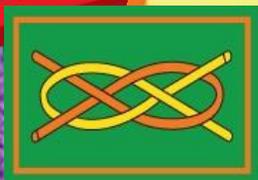
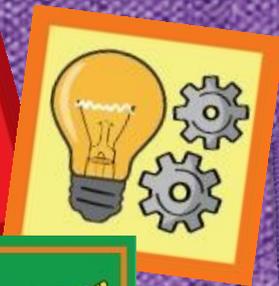


the meerkat badge book



be prepared

a message to parents

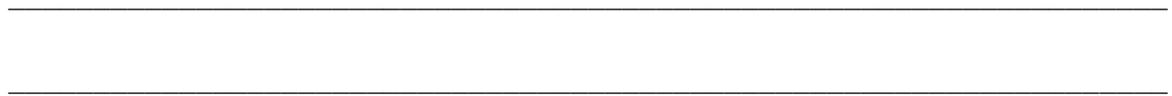
Welcome to the Scouting family. We hope you will have lots of fun and be with us for many years, Meerkats is the youngest Branch of the scOUT Programme.

Meerkats is good wholesome FUN, where you get to interact with your Child and watch them develop wonderful skills, and build their character at the same time. Meerkats works on the Play Way method, and ensures learning, while having FUN.

As your Child grows through the scOUT Movement, you will find more and more that they come into a league of their own, as they take on responsibility as a leader and use the skills that they learn.

It is important that they take pride in the way that they dress now, as a Meerkat, and throughout the movement, we try to look neat and tidy.

The Uniform includes a green hat, and either a group scarf or an orange scarf, in our Den the uniform also includes



Your Den Scouter will explain where you can buy these.

how you can help

By coming to Den meetings, you will enjoy quality time with your Meerkat, learn new skills & make new friends. We welcome your help, should you like to get involved please speak to one of your Scouters.

membership badge

To earn my Meerkat membership I know

Activities	Date achieved
My Name (including surname)	
My Date of Birth	
My Parents or Guardians name and surname	
My Parents' or Guardians' telephone or cell number	
My Street Address	
The Meerkat Promise and Law	

meerkat promise:

I will love my God, be kind and stand tall.

meerkat law:

A Meerkat always stands tall.

meerkat song:

We are Meerkats,

We stand tall.

It doesn't really matter,

That we are still small.

We try our best,

Just like the rest,

Cause we are the

Meerkats!

meerkat prayer:

Help us to be kind,

Help us to be good,

Help us to stand tall,

And do the things we should. Amen.

advancement badges

bronze star

Activities	Date Achieved
1. Earn one Challenge badge from four of the six themes.	
2. Earn two Interest badges.	
3. Attend two different outings, one of which must be with your Den.	
4. Say the Meerkat Prayer with others.	
5. Show that you are keeping the Meerkat Promise.	



silver star

Activities	Date Achieved
1. Earn the Bronze Star.	
2. In addition to the four challenge badges earned in the Bronze Star, earn another 6 challenge badges, one from each theme.	
3. Earn three additional Interest badges.	
4. Attend two additional different outings, one of which must be with your Den.	
5. Lead the Meerkat Prayer.	
6. Show that you are living by your Meerkat Promise.	



gold star

Activities	Date Achieved
1. Earn the Silver Star.	
2. In addition to the ten challenge badges earned to get the Silver Star, earn another 6 challenge badges, one from each theme.	
3. Earn three additional Interest badges.	
4. Earn the Standing Tall badge.	
5. Attend two additional different outings, one of which must be with your Den.	
6. Teach a new Meerkat the Meerkat Prayer.	
7. Help a new Meerkat to live by the Meerkat Promise.	



challenge badges

There are seven themes in the Meerkat Trail. The Challenge badges for six of the themes are listed below.

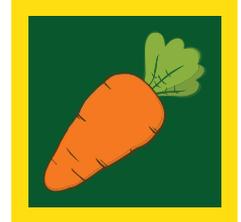
The requirements for the seventh theme, "Spiritual", are incorporated into the Advancement badges through the Meerkat Promise and Prayer.

theme: body & mind

Outcome: *To introduce the Meerkat to living a healthy and active life.*

Healthy Eating:

Activities	Date Achieved
Do FOUR of the following:	
1. Make a fruit salad with other Meerkats.	
2. Make a healthy snack and share it with someone else.	
3. With an adult, learn how to make a hot drink.	
4. Play a game about healthy and unhealthy foods.	
5. Know why we need to eat fruit and vegetables.	
6. Know the importance of drinking clean water.	



Keep Fit:

Activities	Date Achieved
Do EIGHT of the following:	
1. Demonstrate how to ride a bike with or without stabilisers and show what safety equipment you should wear.	
2. Skip like a lamb, gallop like a horse and hop like a rabbit.	
3. Balance on a beam about 10cms above the ground.	
4. Run as fast as you can.	
5. Do 3 – 5 somersaults.	
6. Do 5 sit-ups.	
7. Hop on one leg five times, change legs and hop on the other leg five times.	
8. Bounce a big ball five times; bounce a small ball five times.	
9. Throw and catch a beanbag/ball three out of five times (crossing the middle line).	
10. Do the monkey bars or hang from a branch or climb on a jungle gym.	
11. Walk on your heels for 10 metres and then on your toes for 10 metres.	



Puzzles:

Activities	Date Achieved
Do ALL of the following:	
1. Build your own puzzle.	
2. Bring a puzzle and build it with another Meerkat.	
3. Play three other puzzle games with others.	

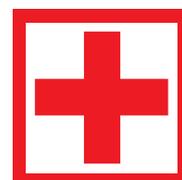


theme: life skills

Outcome: *To encourage the Meerkat to gain self-confidence and learn some life skills.*

First Aid:

Activities	Date Achieved
Do ALL of the following:	
1. Be able to call an adult in an emergency.	
2. Know the emergency numbers 112 and 10177.	
3. Demonstrate putting a burn under water to keep cool.	
4. Explain why not to touch someone's blood and why you should wear gloves.	
5. Explain why you should never take tablets or drink unknown liquids unless given by your parent/guardian/doctor/nurse/paramedic.	
6. Put a person in the recovery position and know when to do so.	
7. Demonstrate how to wash your hands properly.	
8. Know what to do if your nose bleeds.	
9. Demonstrate how to put sunscreen on.	



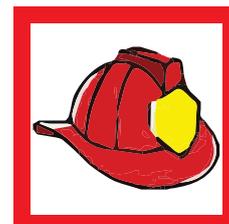
Handcraft:

Activities	Date Achieved
Do SIX of the following:	
1. Using either grass, paper, strips of plastic bag/fabric, weave a placemat.	
2. Find out how to plait, using three pieces of cloth, ribbon, wool, pipe cleaners, strips of plastic bag, grass etc.	
3. Bead a teaspoon or decorate a wooden spoon or stick.	
4. Show how to tie a bow.	
5. Show how to mix colours, using primary and secondary colours.	
6. Make a model using mud, play dough or clay.	
7. Make a card for a friend.	
8. Make a yarn dolly.	



Safety:

Activities	Date Achieved
Do ALL of the following:	
1. Find out about safety in the home and share what you have learnt with other Meerkats.	
2. Explain why you should never keep secrets.	
3. Act out an emergency situation with other Meerkats.	
4. Explain why and when you should stop, drop and roll.	
5. Explain why you should not play with matches or fire.	
6. Explain why you need to keep a window open if gas or paraffin is being used.	
7. Explain when you need to wear a seat belt in a car or taxi and why you should sit in the back seat.	
8. Explain where it is safe to cross the road.	
9. Demonstrate how to cross the road.	
10. Play a memory game with the most common road signs.	
11. Explain why not to go or play near water without an adult.	
12. Explain where it is safe to swim.	



theme: living with nature

Outcome: *To encourage the Meerkat to find out about and take part in improving the environment.*

Gardening:

Activities	Date Achieved
Do ALL of the following:	
1. With your burrow, make a flower bed and plant flowers in it.	
2. Identify or make gardening tools and know how to care and use them safely.	
3. Discover what can be used to make compost and why?	
4. Make a collective compost heap at the hall/church/school and use it in your flower bed or vegetable garden.	
5. Plant vegetables together, harvest them and share them with your community.	
6. Find out about the importance of bees in our gardens.	



Nature:

Activities	Date Achieved
Do ALL of the following:	
1. With other Meerkats make a simple bird feeder or plant a small tree and care for it.	
2. With your burrow, go on a nature walk and find two interesting natural objects to share with other Meerkats.	
3. Find out how to do a bark rubbing or do a leaf splatter painting. Using your bark rubbing or leaf splatter painting make a bookmark and give it to someone.	
4. With other Meerkats grow cress or grass seeds.	
5. Trace and colour in a picture of a Meerkat or make a model out of mud or clay.	



Recycling:

Activities	Date Achieved
Do ALL of the following:	
1. With others at home/school/church start a recycling project (a letter/photographs required from responsible adult).	
2. Find out why and what can be recycled and share what you have learnt with other Meerkats.	
3. Create something useful from recyclable items.	
4. Find out where recyclable items can be taken for recycling and share your findings with other Meerkats.	



theme: scoutcraft

Outcome: *To introduce the Meerkat to scOUTcraft skills.*

Adventure:

Activities	Date Achieved
Do FOUR of the following:	
1. Go on a treasure hunt and find the hidden treasure.	
2. Draw a map of your play area, showing the highest and lowest points and the biggest shape.	
3. Know what a compass looks like and what it does.	
4. Go on an adventure walk and have a picnic with other Meerkats.	
5. Decide on appropriate clothes for your adventure and know why you need to wear sun cream.	
6. Pack a survival kit/picnic bag/basket.	



Hiking:

Activities	Date Achieved
Do ALL of the following:	
1. Go on a hike of approximately 3kms.	
2. Know what to wear and what to pack for your hike.	



Observer:

Activities	Date Achieved
Do ALL of the following:	
1. Play three sense training games, remembering five out of eight objects, using any three of the five senses.	
2. Play a memory game with cards.	



theme: service

Outcome: *To encourage the Meerkat to be helpful and accept responsibilities.*

Community:

Activities	Date Achieved
Do ALL of the following:	
1. Collect and donate toys/clothes/food/toiletries to a needy organisation in your community.	
2. As a Den, complete a special project to help people in your community.	
3. Decorate a container, plant a flower in it and give it to someone.	
4. Visit a place in your area, which you think is interesting and tell other Meerkats about it.	
5. Make a thank you card or picture for someone who doesn't usually get thanked.	



Little Helper:

Activities	Date Achieved
Do ALL of the following:	
1. Make a sandwich or snack.	
2. Make your bed or keep your sleeping area tidy for one week.	
3. Lay out your clothes for the next day or pack your bag for a Meerkat meeting.	
4. Wash or clean your shoes and have mom/dad/guardian inspect them.	
5. Help carry in and put away shopping.	
6. With others, keep your home/school environment free from litter.	
7. Carry out a daily chore for one week.	
8. Dress yourself for two weeks.	



Standing Tall:

Activities	Date Achieved
Do ALL of the following:	
1. Demonstrate how to set a table or prepare the eating area and clear away the plates after eating.	
2. Explain why it is important to wash your hands before eating.	
3. Remember to say please and thank you.	
4. Show respect for others (letter required from responsible adult).	
5. Clean your own room or living area and keep it clean for two weeks.	
6. Offer to help others without being asked.	
7. Give something of yours to a child in need.	
8. Take care of a new or younger Meerkat at their first Meerkat meeting.	



theme: social

Outcome: To build the Meerkat's self-confidence and sense of belonging to their family and community.

Entertaining:

Activities	Date Achieved
Do ALL of the following:	
1. Sing two songs with other Meerkats and if you would like to, sing one alone.	
2. Take part in a dance with other Meerkats.	
3. Dress up and play a pretend game.	
4. Tell a story about something you have done or seen.	



Proudly South African:

Activities	Date Achieved
Do ALL of the following:	
1. Show another Meerkat how to put together a puzzle of the South African flag.	
2. Using pictures of our National Symbols make a poster with other Meerkats.	
3. Find out how to play one team game played in South Africa and name three sports played in South Africa.	
4. Find out how to say 'hello' in any three of South Africa's official languages.	
5. Make a mask of one of the "Big 5" animals.	
6. Recognise South Africa's National Anthem and know how to behave when it is sung.	



World Around Us:

Activities	Date Achieved
Do THREE of the following:	
1. Find out something interesting about another country or another part of South Africa and share it with the other Meerkats.	
2. Discover facts about two land, two air and two water plants or animals.	
3. Learn the importance of water and what we can do to save it.	
4. Visit a zoo/park/historical place with parents and other Meerkats.	
5. Make contact with Micro Scouts in other countries or Meerkats in your country.	



burrowing up

(Responsibility of the Pack Scouter)

It is recommended that the Pack and Den in a group should hold a joint meeting once a term. This joint meeting will allow the members of the Den who are approaching the age to transition to Cubs to get familiar with the Cubs and Pack Scouters, and also allows the Den Scouter and Pack Scouter to evaluate the readiness of the Meerkat to progress to Cubs.

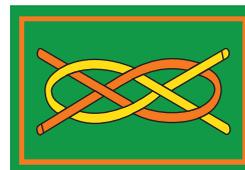
Six weeks before their seventh birthday, the Meerkat can start working on their "Burrowing Up" badge. As soon as possible, but at most three months after turning seven years old, they may go up to Cubs.

In extenuating cases when, and at the sole discretion of the Pack Scouter in consultation with the Den Scouter and SGL, a Meerkat is not ready for the Cubbing Adventure, a Meerkat may be allowed to stay in the Den until they are seven and a half, after which they must leave the Den and progress to the Cub Pack.

Under the situation considered above, a Meerkat may continue to work on interest and challenge badges only until they are 7 years and 6 months old, but they may not earn any Meerkat programme advancement badges after 7 years and 3 months.

If they do not complete the Burrowing Up badge before going up to Cubs, they will have to complete the Cub Membership badge before they can be invested as a Cub.

Burrowing Up badge:



Outcome: *To prepare the Meerkat for the next step in their Scouting Adventure.*

Activities	Date Achieved
Do ALL of the following:	
1. Attend at least three formal Pack meetings.	
2. Be introduced to your future Sixer and Second.	
3. Know and understand the Cub Promise, Law, and Motto.	
4. Listen to the story of Mowgli's brothers.	
5. Listen to the story of Lord Baden-Powell and how Cubbing started.	
6. Demonstrate the Cub Salute, Left Handshake and Grand Howl and know when they are used.	

interest badges

Outcome: *to help the Meerkat develop and practice skills in specific areas and to explore and develop new hobbies.*

Bling:

Activities	Date Achieved
Do ALL of the following:	
1. Make one of the following: keyring, bracelet or necklace.	
2. Decorate one of the following: bag, shirt, cap or takkies.	



Collector:

Activities	Date Achieved
Do ONE of the following:	
1. Collect two litre plastic bottles and one-use plastic bags to make eco-bricks.	
2. Collect bread packet tags for an organisation that helps those in need.	
3. Collect plastic bottles for an organisation that helps those in need.	
4. Collect plastic bottle caps for an organisation that helps those in need.	
5. Collect ring-pulls from cool drink cans for an organisation that helps those in need.	



Cooking:

Activities	Date Achieved
Do ALL of the following:	
1. Learn about safety, hygiene, washing hands and keeping the cooking area clean.	
2. With an adult cook on an outside fire.	
3. With adult help make your own pizza/bread/vetkoek/scrambled egg/omelette in a bag.	
4. With an adult create a sweet treat.	

**Hobbies: (To be done at home)**

Activities	Date Achieved
Do ALL of the following:	
1. Take part in a chosen hobby for two months.	
2. Show and tell the Meerkats about your hobby and why you chose it.	



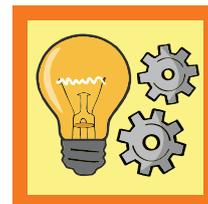
Horse-riding:

Activities	Date Achieved
Do ALL of the following:	
1. Show that you know how to dress safely for riding. Explain why it is important to wear a hard hat and the proper footwear.	
2. Point out the main body parts of a pony or horse.	
3. Name four types of horse.	
4. Point out the main parts of a saddle and bridle.	
5. Show how to approach a pony or horse correctly.	
6. Show how to mount and dismount a horse safely.	
7. Show the correct way to sit in the saddle.	
8. Show how to hold the reins correctly.	
9. Show how to walk and trot safely in an enclosed area, on or off a leading rein.	
10. Show you can do TWO of these skills on or off a leading rein: <ul style="list-style-type: none"> • walking without stirrups. • walking on a loose rein and shortening the reins. • do around the world. • throw and catch a ball. • riding over a single pole or very small fence. 	



Inventor:

Activities	Date Achieved
Do ALL of the following:	
1. Build a 3D model using junk material, natural material (mud, sticks, stones, clay) or Lego, etc.	
2. Invent something new (awarded at Scouters discretion).	

**Little Camper:**

Activities	Date Achieved
Do ALL of the following:	
1. Help pack to go camping.	
2. Sleep in a tent / shelter with mom and/or dad for one night.	
3. Help to get a meal ready in the open air.	
4. Help to wash up after a meal.	
5. Go for a walk and find at least three interesting things and explain why you find them interesting.	
6. Help keep the tent/shelter and campsite tidy and air your sleeping bag/blanket.	
7. Sing songs by the campfire.	
8. Look at the stars and find the brightest one.	



Please note: ALL Little Frog badges must be done in a swimming pool in the presence of an adult who can swim.

Little Frog Blue:

Activities	Date Achieved
Do ALL of the following:	
1. Explain how to call an adult when people are playing roughly or dangerously in or near the water.	
2. Demonstrate how to call an adult if you think someone is in trouble in the water.	
3. Get in and out of a pool by yourself.	
4. Dive or jump in.	
5. Swim one width on your front.	
6. Swim one width on your back.	
7. Swim one width with your face in the water.	
8. Pick up something from the bottom of the shallow end.	
9. Float in the water.	
10. Find out why you must not swim outdoors when there is lightning.	



Little Frog Silver:

Activities	Date Achieved
Do ALL of the following:	
1. Explain when and demonstrate how to use the whistle on a life vest to attract adult attention.	
2. Swim 25m with a life vest on, any stroke.	
3. Dive or jump into the pool.	
4. Swim a width breast stroke.	
5. Swim a width crawl.	
6. Swim as far as you can under water.	
7. Pick up something from the bottom out of your depth.	
8. Find out why you must not swim straight after eating.	
9. Find out why you must never swim alone.	



Little Frog Gold:

Activities	Date Achieved
Do ALL of the following:	
1. Dive into the deep end of the pool.	
2. Swim a length breast stroke.	
3. Swim a length crawl.	
4. Swim a width under water.	
5. Swim a length using a float and just kicking your legs.	
6. Pick up something off the bottom in the deep end.	
7. Tell other Meerkats the rules of swimming.	



Musician:

Activities	Date Achieved
Do ALL of the following:	
1. Listen to a short tune of a couple of lines and sing it back.	
2. Listen to a tune and clap out the rhythm.	
3. Play a musical instrument to the Meerkats.	
4. Tell the Meerkats about your musical instrument and why you enjoy playing it.	
5. Tell the Meerkats how you take care of your musical instrument.	

**My Animals and Pets:**

Activities	Date Achieved
Do ALL of the following:	
1. Know how to feed and care for your animal or pet, at home, for two weeks.	
2. With an adult at home, help keep your animal or pet's sleeping and feeding areas clean for two weeks.	
3. Explain to your Den Scouter why it is important to take your animal or pet to the vet for regular check-ups.	
4. Know two sounds your animal or pet makes and demonstrate to your Den Scouter.	
5. Share something funny or interesting about your animal or pet with the Den.	



Out of the Box:

Activities	Date Achieved
Do FIVE of the following:	
1. A candle.	
2. A photo frame.	
3. The face of a clock.	
4. Soap, chocolate etc.	
5. A wind chime.	
6. Cloth, box, bowl, plate, cup etc.	



These are suggested activities – you can think out of the box!

Reading:

Activities	Date Achieved
Do ALL of the following:	
1. Recognise your phonics (sound).	
2. Play a game of "I Spy".	
3. Find or draw pictures and make an alphabet book and show it to other Meerkats.	
4. Read a short story to the Meerkats.	
5. Visit a library and look through a book or listen to a story.	



Religion:

Activities	Date Achieved
Do ALL of the following:	
1. Discover something about a tradition in your culture or heritage.	
2. Draw or share something about your place of worship that you like.	
3. Share a prayer from your religion with other Meerkats.	
4. Share something about your own faith with other Meerkats.	
5. Say the Meerkat Prayer with others.	
6. Sing a song from your religion.	

**Scientist:**

Activities	Date Achieved
Do ALL of the following:	
1. Create static electricity with a balloon.	
2. Discover acids and bases using red cabbage, vinegar and Epsom salts.	
3. With an adult, make a volcano.	
4. With an adult, carry out a simple baking soda and vinegar experiment to show how the chemical reaction makes something move.	
5. Draw a picture or write a secret message using milk or lemon juice.	



Sewing:

Activities	Date Achieved
Do ALL of the following:	
1. Make hand puppets from old socks or make a simple bag.	
2. Make a picture by threading wool/string/shoelace/grass/ strips of plastic/paper through a board with holes in it.	
3. Sew on a button or a badge (not necessarily on a uniform, could be on a campfire blanket).	



Technology:

Activities	Date Achieved
Do ALL of the following:	
1. Show that you can switch on a computer.	
2. Be able to name the parts of a computer: <ul style="list-style-type: none"> • Monitor/screen • Keyboard • Mouse • Memory stick • Printer 	
3. Create a picture on the computer and print it out.	



OR

Activities	Date Achieved
Do ALL of the following:	
1. Show how to unlock a cell phone.	
2. Show how to make and end a call.	
3. Know the emergency number to dial when using a cell phone.	
4. Play a game on a cell phone or tablet.	

special badges

Attendance:



This badge is awarded for attending 4 out of 5 meetings in a term. The Meerkat wears each badge earned while they are still in Meerkats. Thus, they could gain six badges in a three term Den.

Term	Date attended				
Term 1					
Term 2					
Term 3					
Term 4					
Term 5					
Term 6					
Term 7					
Term 8					

Recruiter:

This is a badge awarded for bringing friends to join Meerkats.



Silver Star: recruit one new member for the Den.



Gold Star: recruit three new members for the Den.

Note: For both Recruiter badges, the new member must be invested before the badge can be awarded. The Recruiter badge may be worn for nine months after it was earned. It then has to be removed unless the Meerkat has recruited at least one more member in that time.

Friends recruited to Meerkats

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Champion:

This is a special badge recommended by the Den Scouter for very exceptional service or an exceptional achievement by the Meerkat. The Den Scouter's recommendation is considered by the RTC: Meerkat Programme, who decides if the badge may be awarded.



Guidelines for a Den Scouter to propose a Meerkat for this Badge and for the RTC to assess it, are in the Den Scouter's Working Kit.

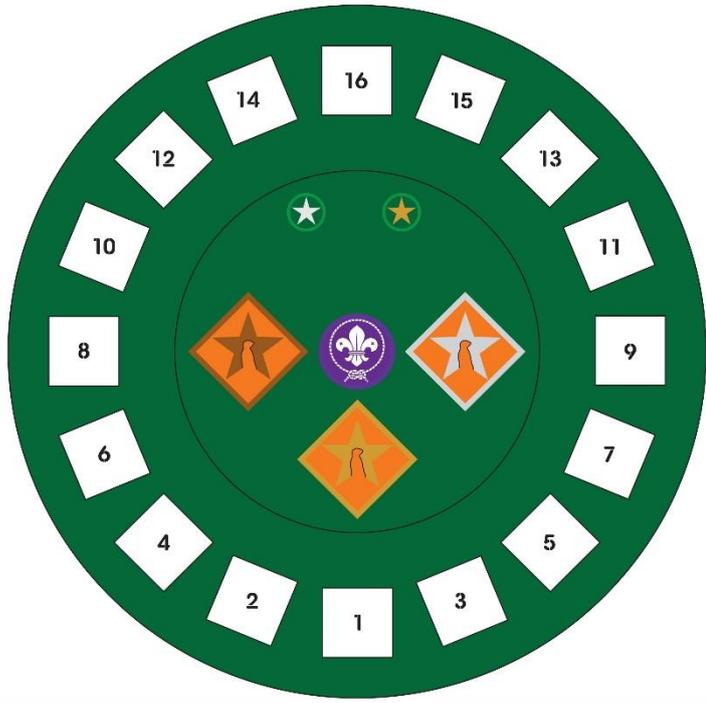
badge charts



rear view



front view



GROUP  XYZ GROUP

9	7	5	3	1	2	4	6	8	10
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 20