



Family Member

Webelos Activity Badge Workbook

This workbook is not required but can help you with this activity badge. Your Webelos Den Leader approves your work. No one can add or subtract from the requirements. Webelos Workbooks and much more are below: [Online Resources](#).

Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: April 2008.

Scout's Name: _____ Pack: _____ Activity Badge Counselor: _____

Do all of these:

1. Tell what is meant by family, _____

duty to family, _____

and family meetings. _____

2. Make a chart showing the jobs you and other family members have at home.

Family Member	Jobs

Talk with your family about other jobs you can do for the next two months. _____

3. Make a list of some things for which your family spends money. _____

Tell how you can help your family save money. _____

5. Take part in at least four family meetings and help make decisions. The meetings might involve plans for family activities, or they might be about serious topics that your parent wants you to know about.

6. With the help of an adult inspect your home and surroundings. Make a list of hazards or lack of security that you find. ____

Correct one problem that you found and tell what you did. _____

And do two of these:

7. With the help of an adult prepare a family energy-saving plan. Explain what you did to carry it out. _____

8. Tell what your family does for fun. _____

Make a list of fun things your family might do for little or no cost. _____

Plan a family fun night. _____

- 9. Learn how to clean your home properly. With adult supervision, help do it for one month. _____
- 10. Show that you know how to take care of your clothes. With adult supervision, help at least twice with the family laundry. _____
- 11. With adult supervision, help plan the meals for your family for one week. See *Fitness Req. #3*.

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Supper							

Help buy the food and help prepare three meals for your family. _____

- 12. While you are a Webelos Scout, earn the Academics belt loop for Heritages. (*All boys may earn belt loops and pins more than once...Cub Scout Academics and Sports Program Guide p. 4*) _____
- 13. Explain why garbage and trash must be disposed of properly. _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Family Member helps you prepare for [Family Life](#), [Personal Management](#), [Safety](#), [Energy](#), and [Cooking](#) Merit Badges.

Requirement 6: The BSA Home Safety Checklist is from the last few pages of the [Safety Merit Badge Workbook](#).

Requirement 7: The BSA Home Energy Audit is from in the last few pages of the [Energy Merit Badge Workbook](#).

Webelos Activity Badge Workbooks: ▶ usscouts.org -or- ▶ meritbadge.org

Cub Scout Academics and Sports Workbooks: ▶ meritbadge.org -or- ▶ [Academics](#) / [Sports](#)

Boy Scouts of America: <http://www.scouting.org/> ▶ [Guide to Safe Scouting](#) ▶ [Age-Appropriate Guidelines for Activities](#)

▶ [Scout](#) ▶ [Tenderfoot](#) ▶ [Second Class](#) ▶ [First Class](#) ▶ [Rank Videos](#)

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org ▶ **Merit Badge Books:** www.scoutstuff.org

National Safety Council: <http://www.nsc.org>

American Assn. of Family and Consumer Sciences: <http://www.aafcs.org>

[ExpertVillage Computer Video Lessons:](#)

▶ [Money Managing](#) ▶ [How to Create a Budget in Excel](#)

Home Energy Audits: ▶ [Dept of Energy](#)

▶ [Energy Star](#) ▶ [Alliance to Save Energy](#)

Food Network: <http://www.foodtv.com>

The Healthy Fridge: <http://www.healthyfridge.org>

Sample Home Safety Checklist

Check safety steps that being taking in your home. Write N/A if the item is not applicable. Items left blank may present a safety hazard. This list provides some sample safety steps you might take. Ask your parent or guardian for help.

Stairways, Halls, and Outdoor Steps

- ___ Stairways with three or more steps have a strong handrail.
- ___ Stairs/halls are kept free from boxes, toys, brooms, tools, etc.
- ___ Gates at top and bottom of stairs prevent children from falling.
- ___ The head and foot of stairs have no small or loose rugs.
- ___ Stair carpeting or covering is fastened securely.
- ___ Stairways & halls have good lighting, controllable at each end.

Kitchen

- ___ Matches are kept where children cannot get them.
- ___ Knives & sharp instruments are kept in knife drawers or holder.
- ___ Can openers don't leave sharp edges on cans.
- ___ Disinfectants & cleaning products are out of reach of children.
- ___ Pan handles are turned away from stove edges.
- ___ Spilled grease, water, or bits of food are wiped up immediately.
- ___ Pot holders are within easy reach.
- ___ A fire extinguisher is mounted near the stove.

Bathroom

- ___ Tub and shower are equipped with strong handholds.
- ___ Tub floor has non-slip surface.
- ___ Poisons are marked, sealed shut, and out of reach of children.
- ___ Medicines are out of reach of children in childproof containers.
- ___ No one takes medicine in the dark.

Attic and Basement

- ___ Ladder is strong, solid, and sturdily constructed.
- ___ Stairway is sturdy and well lighted.
- ___ Children keep skates and play gear in a specific place.
- ___ Walls and beams are free from protruding nails.
- ___ Fuses or circuit breakers are the proper size.
- ___ Rubbish & flammable materials are in covered metal cans.
- ___ Wastepaper is kept away from furnace and stairs.

Living Room and Dining Room

- ___ Furniture is placed to allow easy passage in an emergency.

- ___ Before bedtime, furniture placement is checked for orderliness.
- ___ Furniture and woodwork solid, in good repair, and free from.
- ___ Fireplace screen fits snugly.
- ___ Rugs are fastened or laid on non-slip pads.
- ___ Rugs are kept from curling at their edges.
- ___ Wax on floors is thoroughly buffed.
- ___ Fire in fireplace is extinguished at bedtime.
- ___ Candles are in stable holders and fully extinguished after use.

Bedroom

- ___ Smoke alarm has fresh battery or electrical connection & is tested regularly.
- ___ Carbon monoxide detector has fresh battery or electrical connection and is tested regularly.
- ___ Furniture placement for clear passage between bed and door.
- ___ Light switch or lamp is within easy reach from bed.
- ___ A night-light illuminates bedroom or hall.
- ___ Bureau and dresser drawers are closed when not in use.
- ___ Bar across bunk beds helps prevent falls.
- ___ Children are taught not to lean against windows or screens.
- ___ Sturdily screen low windows to prevent children from falling.
- ___ Smoking in bed is prohibited.
- ___ Gas and electric heating devices are turned off at bedtime.

Nursery

- ___ Bars on cribs are closely spaced.
- ___ Crib is approved by Consumer Products or similar.
- ___ Crib is free from sharp edges or corners.
- ___ Sleeping garments and covers keep baby warm without danger of smothering.
- ___ Pillows are kept out of bassinet or crib.
- ___ No thin, plastic material is in or near the crib.
- ___ Children are taught not to give marbles, etc. to younger children.
- ___ Toys are sturdy & have no sharp edges.
- ___ Nontoxic paint is used on baby furniture and toys.
- ___ All houseplants are nonpoisonous.

Sample Home Safety Checklist (page 2)**Stoves, Furnaces, and Heaters**

- ___ Stoves are away from curtains.
- ___ Stoves & furnaces are inspected & cleaned annually.
- ___ Gas burners are properly adjusted and free from leaks.
- ___ Gas water and space heaters are equipped with vents or flues.
- ___ Water heater or boiler has a safety valve & is checked yearly.
- ___ Flames of gas burners are protected from drafts.
- ___ Insulating shield protects woodwork within 18" of furnace, etc.
- ___ Keep flammable materials away from stoves, furnaces, etc.
- ___ A wrench is stored near the shut-off valve of outside gas line.

Porch, Yard, and Garage

- ___ Railings and banisters are sound and inspected periodically.
- ___ Steps and walks are kept free from ice and snow.
- ___ Yard/play space are free from holes, stones, glass, etc.
- ___ Tools and dangerous articles are out of reach of children.
- ___ Dangerous products & chemicals are kept in original containers in locked storage areas.
- ___ Wires and low fences are brightly painted or clearly marked.
- ___ Wells, cisterns, and pits are kept securely covered.
- ___ Disposable materials are not burned outside.
- ___ An area is marked off in the garage for bicycles, wagons, etc.
- ___ Lawn mower is equipped with proper safeguards.

Workshop

- ___ Good ventilation exists, especially when sanding.
- ___ Safety goggles and/or face mask are available, with eyewash.
- ___ Baking soda is kept handy to neutralize acid burns.
- ___ All electrical tools are either three-wire or double-insulated.
- ___ Work area is well lit & free of clutter, scraps, rags.
- ___ All tools have a place & are in their place.
- ___ Guards are in place on all power tools.
- ___ A push stick is available for use with power saws.

Electrical Devices and Fixtures

- ___ Electrical fixtures and appliances are located & used beyond arm's length of the sink, stove, tub, shower, or other grounded metal unless outlet is protected by a ground-fault interrupter.
- ___ Do not touch electrical fixtures or appliances with wet hands.
- ___ Disconnect seldom-used appliances when not in use.
- ___ All pull-type sockets have an insulating link.
- ___ Household appliances are disconnected before repairs.

- ___ Unused, open, screw-type sockets are plugged closed.
- ___ Frayed or worn electric cords are promptly replaced.
- ___ Long trailing cords are not in evidence.
- ___ Cords are kept out from under rugs, doors, and furniture.
- ___ UA-approved extension cords are the proper size.
- ___ Children are taught never to touch electric sockets or fixtures.
- ___ Fuses are adequate for the load and are not bypassed.
- ___ Circuit breakers are not overloaded.

General

- ___ At least one smoke detector in each bedroom & garage.
- ___ Everything has a place and is in its place.
- ___ Stepladders are in good repair and stored out of the way.
- ___ Window screens and storm windows are securely fastened.
- ___ Guns are stored unloaded and in locked cases.
- ___ Guns and ammunition are stored separately.
- ___ Children are permitted to use only blunt-end scissors.
- ___ Housework clothing has no drooping sleeves, sashes, or frills.
- ___ Shoes worn for housework have low heels.
- ___ All shoes are in good repair.
- ___ Kerosene, gasoline, paint thinners, and other volatile materials are stored outside in special, clearly marked metal containers.
- ___ Oil mops, dust rags, painting equipment, and other oily materials are stored outside in open metal containers.
- ___ Everyone turns on a light before entering a dark room.
- ___ Matches are extinguished before they're thrown away.
- ___ Children are never permitted to play with matches.
- ___ Fire extinguishers are readily available.

For Emergency

- ___ Know how to get emergency help (911, poison control, etc.).
- ___ Be able to find water, gas, & electric shutoffs. Check annually.
- ___ First aid kit approved by your doctor/American Red Cross.
- ___ Know basic first aid procedures.
- ___ Have a fire escape plan from your home.
- ___ Emergency water supply.
- ___ Handheld flashlights readily available.
- ___ In earthquake-prone areas, make sure that the water heater and bookcases are bolted to the walls.

Sample Home Energy Audit

This list provides some steps to consider. Ask your parent or guardian for help.

Attic

- Insulation - Is there enough insulation between ceiling joists?
- Vents - Sufficient and unobstructed?

Living Areas

- Air Leakage - Tape a foot of toilet paper to a pencil with paper hanging free. Hold near windows and doorframes, window air-conditioning units, and electrical covers. If paper moves, you may need weather-stripping, caulking, or storm windows.
- Wall Insulation - Are the walls too cool to the touch on a cold day or too warm on a hot day?
- Thermostat - Set at 68 degrees in winter (turn down 5 degrees more when sleeping), 78 in summer.
- Drapes - During winter, open drapes and shades to let sunlight in. Close at night. During the summer, close drapes.
- Unused Rooms - Close heating and cooling vents, doors in areas seldom used.
- Use fans instead of air conditioning when possible. Fans can also help circulate air when the air conditioning is on.

Fireplace

- Close the damper when fireplace is not in use.
- Glass doors keep heat from escaping up the chimney.

Kitchen

- Refrigerator/Oven Seal - To test, close a dollar bill in the door. If the bill moves with little resistance, the seal is bad.
- Appliances - Use washers and dryers in the morning and late evening hours when energy requirements are lower.
- Lights - Turn off lights when not used. Install lower wattage and fluorescent light bulbs whenever possible.
- Faucets do not drip.

Basement/Crawl Space

- Heating/Cooling System - Clean or replace filters monthly. Have unit serviced once a year.
- Water Heater - Set temperatures no higher than 160 degrees. Drain sediments 3-4 times a year.
- Ducts/Pipes - Insulate hot water pipes as well as heating and cooling ducts.
- Floors - If you have a crawl space under your house, install batt-type fiberglass insulation under floors.
- Venting - Washer & dryer units should be vented directly to the outside.

Outside

- Weather Stripping & Caulking - Caulk the cracks around windows, weather-strip around doors.
- Windows - Storm windows and double-paned glass can reduce energy usage up to 15%.
- Doors - Keep doors tightly closed on hot or cold days.
- Storm Doors - Help insulate doors