



Aware and Care

Cub Scouts · Elective · Webelos rank

Name

Started

Completed

Aware and Care helps you understand what life is like for people with disabilities. You'll try activities that show some of the challenges and look for barriers around you. Most of all, you'll learn how to be a kind and helpful friend.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/aware-and-care/). Tips and examples are ideas, not extra requirements.

☐ **1** Do an activity that shows what it's like to have a visual impairment

Tip: Wear a blindfold and try a simple task, like pouring water, with a buddy keeping you safe.

Example: With a blindfold on and a buddy guiding you, try to find your shoes, pour a cup of water over a sink, or tell coins apart by touch. Then talk about what helped, like a voice describing things or an item always kept in the same place.

☐ **2** Do an activity that shows what it's like to have a hearing impairment

Tip: Wear earplugs or try to understand a friend without sound. Learn a few signs in American Sign Language.

Example: Wear earmuffs or earplugs while your den plays a game with spoken directions. Then play again using hand signals or written cards and talk about which way worked better.

☐ **3** Explore barriers to access

Tip: Walk around your school or a store and look for things that could be hard for someone in a wheelchair.

Example: Walk around your school or a park and look for barriers: a step with no ramp, a heavy door, a sign that's too high or has tiny print. Draw a map that marks what works and what doesn't.

- ☐ **4** Meet someone who has a disability, or who works with people with disabilities, to learn what obstacles they face and how they overcome them

Tip: Invite a guest to your den, or visit someone with an adult. Prepare a few friendly questions to ask.

Example: If someone visits, you might ask: "What's something you love to do?" "What do people get wrong about your disability?" "How can kids be good friends to someone with a disability?"