

Achievement Awards to be earned in the Caribou Quarter

Clean Body



- Physical:** For one month, do the four things listed under Mental.
- Spiritual:** Read or have someone read John 13:1-17 to you.
- Mental:** With the help of your parent or commander, list four ways you can keep your body clean.
- Social:** Explain to the group why it is important to keep our bodies clean.

Family History



- Physical:** Visit a relative to learn some family history. For example, ask your grandmother to tell stories about when she was your age.
- Spiritual:** Read or have someone read to you Genesis 45.
- Mental:** With the help of a parent or grandparent, make your family tree and include back to your grandparents.
- Social:** Tell your group a story that you heard from your relative.

Firefighter



- Physical:** Visit a fire department or have a firefighter visit your outpost.
- Spiritual:** Read or have someone read to you 1 Kings 18:16-39, the story about Elijah and the prophets of Baal.
- Mental:** Draw a floor plan of your house. Show the routes your family would follow to escape during a fire. Put an "X" outside where everyone would meet.
- Social:** With your family, check all the smoke detectors in your house.

Home Helper



- Physical:** For four days do the chores that you listed in the Mental section
- Spiritual:** Read or have someone read to you John 13:1-17.
- Mental:** Write down three chores that you will do around the house.
- Social:** Tell the group about the chores you did and how you felt when you finished them.