

Cub Scouts

Social

- Talk about how you were involved in my community (Pack, friends family, local, provincial, national, world).
- Talk about how you worked in a team.
- Talk about how you helped someone else.
- Talk about how other people helped you.
- Talk about how you considered other people when you were doing this adventure.
- Talk about what you learned about other people.
- Talk about how someone's actions (or your own) surprised you.
- How did I handle a certain situation with others?
- Talk about how you, or someone else, acted as a leader or boss? What is the difference? How did that work out?

Physical

- Talk about how you grew stronger.
- Talk about your limitations in doing this adventure.
- Talk about how you surpassed your physical limitations.
- How were you physically challenged?
- How did I need to take care of my body/health in this adventure.
- Talk about what you learned about taking care of yourself.
- Talk about how you got hurt. What did you do about that? How could you have prevented the accident?
- Were you safe? What did you do to be safe?

Intellectual

- Talk about how you used your brain to figure out something.
- Talk about the thinking processes you used.
- What did you learn that you didn't know before?
- Talk about how you taught someone else something.
- Talk about what you created.
- What did you learn? How did you learn it?
- What decisions did you make?

Character

- Talk about any rules you had to follow.
- Talk about the people or places you needed to respect.
- Talk about what you learned about yourself.
- Talk about how you followed your Promise/Law/Motto/Code of Conduct.
- Talk about
- What did you learn about myself?
- Talk about how you, or someone else, acted as a leader or boss? What is the difference? How did that work out?

Emotional

- How did you feel?
- Talk about anything that surprised you, frustrated you, delighted you, inspired you.
- Talk about sharing what you felt with others.
- How did you react to a situation when you weren't sure what to do?
- Talk about how you moved out of your comfort zone.

Spiritual

- What did I discover about what I believe about myself? About others? About animals? About the world?
- What did I discover about what others believe?
- What new discoveries/new beliefs/codes of conduct did you create for yourself?