



ADVENTURE WORKSHEET

Yo-Yo

Cub Scouts · Elective · Webelos rank

Name

Started

Completed

Yo-Yo turns a simple toy into a lesson in science and skill. You'll set up your yo-yo, run a pendulum experiment, and try some classic tricks. With a little practice, you'll be surprising your friends.

Requirements

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

- ☐ **1** Learn the yo-yo safety rules and always follow them

Tip: Give yourself plenty of space and keep the yo-yo away from people's faces.

- ☐ **2** Find out how to get the right yo-yo string length for you

Tip: Let the yo-yo touch the floor, then cut the string a bit above your belly button.

- ☐ **3** Explain why the right string length and a good spot matter before you throw a yo-yo

Tip: Talk about how string that is too long or too short makes tricks harder.

Example: If the string is too long, the yo-yo hits the floor; too short, and it doesn't have room to spin. Before you throw, check that no one is close and nothing breakable is in the way.

- ☐ **4** Show how to string a yo-yo properly and how to tie a slip knot

Tip: Make a loop at the end of the string for your finger. Ask an adult to show you the slip knot.

- ☐ **5** Try the pendulum experiment using a yo-yo; explain what changes when the string is longer

Tip: Tie a weight to a short string and a long string. Swing each and count which is slower.

Example: Tie a washer to a short string and another to a long string. Swing each and count swings in 15 seconds. The long one swings slower, just like a yo-yo on a longer string takes longer to go down and back.

- ☐ **6** Show that you can wind a yo-yo properly

Tip: Hold the yo-yo and wrap the string snugly so it winds straight.

- ☐ **7** Try each of these tricks: gravity pull, sleeper, and breakaway

Tip: Practice each trick a few minutes a day. Sleeper first helps with the others.

Example: Start with the gravity pull: drop it and pull it back up. Then the sleeper: throw down hard so it spins at the bottom, count to three, and tug it back. Breakaway is a sideways throw, like making a muscle.