

# Wolf Cub Scout Requirements to Do Without Equipment

## WOLVES

### ***Wolf Adventure: Call of the Wild***

3. Do the following:

- A. Recite the Outdoor Code with your leader.
- B. Recite the Leave No Trace Principles for Kids with your leader. Talk about how these principles support the Outdoor Code.

### ***Wolf Adventure: Howling at the Moon***

- 1. Show you can communicate in at least two different ways.
- 2. Work with your den to create an original skit.

### ***Wolf Adventure: Paws on the Path***

- 2. Tell what the buddy system is and why we always use it in Cub Scouts. Describe what you should do if you get separated from your group while hiking.
- 6. Name two birds, two insects, and/or two other animals that live in your area. Explain how you identified them.

### ***Wolf Adventure: Running With the Pack***

- 2. Practice balancing as you walk forward, backward, and sideways.
- 3. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.
- 5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.

### ***Wolf Elective Adventure: Air of the Wolf***

2A. With other members of your den, go outside and record the sounds you hear. Identify which of these sounds is the result of moving air.

### ***Wolf Elective Adventure: Code of the Wolf***

2A. With other members of your den or family, identify three different types of shapes that you see in nature.

### ***Wolf Elective Adventure: Digging in the Past***

2. Create an imaginary dinosaur. Share with your den its name, what it eats, and where it lives.

### ***Wolf Elective Adventures: Hometown Heroes***

1. Talk with your family and den about what it means to you to be a hero. Share the name of someone you believe is a hero. Explain what it is that makes that person a hero.

### ***Wolf Elective Adventures: Paws of Skill***

- 1. Talk with your family and den about what it means to be physically fit. Share ideas of what you can do to stay in shape.
- 2. With your den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action.

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### *Wolf Elective Adventures: Spirit of the Water*

1. Discuss how the water in your community can become polluted.
2. Explain one way that you can help conserve water in your home.
3. Explain to your den leader why swimming is good exercise.
4. Explain the safety rules that you need to follow before participating in swimming or boating.