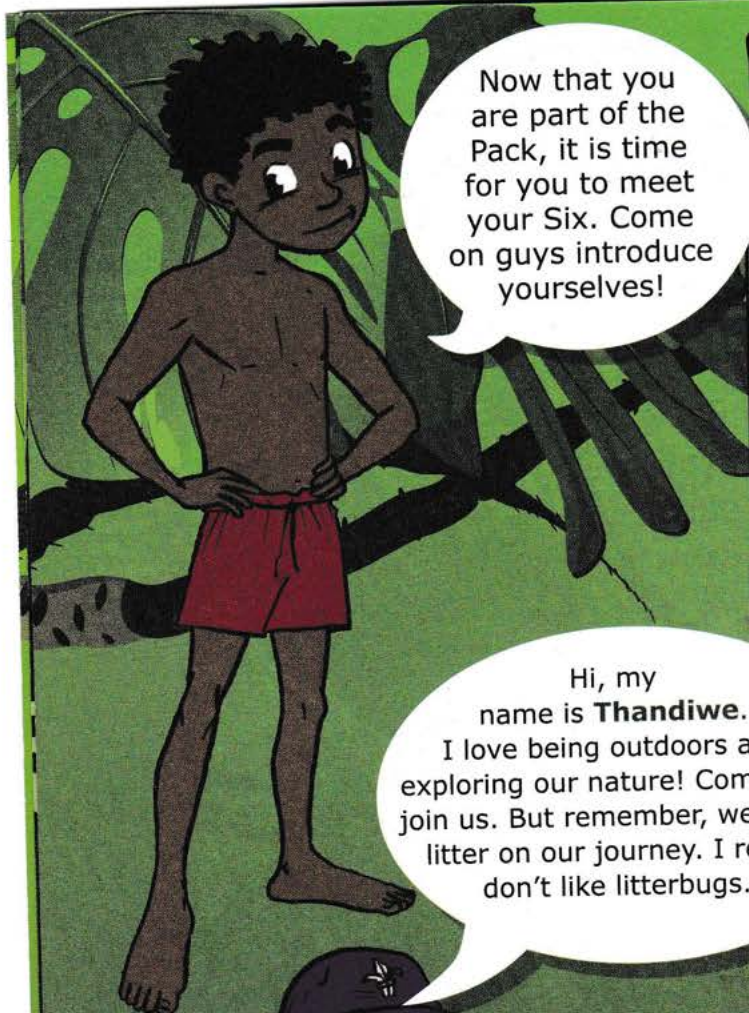
who is in _____

_____ six


Now that you are part of the Pack, it is time for you to meet your Six. Come on guys introduce yourselves!

Hi, my name is **Thandiwe**.
I love being outdoors and exploring our nature! Come and join us. But remember, we don't litter on our journey. I really don't like litterbugs.

Heya, **George** here.
I am your man when it comes to mapping. With my compass and Cub skills I never get lost! It's awesome.



membership

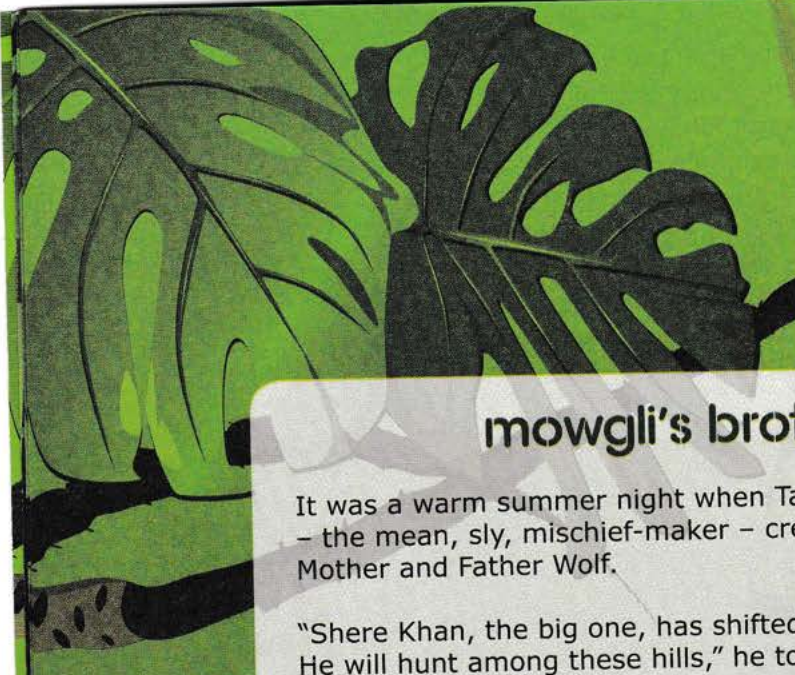


Hello! I'm **Jay** your Sixer.
I'm really happy you joined our Six.
Together we will follow Mowgli and his friends
through the Jungle. He has been here for
a while and knows some pretty interesting
characters. Being a Cub is a lot of fun and
you get to do some really exciting things.
Everyone wants to get to know you so
why don't you write down some
details about yourself.

Nice to meet you,
I am **Candice** lets go and
get creative. There are so many
things a Cub can make from
things people throw out.

Hey are you ready
for the Cubbing
experience? My name is
Siphon and I was born to
be an Adventurer!

Hello, I am **Rachel**.
Welcome to our Six. I'm so
excited that we have a new
member. Come and pose for a
photo for my workbook.



mowgli's brothers

It was a warm summer night when Tabaqui, the jackal – the mean, sly, mischief-maker – crept to the cave of Mother and Father Wolf.

"Shere Khan, the big one, has shifted his hunting grounds. He will hunt among these hills," he told them.

Father Wolf was upset because Shere Khan, the tiger, killed cattle and angered the villagers, bringing trouble to the jungle. As they listened they heard the angry, snarly whine of the tiger.

"He is hunting man!" said Mother Wolf. "Listen! Something is coming!"

Father Wolf crouched – then halted in mid-spring.

"Man!" he said, "a man's cub. Look!"

His jaws closed gently over the little boy's back and he carried him into the cave and placed him amongst the other cubs. Then a dark shadow crossed the doorway.

"The man cub is mine, give him to me!" Shere Khan's roar filled the cave. But Mother Wolf and Father Wolf were not to be ordered around by somebody not from the pack. So Shere Khan slunk away.

"I will call him Mowgli (the Frog)" said Raksha, the Mother Wolf, "because his skin is smooth and without hair, like a frog's."



So Mowgli stayed with Raksha and Father Wolf and their own four cubs. When they were old enough to run a little, they set off on the night of the full moon, through the jungle to the Council Circle.

There they found Akela sitting on the Council Rock with all the wolves in the pack gathered round. The cubs that had been born that month, and Mowgli, were in the centre of the circle, and all the wolves looked over these young cubs so that they would know them if they met in the Jungle.

Then Shere Khan roared from the trees, "What have the Free People to do with a man cub in the pack?"

Akela, the pack leader, reminded the wolves that if there was an argument about a cub, two people would have to speak for him. So Baloo, stood up and said, "I will speak for the man cub."

Then a black shadow dropped from the trees. It was the mighty hunter, Bagheera, the panther.

"I have a bull, newly killed, to pay for the man cub's life," he said.

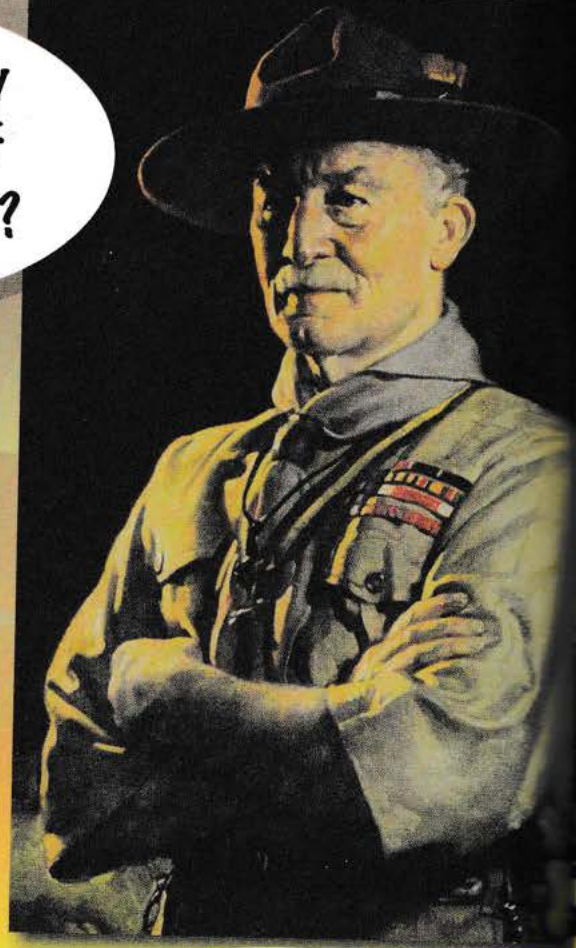
So Mowgli was allowed to stay.

He learned the laws of the jungle from Baloo, and how to creep and stalk and hunt from Bagheera. That is how he was accepted as a member of the pack.



Do you know
the story of
Baden Powell?

Baden-Powell started Scouting when he took some teenagers on a camp on Brownsea Island in 1907. He wrote down some great ideas into a book called 'Scouting for Boys' in 1908. Later on he wrote a book for Cubs too and called it the 'Wolf Cub's Handbook'. This was the start of Wolf Cubs. Cubbing is for those of us who are too young to be Scouts. It is all about having fun and learning new things! It reminds us to live by the Cub Promise and Law. Cubbing is done all over the world. Cubs are part of the bigger Scout Movement.



Ashanti Chief says:
"In our land only the Bravest of the
Brave shake hands with the left hand,
because to do so we must drop our
shield and protection."



Look at George and Siphon – they are using the left handshake. When you shake hands with another Cub, your Pack Scouters or any other member of the Worldwide Movement of Scouts, you use your left hand. It is a symbol of Trust.

This is how we as
Cubs salute. We salute when
we greet each other. It is a
sign of respect.
We also use it when we make
our Promise and at
Grand Howl.



The Grand Howl:

In the Jungle, all the members of the wolf pack gather into a circle around the council rock. In the middle of the rock stands Akela.



The Grand Howl is used to begin and end every Pack Meeting. This is when we greet Akela and say that we will continue to do our best.

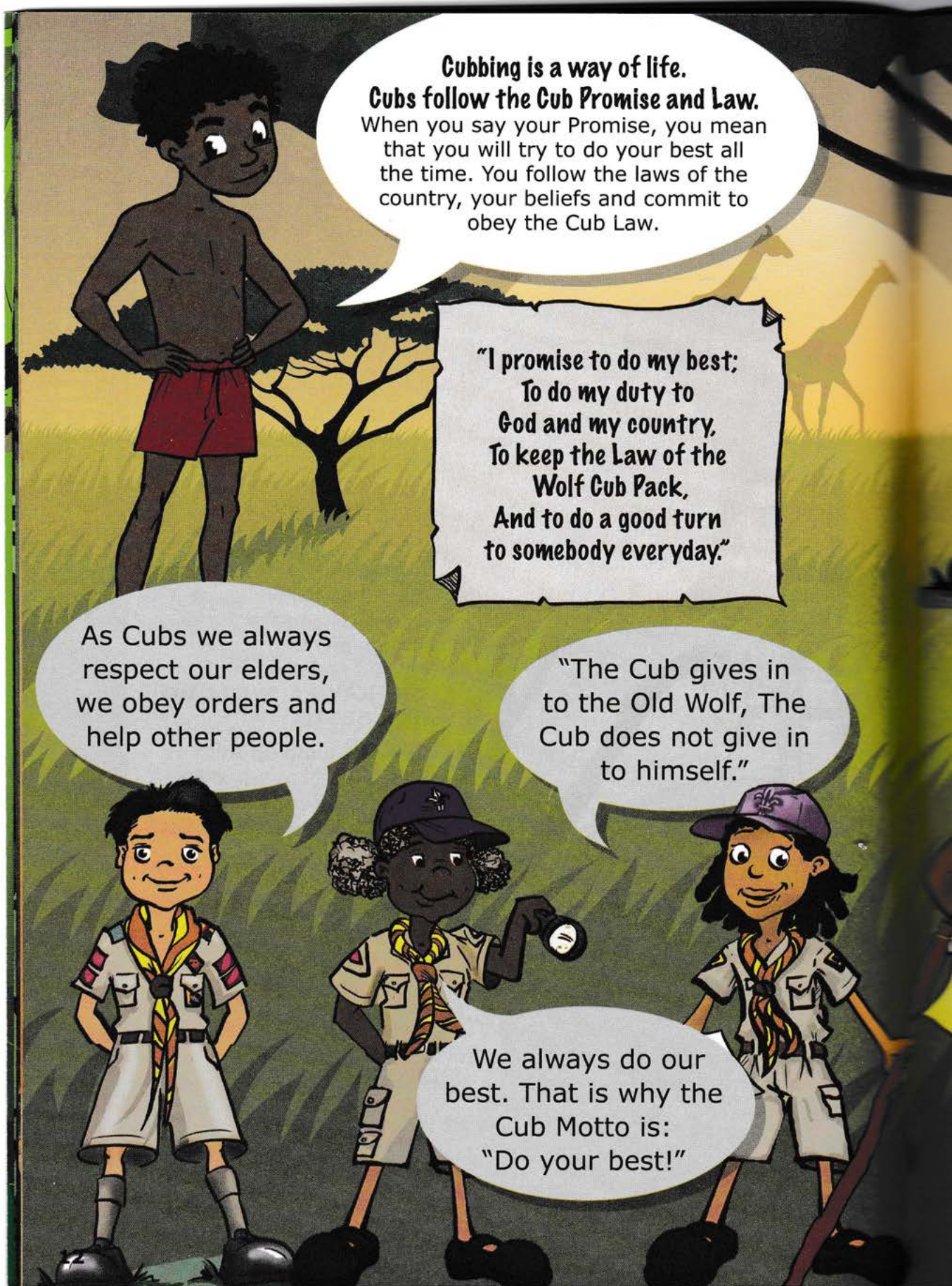
When Akela calls:
"PACK, PACK, PACK"
 we answer:
"P-A-A-A-C-K"
 and run to form a circle around Akela and the Council Rock.

As Akela steps on to the Council Rock, we squat with our hands together, fingers pointing to the ground and call:
"AH-KAY-LA, WE'LL DO OUR BEST!"

We then jump up to the alert, hands to our sides, and the Sixer on duty calls:
"CUBS, DO YOUR BEST!"

We answer with a smart salute and reply:
"WE WILL DO OUR BEST!"





Cubbing is a way of life.
Cubs follow the Cub Promise and Law.
When you say your Promise, you mean that you will try to do your best all the time. You follow the laws of the country, your beliefs and commit to obey the Cub Law.

"I promise to do my best;
To do my duty to
God and my country,
To keep the Law of the
Wolf Cub Pack,
And to do a good turn
to somebody everyday."

As Cubs we always
respect our elders,
we obey orders and
help other people.


"The Cub gives in
to the Old Wolf, The
Cub does not give in
to himself."

We always do our
best. That is why the
Cub Motto is:
"Do your best!"



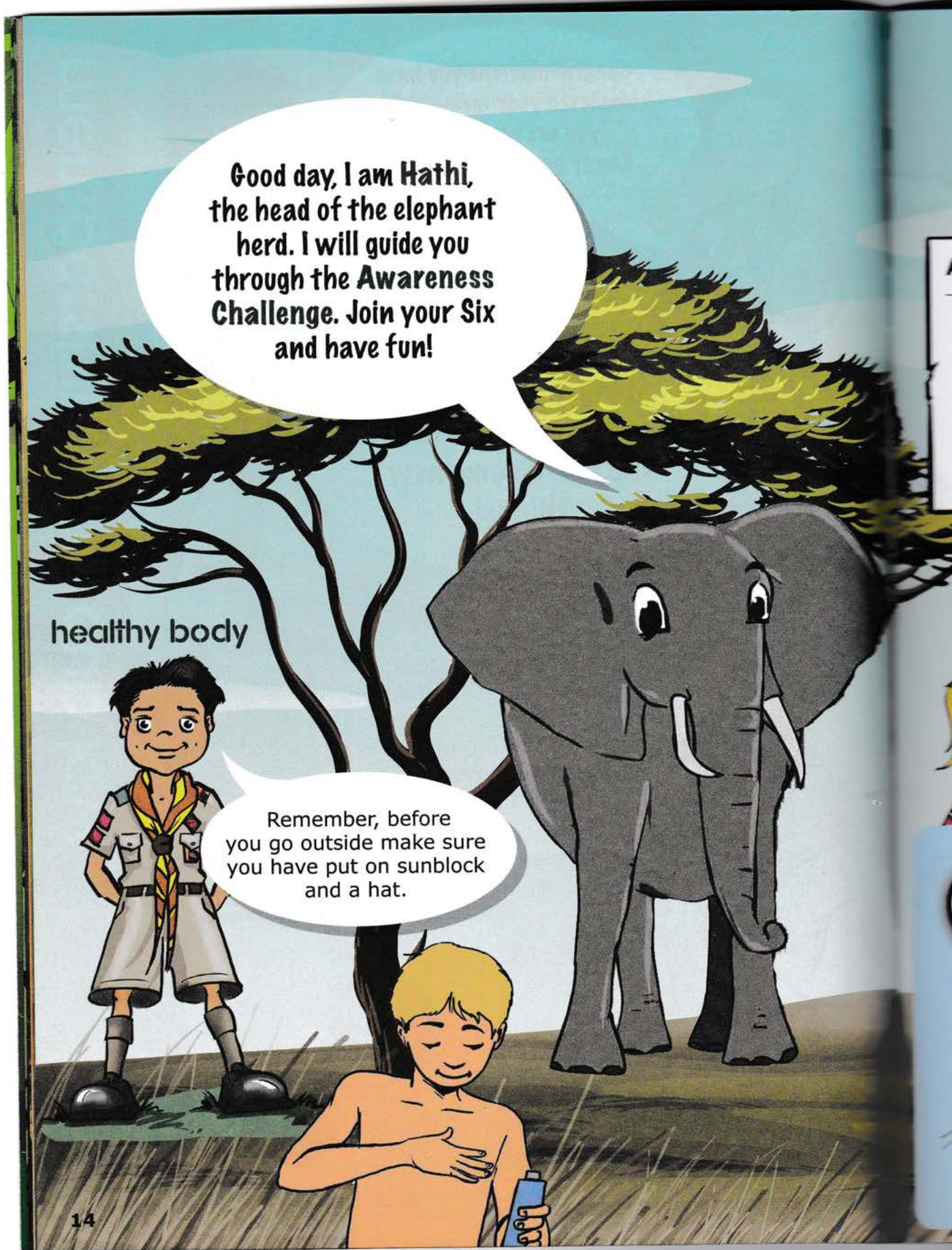
Congratulations you have
completed your membership;
you are now a Cub!
Ready or not, here we go!

Lets go and meet
the rest of my friends
and learn some new
things!



Cubbing is all about
having fun and following
your interests. For each
challenge you complete
you must also earn an
interest badge.





Good day, I am Hathi,
the head of the elephant
herd. I will guide you
through the **Awareness
Challenge**. Join your Six
and have fun!

healthy body

Remember, before
you go outside make sure
you have put on sunblock
and a hat.

healthy mind

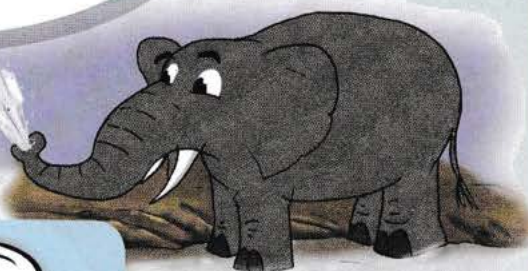


Cubs use codes to send secret messages. Write a code which you and your Six could use to send a message.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

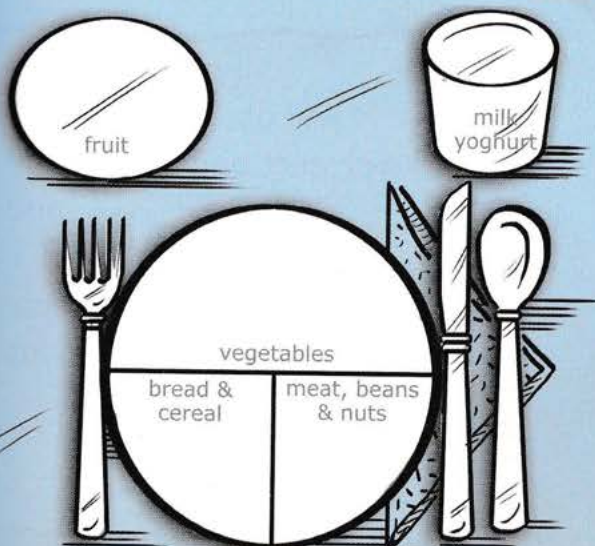
Write and decipher a simple code:

Remember it is always important to wash your hands before handling food and eating. Let's find some food for a healthy meal.



healthy living

Know and understand the importance of good eating habits. Collect or draw pictures and paste them in the correct place.





As you grow a plant with your Pack, draw pictures of how it grows to create a timeline of its life.

growing things



We all enjoy being outdoors and having fun. Obeying the Outdoor Code makes sure that the beauty of nature remains for those who come after us.



It seems that some of the herd have forgotten parts of the Outdoor Code.

Fill in the missing words.

"I will do my best to protect and care for

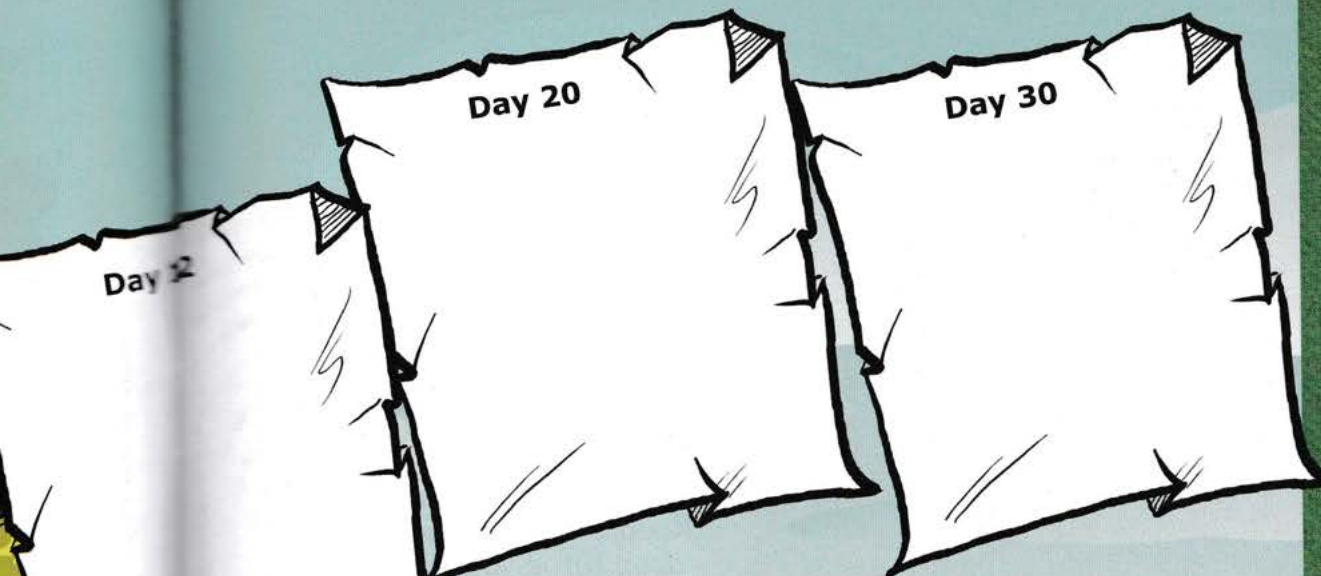
_____, _____ and _____;

I will do my best to keep the _____, roads and beaches free of _____."



conserve





All around us are natural resources that need protecting. List 3 natural resources that need conserving.



conservation


1. _____
2. _____
3. _____

This is a Pooter.
It is used to inspect insects.
Ask Akela to help you make one for yourself. Once you have finished observing your insect remember to let it go again.

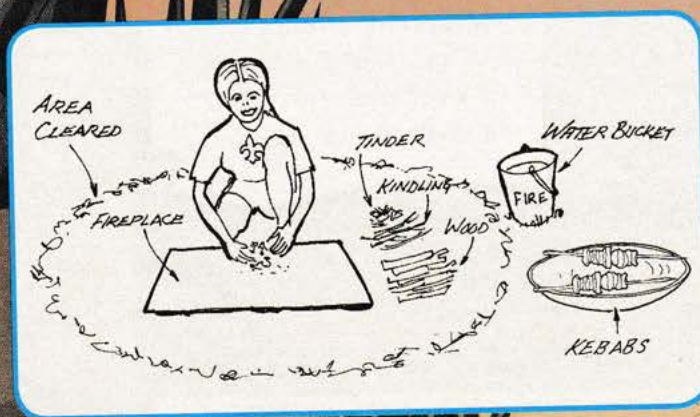


our precious planet

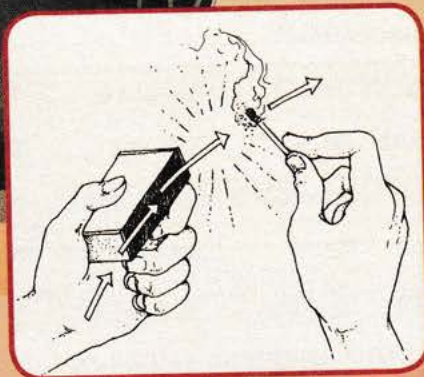




I almost didn't see you over there! Are you ready for the great outdoors? My name is Bagheera and I taught Mowgli everything he knows about exploring the jungle.



Making a fire is all about preparation. Make sure you have enough supplies before you light your fire and remember always strike the match away from your body.



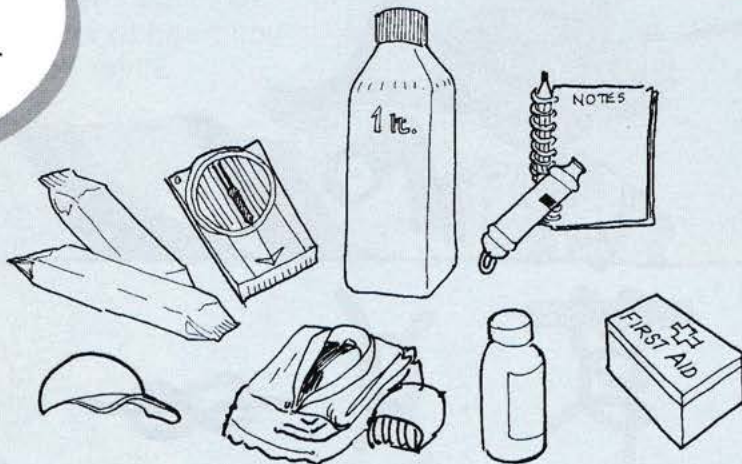
campercraft



Look how prepared I am for this weekend's hike. Can you label all the gear I am using?



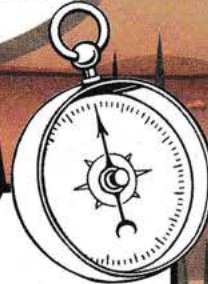
hiking



compass & mapping



I love mapping, can you name the 8 points on my compass? I am using the compass to draw a map of my house. Do the same in the block below.



Look at what Bagheera has made in the vines! These are the basic knots you need to know for your Silver Wolf.

knotting



Round turn-and-two half hitches



Reef

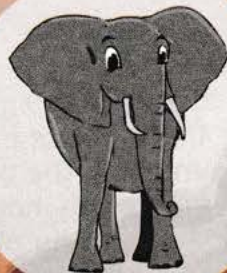


Figure-of-Eight



Hanking a short rope

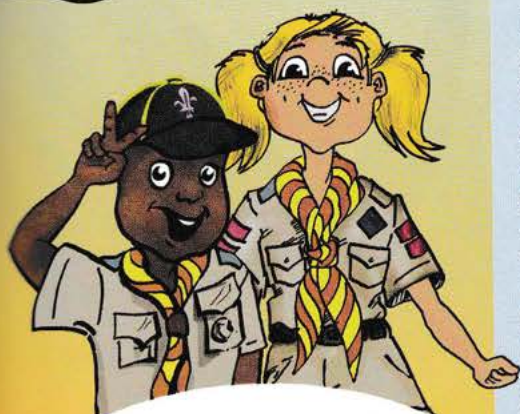
You have met the members of the jungle book. Can you match their names to their faces?



Bagheera
Kaa
Haithi
Baloo
Akela

jungle book

flags & country



Your country is an important part of who you are. Join Rachel and Sipho as they sing the National Anthem.

Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,
Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo.

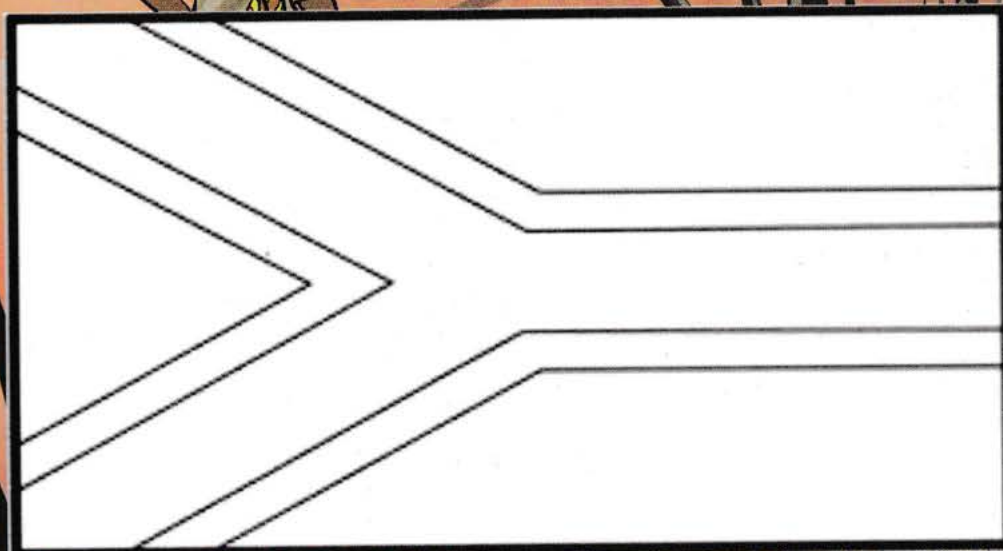
Morena boloka setjhaba sa heso,
O fedise dintwa le matshwenyeho,
O se boloke, O se boloke setjhaba
sa heso,
Setjhaba sa, South Afrika –
South Afrika.

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom
In South Africa our land.



Help me to draw
and colour in the
South African flag.



a short rope



Hi, I am Baloo. This is my favourite place to relax. Candice are you girls practicing the Buddy System?



Being punctual is important. What is the time on my watch?



time



Yes B
is my
are

Yes Baloo! Thandiwe is my buddy and we are looking out for each other.

water
safety



Look at this picture of a home. Circle all the common causes of accidents?

home safety



There are not many roads in the jungle, but I am sure there are a few near your house. Look at the road signs here and match them to the explanation.

road safety

No Entry



Stop



Yield to Pedestrians



One Way

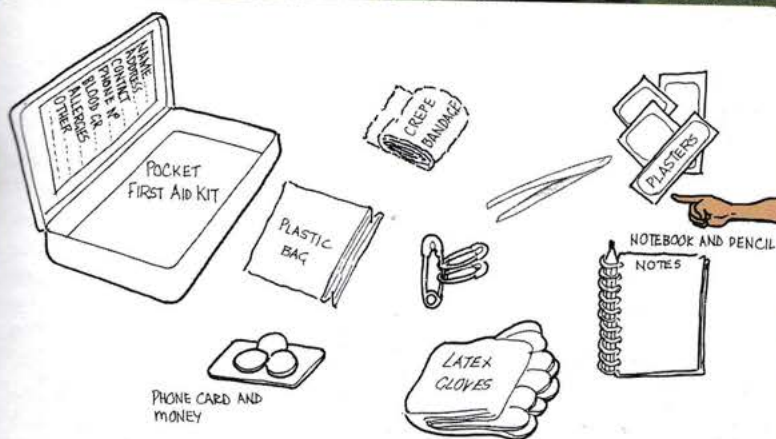


Don't worry Sipho's arm is fine. I am just demonstrating how to make a sling with your scarf.



first aid

Emergency kits are very important and ensure our safety when we go on adventures.





The Cub Promise

I promise to do my _____:
To do my duty to _____ and my
_____;
To keep the law of the Wolf _____
Pack; and to do a good _____ to
somebody every day.



The Cub Law

The Cub gives in to the
_____;
The Cub does not give in to
_____.

promise
and law

The Cub Motto

Do your _____.



This is the Cub
Prayer, it can be
said whenever
you wish.

faith

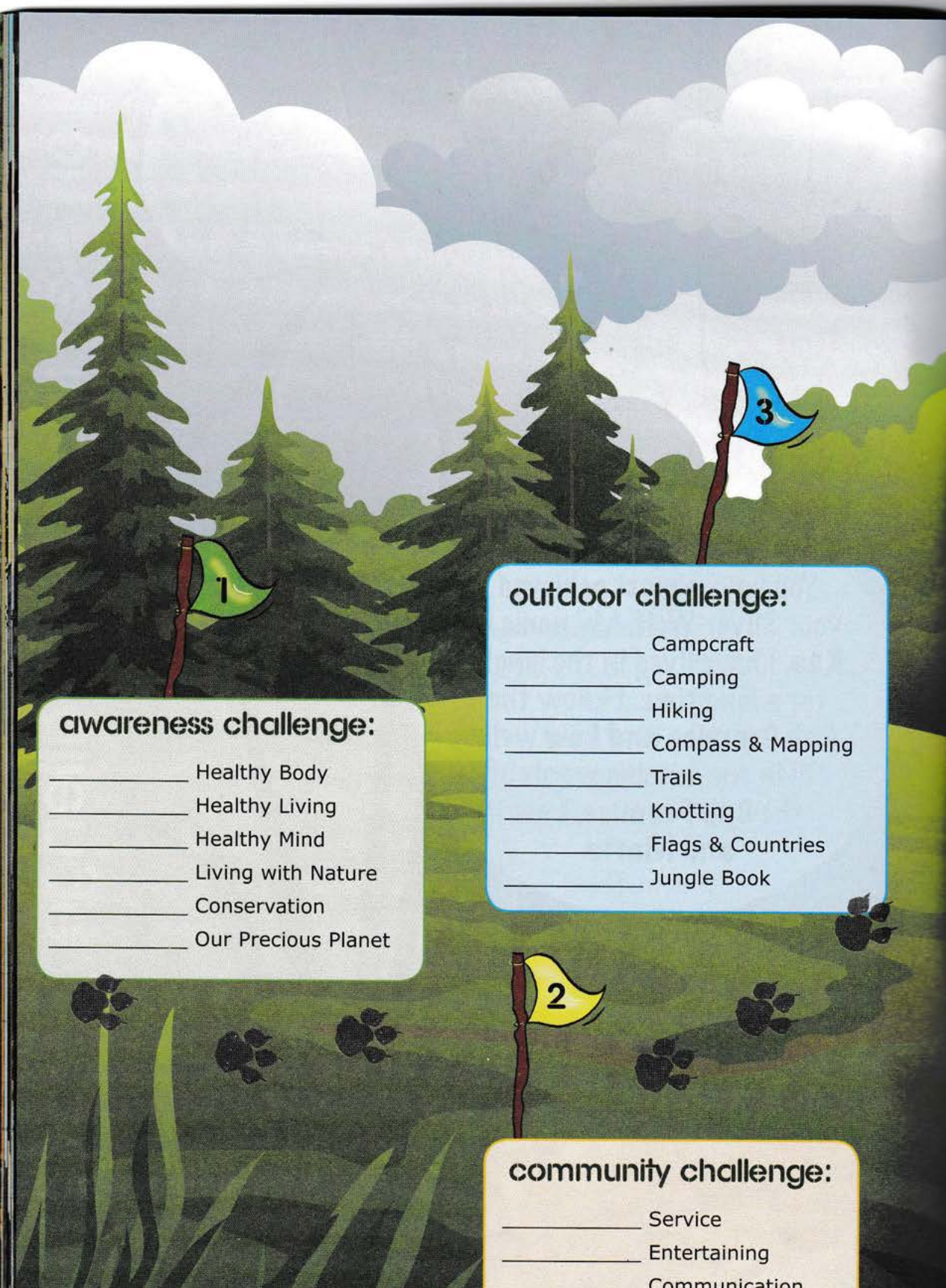


"Teach me to keep
my Promise Lord, and
help me to obey, and
show me what my
duty is to serve You
day by day."

promise and law challenge

You have almost achieved your Silver Wolf. My name is Kaa, I have lived in the jungle for a long time. I know the Cub Promise and Law well. Fill in the missing words of the Cub Promise, Law and Motto.



The background of the page is a stylized illustration of a forest. In the foreground, there are green grassy areas with some dark green bushes and small black paw prints. Three flags are planted in the ground: a green flag with the number 1 on the left, a yellow flag with the number 2 in the center, and a blue flag with the number 3 on the right. In the background, there are several tall, dark green evergreen trees under a sky with large, white, fluffy clouds.

awareness challenge:

- _____ Healthy Body
- _____ Healthy Living
- _____ Healthy Mind
- _____ Living with Nature
- _____ Conservation
- _____ Our Precious Planet

outdoor challenge:

- _____ Campcraft
- _____ Camping
- _____ Hiking
- _____ Compass & Mapping
- _____ Trails
- _____ Knotting
- _____ Flags & Countries
- _____ Jungle Book

community challenge:

- _____ Service
- _____ Entertaining
- _____ Communication

aptitude challenge:

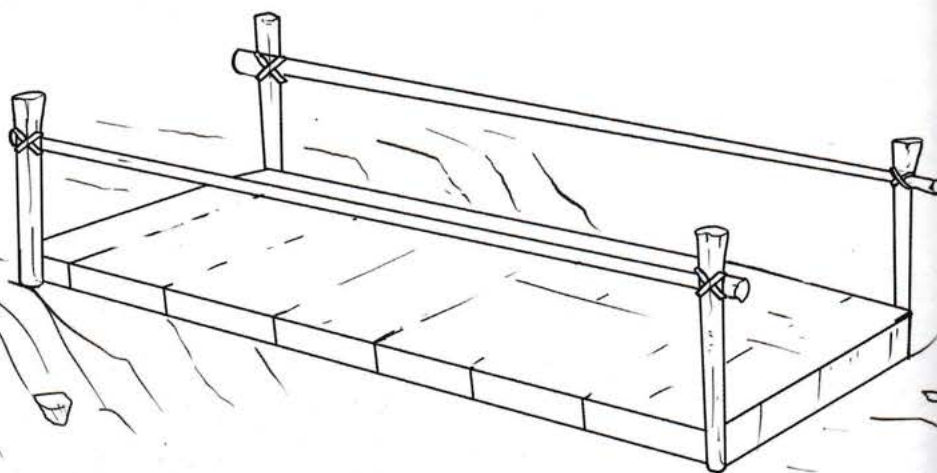
- _____ Water Safety
- _____ Home Safety
- _____ Pedestrian Safety
- _____ First Aid
- _____ Time
- _____ Faith

Congratulations!

promise and law



Congratulations!
You have made it to the end
of your Silver Wolf. Finish
drawing the background
and colour in the page so
that you can cross the
river to your Six.



Well done! You
have finished
your Silver Wolf!

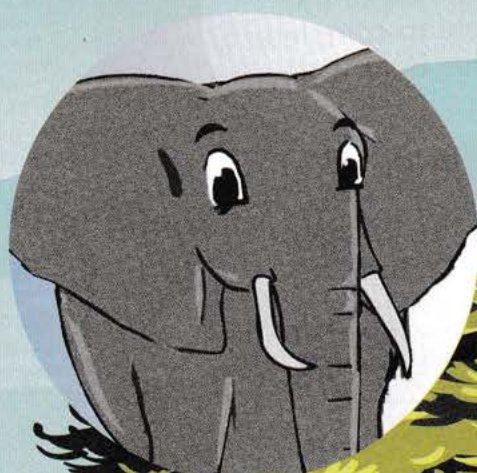
Follow us through
the rest of the
jungle to complete
your Gold Wolf.

Stick a photo or drawing
of your six here.

Awesome!

Well
done!





Welcome back! It's time to start working on your **Gold Wolf**. Have a look at my vegetable garden. Have you made one near your meeting place or home?

living with nature

What birds have you seen at your bird feeder? Write down what you see every day.

Build a simple bird feeder and observe the birds that visit it for at least two weeks.



| | Week 1 | Week 2 |
|-----------|--------|--------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

growing things

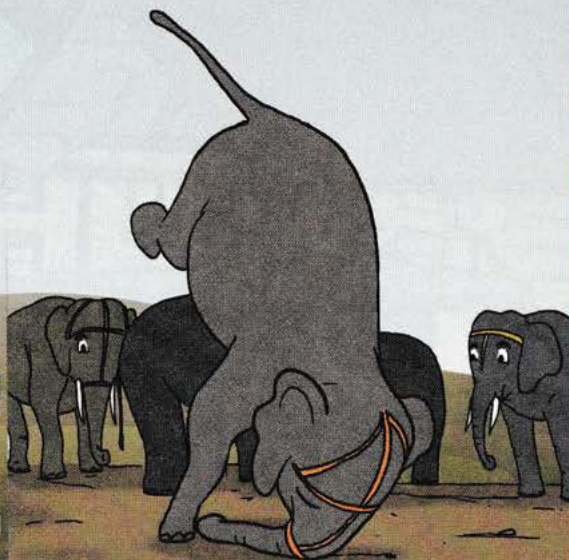
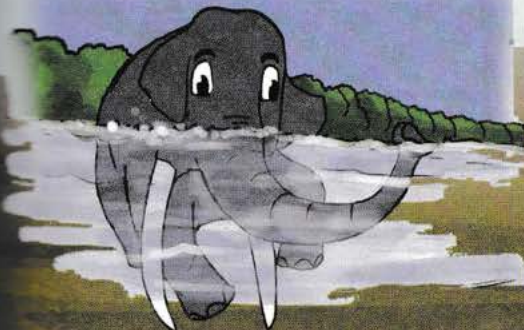



Fill in the name of the board game you learnt.

healthy mind

healthy body

Look at the herd doing their exercises, they look a little silly. Try and do them yourself.





Candice has a great appreciation for nature so she is making a diorama to show the different types of habitats and environments. Make your own.

Look at this house. Circle where energy is being used in every room.

conservation

our precious planet



healthy living



It is important that Cubs know how to make water safe for drinking. Here is a simple water filter for you to make.



healthy mind

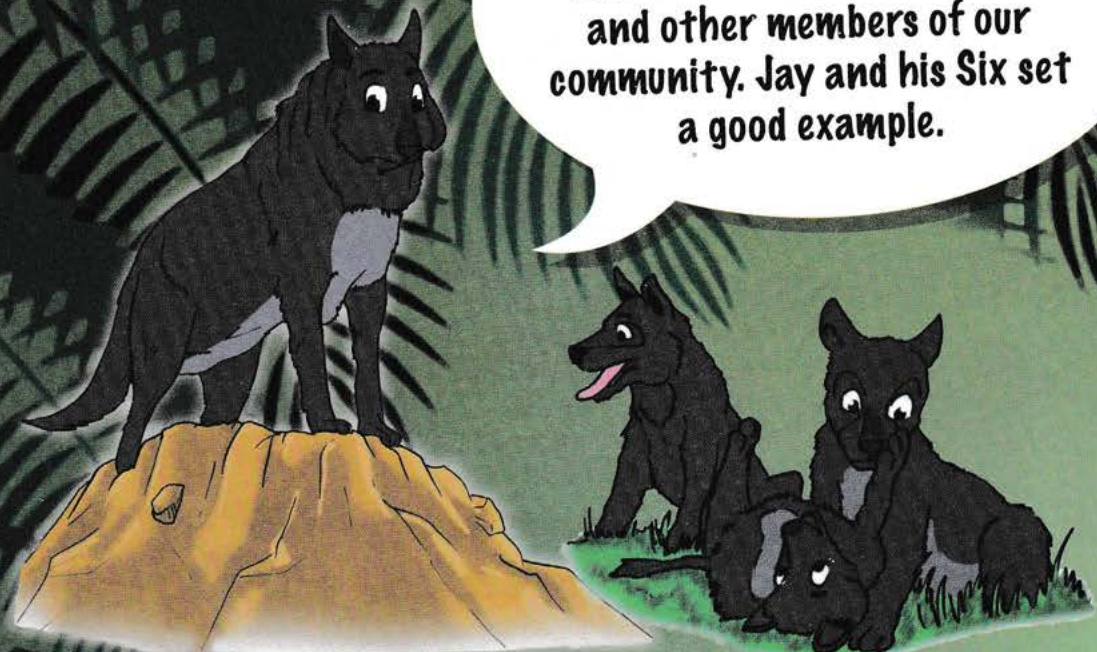


Remember the secret code you wrote last time? You have been in the jungle for a while and people may have cracked your code. Write a more complex code.


A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Write and decipher a complex code:





Cubs form part of the community. We have promised to look after our fellow Cubs and other members of our community. Jay and his Six set a good example.



I have Cub friends from all over South Africa and the world. Who are your Cub friends from other countries or provinces?



communication

Handwritten area with five horizontal lines for notes.

entertaining

I love singing.
Write a song for
me to sing.



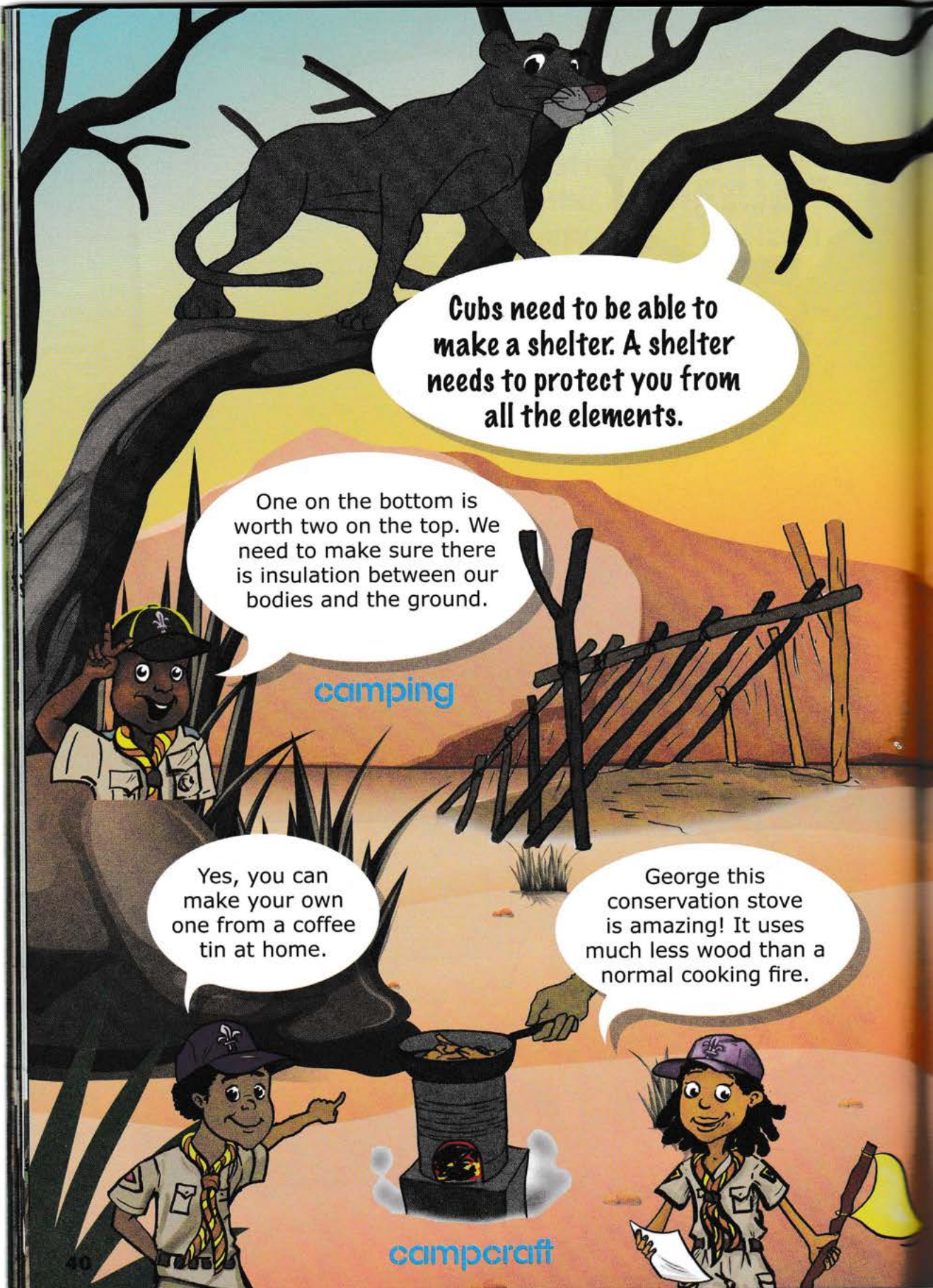
George, Thandiwe and
Sipho are building a
shelter for people in
their community. What
organisation did you help
in your community?

service



community challenge





Cubs need to be able to make a shelter. A shelter needs to protect you from all the elements.

One on the bottom is worth two on the top. We need to make sure there is insulation between our bodies and the ground.

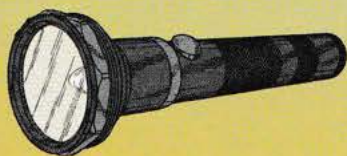
camping

Yes, you can make your own one from a coffee tin at home.

George this conservation stove is amazing! It uses much less wood than a normal cooking fire.

campercraft

When you are lost or in distress you need to be able to signal for help. At night flashing a torch light is a good way of attracting attention.

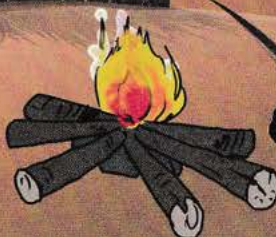
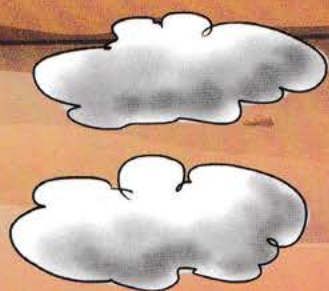


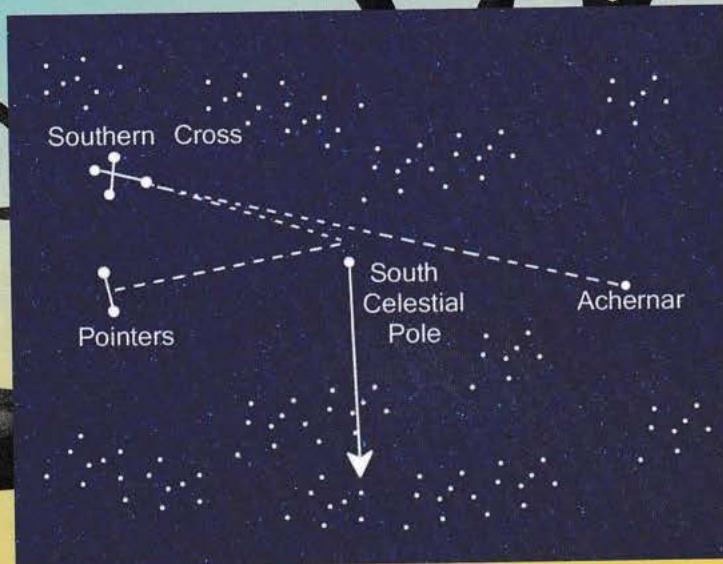
hiking

During the day use a mirror to reflect the sun light.



Green leaves and branches on a fire will create smoke which can be used to signal distress.





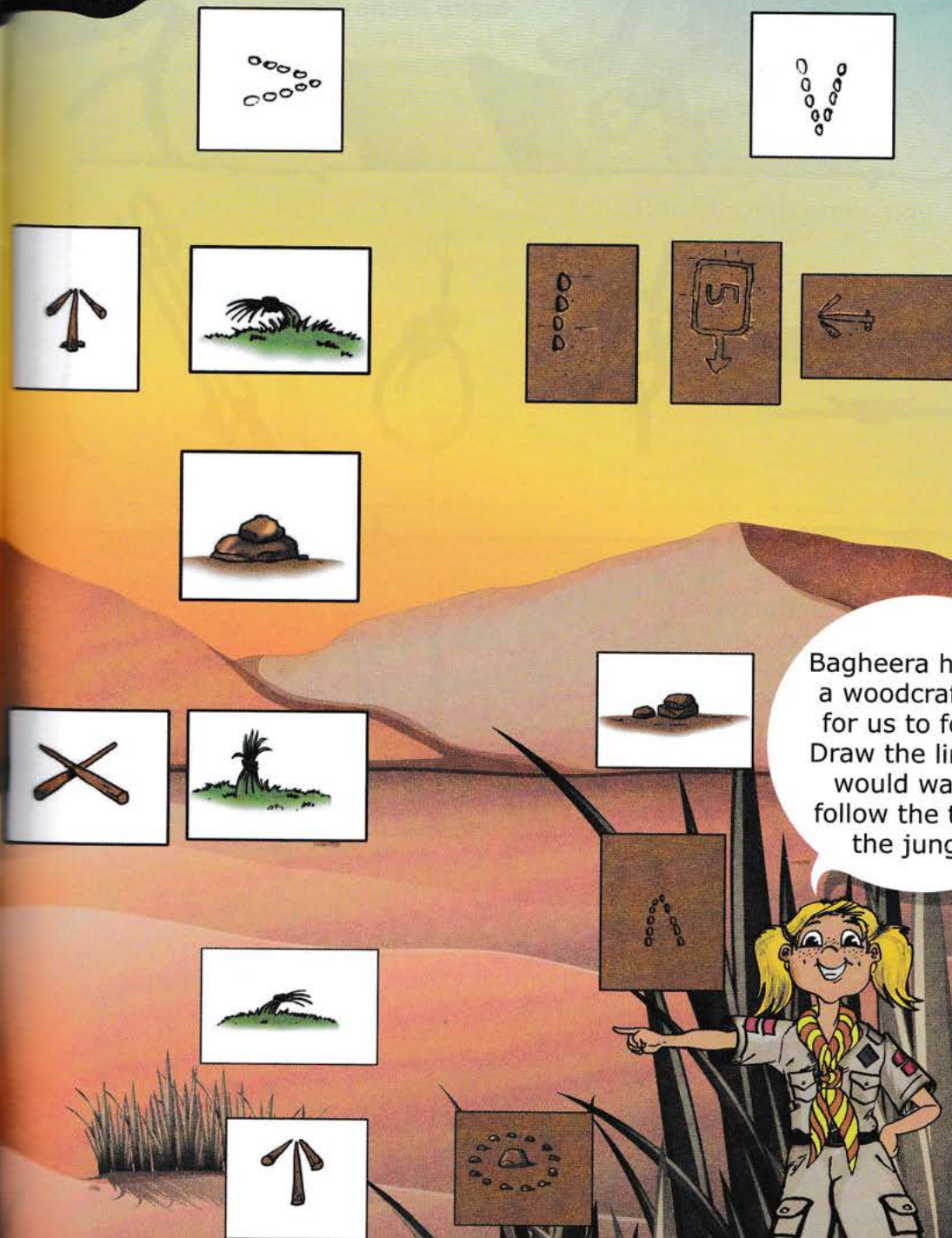
compass & mapping

Knowing where 'north' is important when you need to find your way. If you don't have a compass and it is night time use the Southern Cross as shown here.



outdoor challenge

trails



START

Bagheera has laid a woodcraft trail for us to follow. Draw the line you would walk to follow the trail in the jungle.



Bagheera has been at it again! Look at these amazing knots he has made in the vines.

knotting

Can you name these knots?



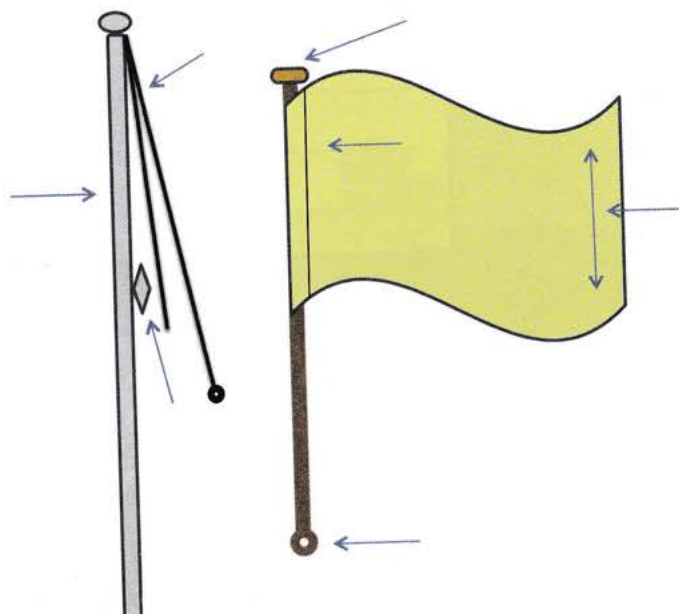
There are many characters in the jungle. Choose one and make a mask so that you can look just like them. Remember to plan your design.



jungle book

flags & country

Flag ceremonies are an important part of Cubbing. In order to prepare, hoist and break a flag you need to know the parts of the flag. Label the parts of the flag in the spaces provided.



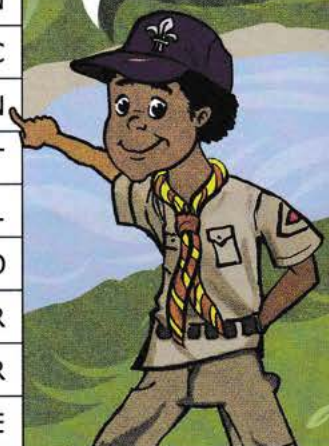
In the case of an emergency it is very important to be able to contact the necessary emergency services quickly. Write down the contact details of your nearby emergency services here.

emergency
services

| |
|--|
| |
| |
| |
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| |
| |

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | P | J | R | S | A | Y | J | N | E | T | S | I | L | B | R |
| S | O | O | T | G | T | L | E | B | T | A | E | S | R | A | C |
| N | Q | O | C | I | N | I | I | C | T | O | G | L | O | O | K |
| P | P | R | O | R | K | A | M | B | E | R | M | P | C | L | N |
| E | O | A | X | R | Y | E | W | E | S | O | B | V | C | W | C |
| V | K | T | V | Y | C | T | R | A | F | F | I | C | X | T | N |
| I | K | W | S | E | I | Y | E | R | L | V | X | O | I | E | T |
| L | A | S | U | B | M | V | C | F | D | K | S | X | E | M | L |
| A | Q | F | X | T | J | E | M | L | A | Z | O | R | A | L | O |
| E | F | T | I | G | J | D | N | O | E | S | G | W | V | E | R |
| V | D | A | P | N | D | D | R | T | X | F | F | U | Y | H | R |
| I | W | F | E | E | R | A | C | X | B | I | C | Y | C | L | E |
| R | N | J | R | L | P | G | B | V | H | W | N | G | B | U | J |
| R | K | K | B | H | X | L | M | A | T | Y | K | R | Y | R | E |
| A | K | U | G | N | I | S | S | O | R | C | A | R | B | E | Z |

Try to find the key words for road safety in the word search.



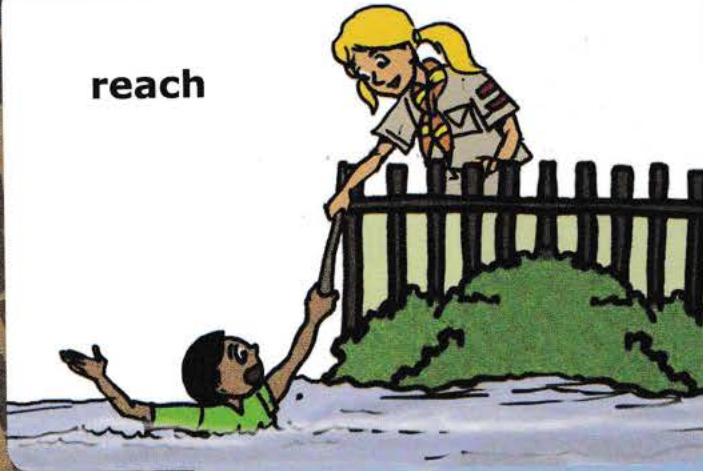
WORDS
SAFETY, HELMET, LOOK, BICYCLE, LISTEN, CARS, STOP, BUS, SEATBELT, WALK, RED, WAIT, AMBER, TRAFFIC, GREEN, ZEBRA CROSSING, PAVEMENT, ARRIVE ALIVE

If you need to rescue someone from drowning, you need to think of your own safety first and never put yourself in danger. Remember to always call an adult in an emergency.

water safety



reach

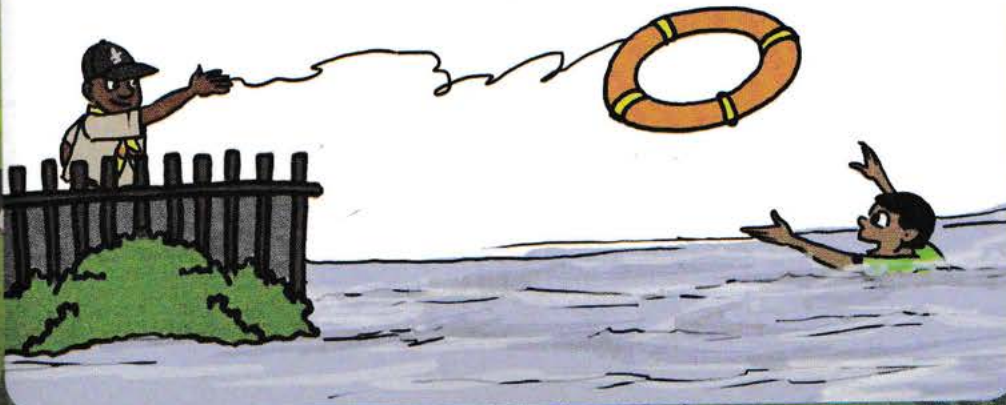


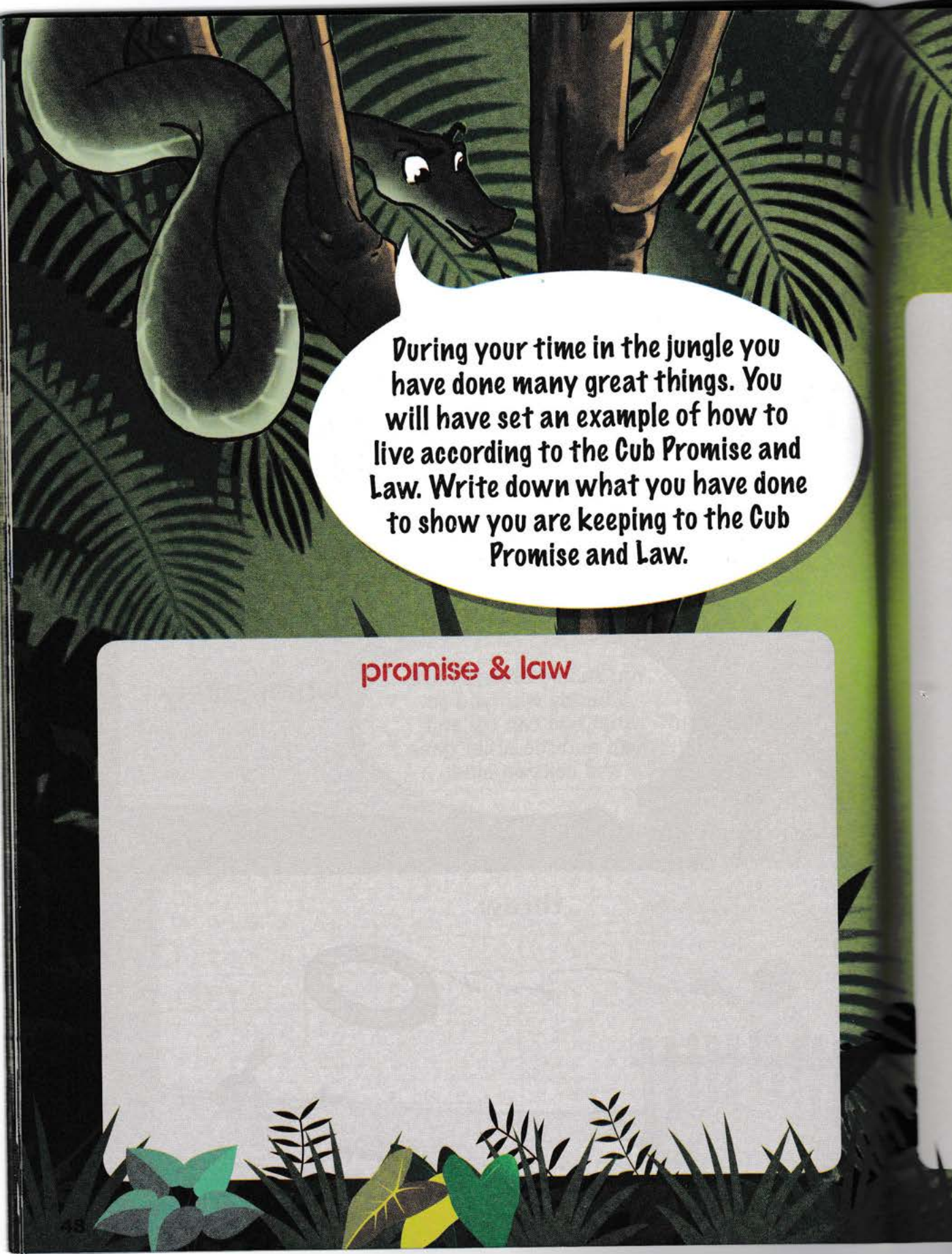
You should always have a buddy with you so that one can try and help and the other goes and calls an adult.

water safety



throw





During your time in the jungle you have done many great things. You will have set an example of how to live according to the Cub Promise and Law. Write down what you have done to show you are keeping to the Cub Promise and Law.

promise & law

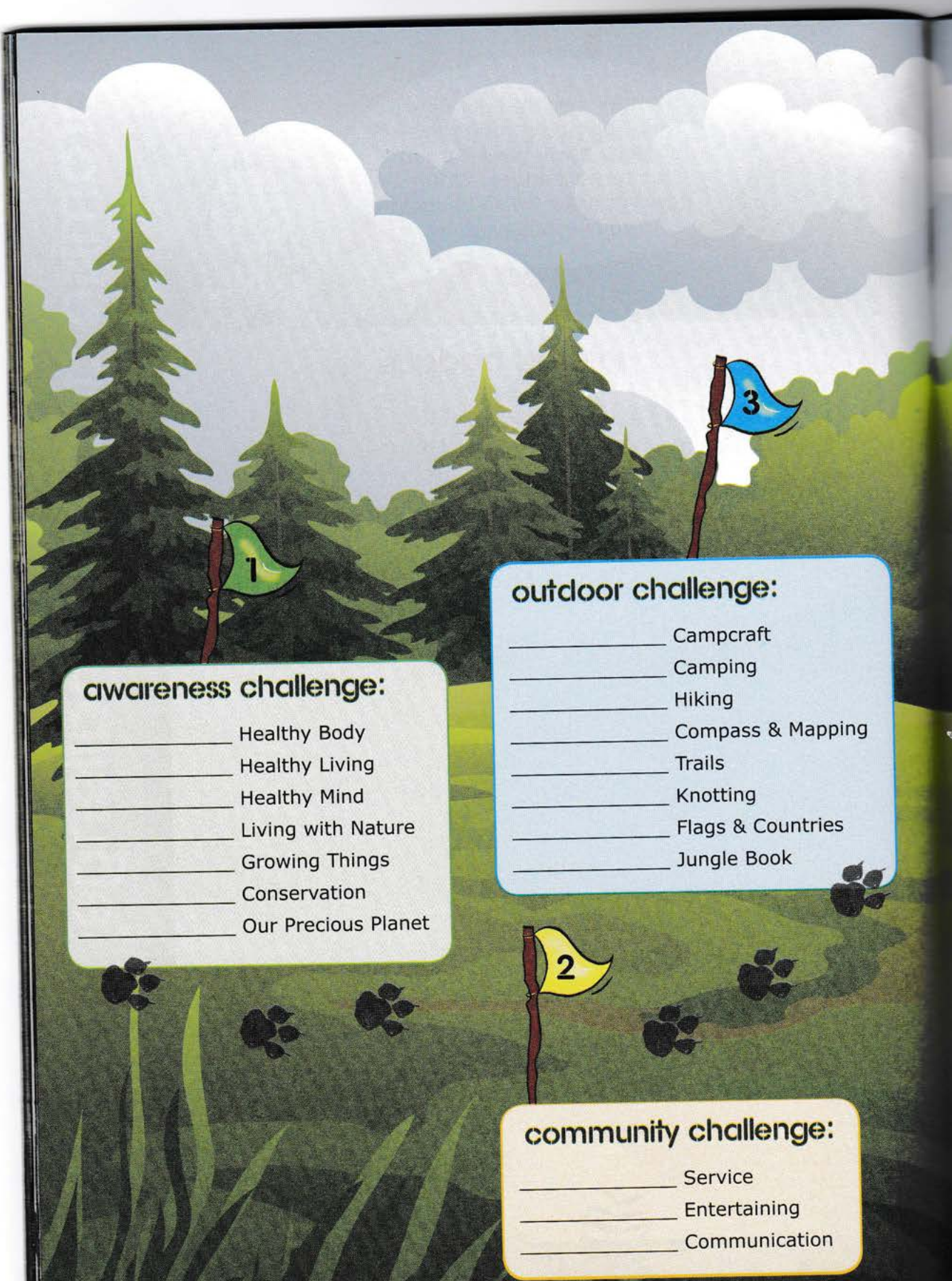
Remember that during your journey through the jungle you will have earned 8 interest badges. Write down or draw which badges you've achieved.



interest badges

promise and law challenge



The background of the page is a stylized illustration of a forest. It features several tall, dark green evergreen trees of varying heights. The ground is a mix of green grass and dark green foliage. Three flags are planted in the ground: a green flag with the number '1' on the left, a yellow flag with the number '2' at the bottom center, and a blue flag with the number '3' on the right. The sky is filled with large, white, fluffy clouds.

awareness challenge:

- _____ Healthy Body
- _____ Healthy Living
- _____ Healthy Mind
- _____ Living with Nature
- _____ Growing Things
- _____ Conservation
- _____ Our Precious Planet

outdoor challenge:

- _____ Campcraft
- _____ Camping
- _____ Hiking
- _____ Compass & Mapping
- _____ Trails
- _____ Knotting
- _____ Flags & Countries
- _____ Jungle Book

community challenge:

- _____ Service
- _____ Entertaining
- _____ Communication

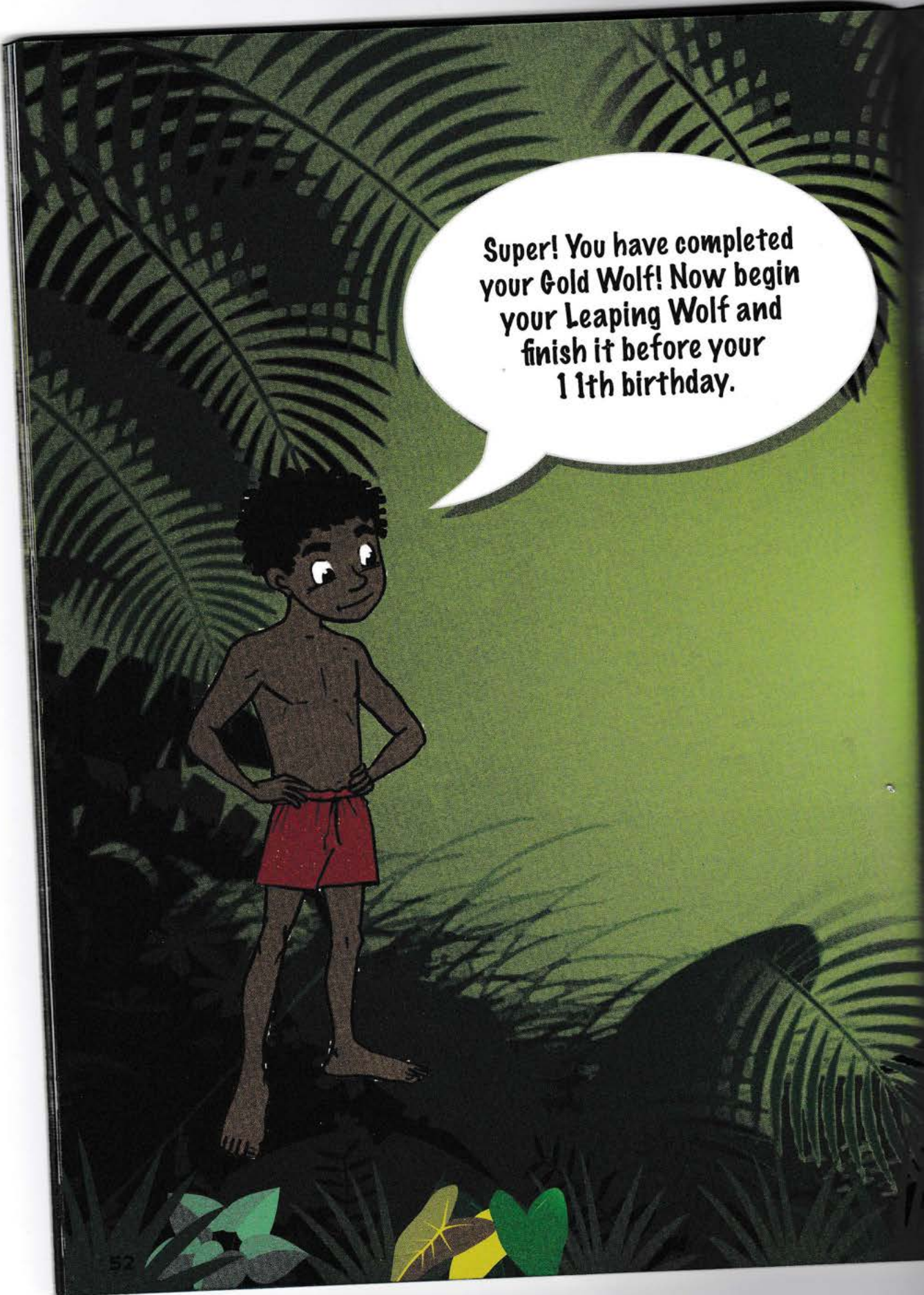
aptitude challenge:

- _____ Water Safety
- _____ Home Safety
- _____ Road Safety
- _____ Personal Safety
- _____ First Aid
- _____ Time
- _____ Faith

promise and law

Good luck with
your Leaping Wolf!





Super! You have completed
your Gold Wolf! Now begin
your Leaping Wolf and
finish it before your
11th birthday.

leaping wolf requirements

- _____ Complete the Gold Wolf Outdoor Challenge
- _____ Greening the community
- _____ Scout Craft
- _____ Personal Challenge
- _____ Technology in Action
- _____ Global Awareness
- _____ My Challenge

Interest Badges:

- ☐ First Aid and Health (compulsory)

Choose two of the following badges:

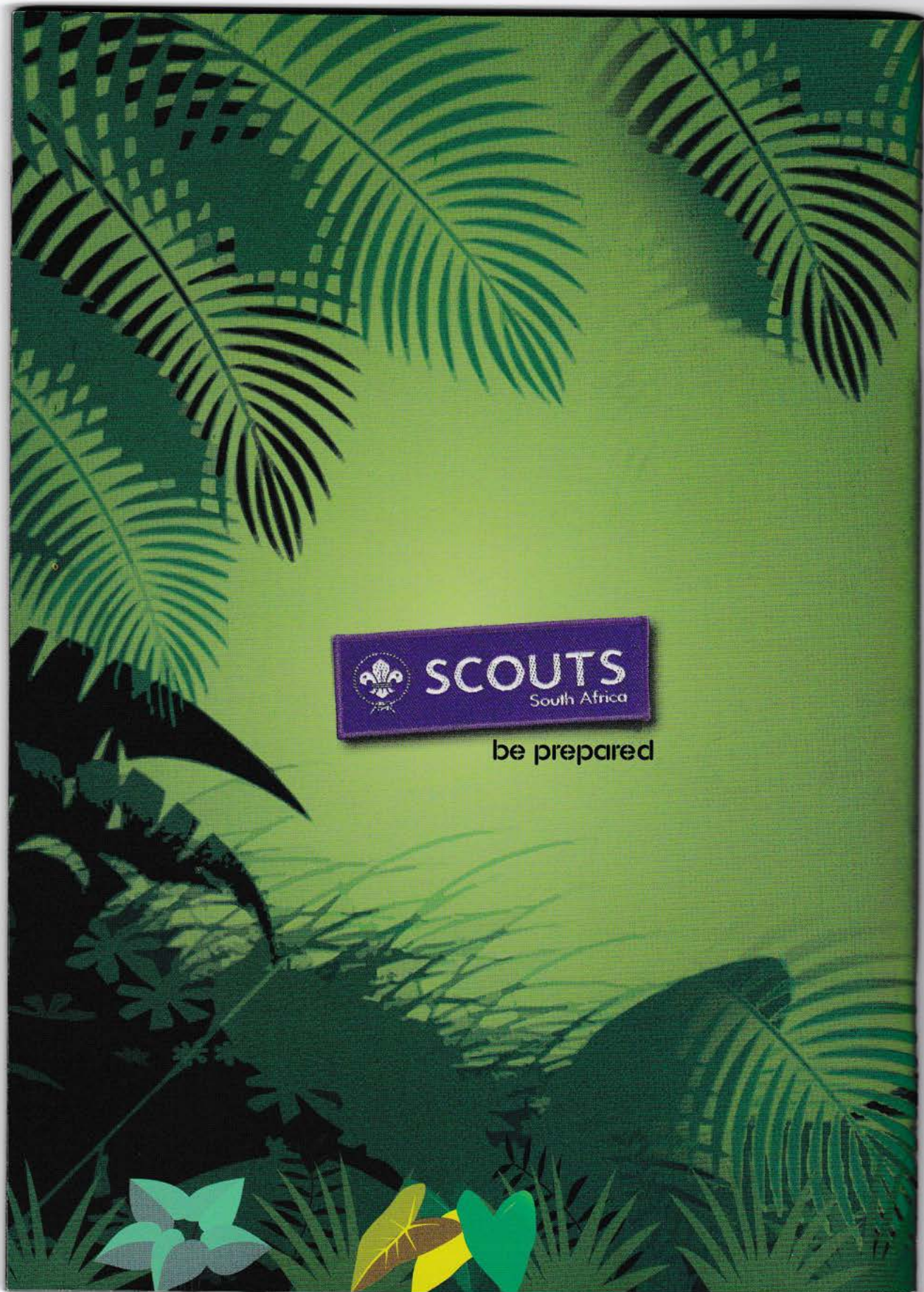
- ☐ Civil Emergency
- ☐ World Friendship
- ☐ Linguist
- ☐ Outdoorsman
- ☐ Religion and Life
- ☐ World Scout Environment badge





The notebook cover features a vibrant green background with a dense jungle pattern. Dark green silhouettes of palm trees and vines are scattered across the surface. At the bottom, there are stylized illustrations of various tropical plants, including a light green heart-shaped leaf and a yellow leaf. On the left edge, a small cartoon character with dark skin, wearing a blue cap and a yellow and white uniform, is partially visible. The central part of the cover is a large white rectangle with a hand-drawn, irregular black border, resembling a piece of paper. Inside this rectangle, the words "notes and doodles" are printed in a simple, black, sans-serif font.

notes and doodles



SCOUTS
South Africa

be prepared