



CELEBRATE THE SEASONS

SPRING FROLIC

March 1 – June 1



PROGRAM LEVEL REQUIREMENTS	Starflight	Complete 10 Action Crafts
	Adventure	Complete 15 Action Crafts
	Discovery	Complete 20 Action Crafts
	Horizon	Complete 30 Action Crafts

**Trail
Activity
Bead**

Activity

TRAIL TO KNOWING ME

- KM113 Learn two new techniques to jump rope by yourself.
- KM133 Learn the rules and scoring for a card game requiring more than one person. Play the game.
- KM151 Create an exercise program that is appropriate for your body type and is approved by your doctor, parent and/or coach and complete it regularly for at least a month.
- KM168 Learn and demonstrate how to tie on a hook, sinker and bobber on your fishing line.
- KM191 Learn and demonstrate the correct use of a mask, snorkel and fins.
- KM202 Teach young children two games you enjoyed when you were their age. Play these games several times with the children.
- KM232 Read the labels on products you use around the home that are dangerous. Show that you understand how to safely use these products. Tell what you should do if someone swallowed one of these products or gets it on their skin or in their eyes.
- KM235 Put together a first aid kit for a family trip. Have an adult help you. Think about the kinds of activities you'll be doing on the trip. Include first aid items that you might need for those activities.
- KM245 Make a get well card or poster for someone who is ill. Decorate it with pictures or drawings.
- KM261 Make something and price it to sell at a craft fair, bazaar or school bake sale. Include in your price the cost of your supplies and the time it took you to make it.
- KM314 Make a food to give to someone as a gift. Store it securely and gift wrap it.
- KM317 Start a recipe collection. Add to it from various sources. Organize it in a way that you can easily find the recipes you need.
- KM341 Learn how to run a formal business meeting. Be in charge of at least four group meetings.

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KM361 Learn about the flags of several foreign countries. Show models or pictures of the flags to your group.

TRAIL TO FAMILY AND COMMUNITY

FC108 Make a calendar or book of family birthdays and special events. Decorate it with drawings or photographs.

FC131 Set the table for family meals. Put the silverware, glasses, dishes and napkins in their correct positions. Do this for one week.

FC161 Participate in a fundraiser for your school or place of worship. Do your share to meet a fund raising goal.

FC194 Accompany a younger or disabled child to and from school for one week.

FC198 Serve on the school traffic patrol. Or, work as an office or library aide for your school. Do this for at least one month.

FC203 Help plan and carry out an all-school event. It might be a carnival, hobby show, exhibit or fundraiser.

FC209 Find out about interesting places to visit in your community. Visit one place you have never been before.

FC212 Learn how your community began. Find out how it was founded and how it got its name. Tell someone the story of your community in words and pictures.

FC217 Enter a bike-a-thon, walk-a-thon or similar event in your community to raise money for a special cause.

FC252 Learn when your state was admitted to the Union. Find out the names of your state bird, flower and tree. Learn your state motto and song. Some states have nicknames. Find out if your does.

TRAIL TO CREATIVITY

TC110 Make a crayon rubbing from a sculpture, piece of tile, a tombstone or other textured surface.

TC122 Make a picture book for a sick child or a child care center. Use your own drawings.

TC180 Name and describe the different parts of a sewing machine to someone.

TC188 Sew a piece of clothing. Use the sewing machine and hand sewing skill you have learned.

TC191 Research the history of quilts and quilting. Create at least one quilt design.

TC226 Make sand candles in different shapes. Add other nature objects as desired.

TC276 Create your own music video or CD using a computer.

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- TC294 Choose another group member to serve as your partner. Make up a scene or story and act it out in front of other group members.
- TC298 Make a speech in front of an audience using a microphone. Practice using a microphone before you present your speech.
- TC305 Make a simple box stage and scenery for a puppet show. Use it to put on a show.
- TC343 Write a poem with your club. Choose one person to be the recorder. Sit in a circle and have a person start by giving a line. Then go around the circle, each person adding another line until all the club members agree that the poem is finished.
- TC357 Cut a picture out of a magazine or newspaper without reading the caption or accompanying story. Write a story that describes what's happening in the photo.
- TC368 Learn about computer graphics and how they are used in publications.
- TC376 Make party decorations and favors that carry out a theme.

TRAIL TO ENVIRONMENT

- TE101 Be able to recognize your state flower, bird and tree in their natural settings.
- TE144 Tie-dye material using natural dyes. Do this with the help of an adult.
- TE156 Observe the affects of pressure. Put a slice of fresh brown bread on top of a slice of fresh white bread. Wrap the bread in waxed paper or put it in a plastic bag. Place the bread on a table or counter top. Stack three or four heavy books on it. Wait for one hour; then look at the bread. This is how pressure forms sedimentary rocks. Find an example of sedimentary rock.
- TE168 Observe wild flowers growing outdoors. Describe them to an adult. Learn how to recognize them at different times of the year.
- TE173 Identify two kinds of plants that can injure people or animals. Tell why they are harmful.
- TE200 Grow plants from kitchen cuttings or seeds. Use fruits and vegetables such as carrots, beets, yams, radishes, pineapples or avocados.
- TE207 Learn how to prune trees or trim bushes.
- TE215 Learn about different kinds of garden chemicals used to control weeds, insects and other pests.
- TE269 Look for birds' nests. Tell where you see them. Photograph or sketch the nests. Describe what kind of birds are using them or may have used them in the past. Do not remove nests from trees or bushes.
- TE292 Lay, light, use and put out a wood fire outdoors. Follow safety practices while doing this. Be sure outdoor fires are allowed in the area.
- TE309 Cook a meal of meat and vegetables in foil. Help prepare the food, wrap it in foil and cook it.

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- TE311 Prepare two recipes outdoors in a Dutch oven.
- TE312 Make up your own outdoor cooking recipe. Try it out with friends. Decide how good your new recipe is.
- TE318 Cook an outdoor meal for your family. You can ask for the help of one other person.
- TE333 Make a table using two kinds of lashing.

TRAIL TO THE FUTURE

- TF115 Do this experiment with an adult present. Put a balloon over the mouth of a plastic bottle. Place the bottle in a pan of water. Heat the pan of water until the expanding air inflates the balloon.
- TF125 Find out how plants use light, heat, water, oxygen and carbon dioxide to produce their own food. Make a poster that explains the process and explain it to your club.
- TF150 Measure the length and width of a room in your home. Determine the area of the room by multiplying its length by its width. Your answer will be in square units.
- TF162 Start your own rock collection. Pick up interesting rocks where you live and where you travel. Label your rocks and display them.
- TF189 Visit a weather station or TV station and learn how the weather is predicted.
- TF209 Read about Skylab, the experimental space station. Write a story about life aboard Skylab.
- TF243 Pretend you are going from your hometown or the biggest city near you to another city in the U.S. Find out the time and cost to make the trip by bus, train and airplane. Which is the cheapest means of transportation? How long will it take to make the trip using these different methods of transportation?
- TF244 Look at a road map of your state. Identify one or more U.S. highways or interstates that go through your community. If your community does not have a U.S. highway or interstate, locate the one nearest you. List several other communities located on these U.S. highways or interstates. Figure out how long it would take to travel to these towns. Use the mileage scale on the map.
- TF272 Learn about mailing packages from various sources such as UPS, US Postal Service and Federal Express. Are the costs different? Why? Make a chart comparing the sources using a computer.
- TF283 Imagine that you have \$500 to spend. Go to a store and choose the items you would buy. Add up the prices of all your purchases, add sales tax and see how close you can come to exactly \$500.
- TF344 Learn and demonstrate the parts of the golf club. Learn about different kinds of golf clubs and their uses.
- TF368 Learn and demonstrate how to figure the height of a horse by "hands."

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- TF375 Explain safety rules and precautions for shooting a rifle. Show how to safely load, unload and store a rifle.
- TF382 Learn to go in a straight line and to turn on a skateboard. Practice until you can perform these skills easily.
- TF399 Demonstrate the proper method to warm up and cool down before and after a track or field event.
- TF401 Compete in a run open to the public such as a 10-kilometer or fun run.
- TF412 Demonstrate the correct stance and way to hold a bat to hit and bunt. Show the proper way to catch and throw a baseball or softball.
- TF440 Demonstrate your ability to kick a soccer ball using three basic kicks: instep, inside of the foot and outside of the foot.
- TF446 Explain the rules of soccer to someone who is unfamiliar with the game.
- TF505 Use the computer to make a gift for someone.
- TF522 Find out what the laws are in your state on young people working. At what age can young people work in your state? What kinds of jobs can young people hold? Which hours and how many hours can they work?
- TF549 Ask a business or a professional person how he or she keeps informed on new developments in their field of work.
- TF552 Create your own business activity.

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