



**WOLF**



**REQUIRED ADVENTURES**



## **BOBCAT REQUIREMENTS**

1 Learn and say the Scout Oath, with help if needed.

On my Honor I will do my best to do my duty to God and my country and to obey the Scout Law; To help other people at all times; To keep myself physically strong, mentally awake, and morally straight.

2. Learn and say the Scout Law, with help if needed.

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent.

3. Show the Cub Scout sign. Tell what it means.

4 Show the Cub Scout handshake. Tell what it means.

5. Say the Cub Scout motto. Tell what it means.      "Do your Best"

6. Show the Cub Scout salute. Tell what it means.

7. With your parent or guardian, complete the exercises in the pamphlet "How to Protect Your Children From Child Abuse: A Parent's Guide."

## What You Will Need:

Internet access

BSA Cyber Chip blue card  
(Available from your Unit  
Leader)



## Cyber Chip

### Instructions

- 1.) With your den of family, read the Internet Safety Pledge
- 2.) Sign the Internet Safety Pledge on the BSA Cyber Chip blue card
- 3.) Grades 1-3 Watch the video produced by Great Rivers Council:  
<https://www.youtube.com/watch?v=iaGwgGOIqEQ>

### Internet Safety Pledge

1. I will tell my trusted adult if anything makes me feel sad, scared, confused, or uncomfortable.
2. I will ask my trusted adult before posting photos or sharing information like my name, address, current locations, or phone number.
3. I won't meet face-to-face with anyone I meet in the digital world.
4. I will respect the online property of others.
5. I will always use good "netiquette" and not be rude or mean online.

## Wolf Adventure: Call of the Wild



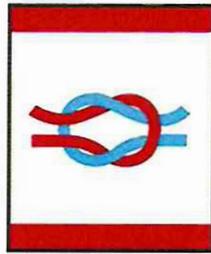
Complete Requirements 1-4 plus at least one other.

1. Attend one of the following:
  - A. A pack or family campout
  - B. An outdoor activity with your den or pack
  - C. Day camp
  - D. Resident camp
2. With your family or den, make a list of possible weather changes that could happen during your outing according to the time of year you are outside. Tell how you will be prepared for each one.
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.
  - C. After your outdoor activity or campout, list the ways you demonstrated being careful with fire or other dangers.
4. Show or demonstrate what to do:
  - A. In case of a natural disaster such as an earthquake or flood.
  - B. To keep from spreading your germs.
5. Show how to tie an overhand knot and a square knot.
6. While on a den or family outing, identify four different types of animals you see or explain evidence of their presence. Tell how you identified them.

## What You Will Need:

**In this Book**  
6 Essentials for Hiking  
activity cards

Scissors



### 1. Outdoor Activity

## Call of the Wild

### Instructions

Study the 6 Essentials for Hiking  
Picture in the box on this page

Find the 6 Essentials for Hiking  
activity pieces in this book and  
cut into individual pieces. Hint,  
the cards have a picture of a  
whistle.

Select the correct cards for the 6  
Essentials for Hiking. Make a  
graphic with the cards.

Tell an adult what would you  
need to add to be prepared for  
rain.

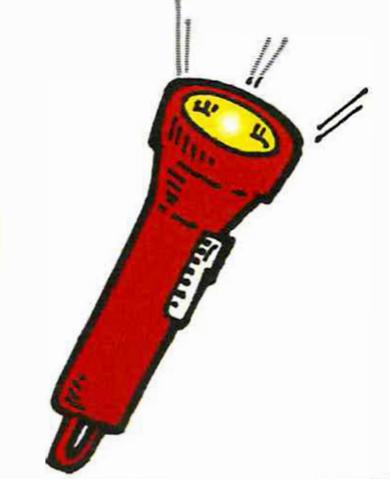
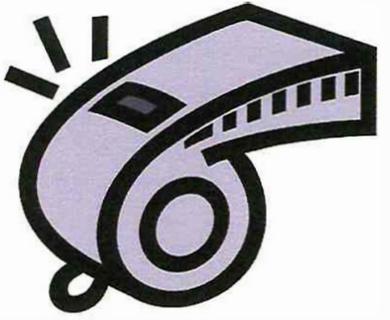
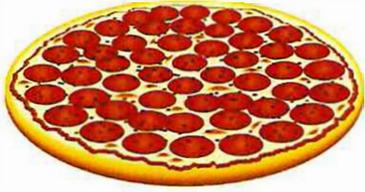
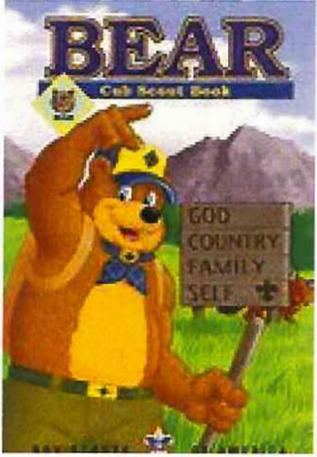
Look at your Wolf Cub Scout  
Handbook on page 28 for a check-  
list if you are planning a camping  
trip.



The cub scout 6 essentials are first-aid kit, water bottle, flashlight, sun protection, whistle and trail food.

You are about to have an adventure in the outdoors. Before you go, plan what you need to bring. Your den leader and another caring adult will help you get ready.

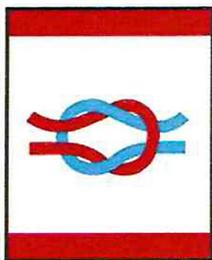
6 Essential Hiking Activity Cards

 An illustration of an open white first aid kit with a red cross on the lid. The lid is labeled "FIRST AID". Inside, there are various supplies including band-aids, a roll of bandages, a bottle of antiseptic, and a blue cloth.	 A red flashlight with a yellow lens and a black handle. It has three lines radiating from the lens to indicate it is turned on.	 An orange plastic bottle of sun cream. The label says "SUN CREAM" at the top, "30" in a large sunburst in the middle, and "SPF" at the bottom.
 A white bag of trail mix with a green top edge. The words "TRAIL MIX" are printed on the front. The bottom of the bag is filled with colorful nuts and seeds.	 A purple whistle with a circular body and a small ring at the bottom. It has three lines radiating from the top to indicate it is blowing.	 A blue plastic water bottle with a white cap. The word "WATER" is printed in black on the front.
 A white MP3 player with a small screen and a circular disc cover. It has a white cord with earbuds attached.	 A black laptop computer with a black screen and a keyboard.	 A whole pizza with a yellow crust and a red pepperoni topping.
 A green and purple soda can with the word "SODA" written in yellow on the purple part. The top is open, and green liquid is spraying out with bubbles.	 A black vintage television set with a screen and two antenna rods on top.	 A book cover for "BEAR Cub Scout Book". It features a cartoon bear wearing a yellow hat and a blue scarf, holding a wooden sign that says "GOD COUNTRY FAMILY SELF" with a cross symbol.

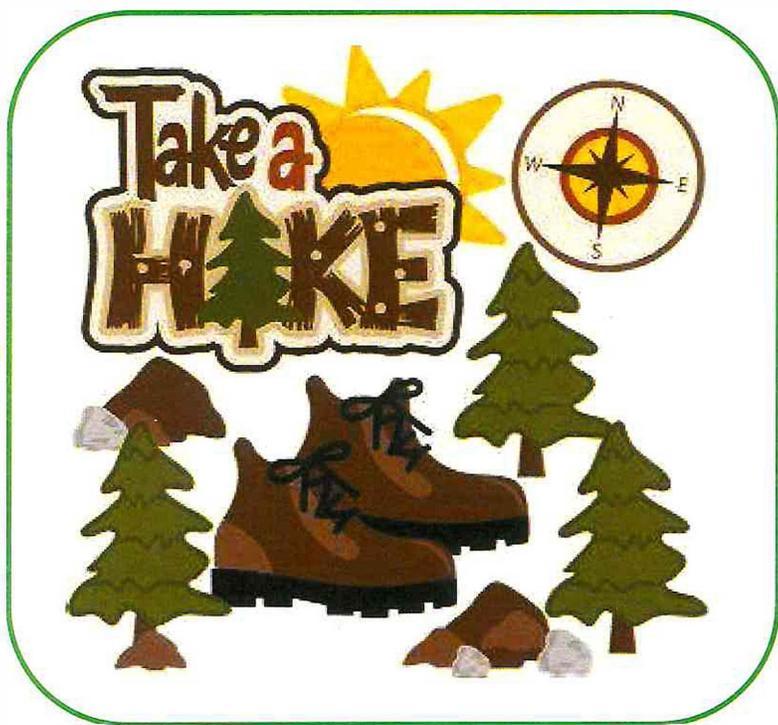
## What You Will Need:

In this Book  
ABC Hike Scorecard

Pencil



### 1. Outdoor Activity



Remember to take your 6 essentials with you on your hike.

## Call of the Wild

### Instructions

To complete the first requirement you need to do one of the following:

A Pack or family campout

B Outdoor activity with your den or pack if your den or pack is meeting.

If your den or pack is not meeting you can do an outdoor activity with your family

C Attend a day or resident camp during the past summer or have completed a summer day camp adventure box

A suggested outdoor activity is an ABC hike with your family or den.

Pair up with others in your group.

Each team needs to find an item that starts with each letter of the alphabet. Start with the letter A. After you find an item that begins with an A move to B. Keep moving through the alphabet. Each team has 3 wildcard cards they can use to skip a letter.

Once the wildcard is used, it can't be moved to another letter. See who finishes the list first.

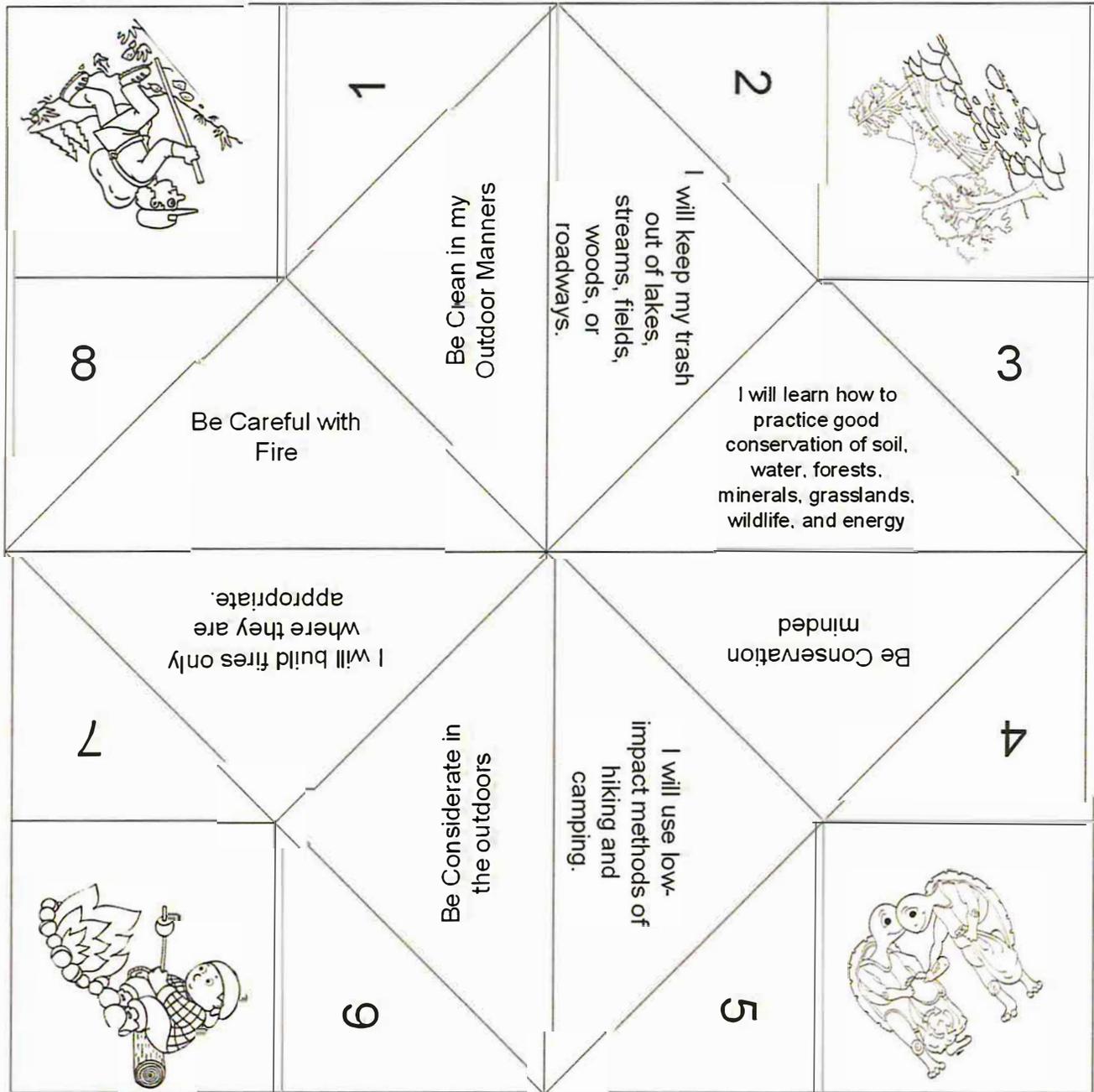
Use the scorecard on the following page to record what you find.

When you go camping for the first time, you can often use borrowed or substitute equipment. For many Scouts, their first mess kit is a plastic bowl that used to hold whipped dessert topping. As you go camping more often, you can add to your equipment.

# ABC HIKE SCORECARD

<b>A</b>	
<b>B</b>	
<b>C</b>	
<b>D</b>	
<b>E</b>	
<b>F</b>	
<b>G</b>	
<b>H</b>	
<b>I</b>	
<b>J</b>	
<b>K</b>	
<b>L</b>	
<b>M</b>	
<b>N</b>	
<b>O</b>	
<b>P</b>	
<b>Q</b>	
<b>R</b>	
<b>S</b>	
<b>T</b>	
<b>U</b>	
<b>V</b>	
<b>W</b>	
<b>X</b>	
<b>Y</b>	
<b>Z</b>	

# Outdoor Code



1. Print and cut round outside of cootie catcher
2. Fold in half and in half again
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the pictures should now be at the front with centres touching and you are ready to use your cootie catcher!

### What You Will Need:

Prepare with Pedro activity book  
(included with this file)

Pencil, crayons, markers,  
colored pencils



2. Weather  
Changes  
4A. Disasters

## Call of the Wild

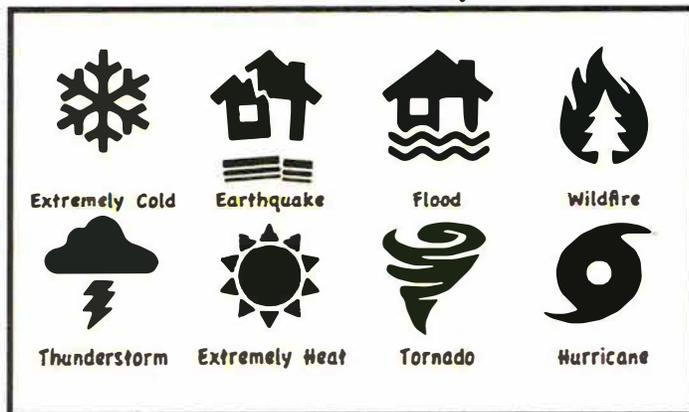
### Instructions

Find Prepare with Pedro activity book from FEMA and the American Red Cross in your box. Pick 5 activities in the book to complete.

Discuss with your family or den, possible weather changes that could happen during your outing according to the time of the year you are outside.

Discuss how you will be prepared for each one.

### Hazard Key



### Possible Weather Changes

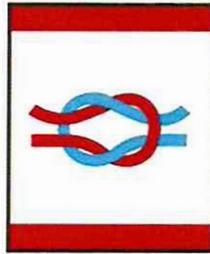
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### How I will be Prepared

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## What You Will Need:

In this book  
Outdoor Code Cootie  
Catcher



### 3A. Outdoor Code

## Call of the Wild

### Instructions

Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist [HERE](#)

Find the activity sheet Outdoor Code Cootie Catcher

Follow instructions on the Outdoor Code Cootie Catcher activity sheet.

Read the code below. The code is in black and the meaning is in blue.



**As an American, I will do my best to -**

#### **Be clean in my outdoor manners.**

I will treat the outdoors as a heritage.

I will take care of it for myself and others.

I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

#### **Be careful with fire.**

I will prevent wildfire.

I will build my fires only where they are appropriate.

When I have finished using a fire, I will make sure it is cold out.

I will leave a clean fire ring, or remove all evidence of my fire.

#### **Be considerate in the outdoors.**

I will treat public and private property with respect.

I will use low-impact methods of hiking and camping. and

#### **Be conservation minded.**

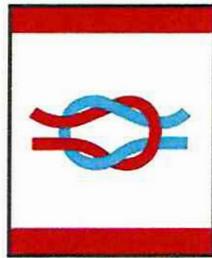
I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy.

I will urge others to do the same.

## What You Will Need:

Scissors  
Tape

Pencil  
A428



3B. Leave no Trace  
3C. Fire Safety

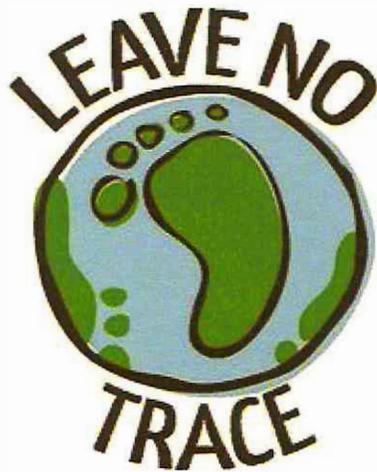
## Call of the Wild

### Instructions

Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist [HERE](#)

Discuss how these support the Outdoor Code.

In the box below list how you were careful with fire and avoided other dangers.



I promise to practice the Leave No Trace Principles wherever I go:

1. Know Before You Go
2. Choose the Right Path
3. Trash Your Trash
4. Be Careful with Fire
5. Respect Wildlife
6. Be Kind to Other Visitors

I was careful with fire and avoided other dangers when I

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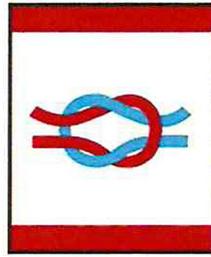
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## What You Will Need:

Wash Your Hands  
Soap and  
water  
Hand Sanitizer  
Gloves and paper



4B. Germs

## Call of the Wild

### Instructions

Read your Wolf Cub Scout Handbook about how to Wash Your Hands and Stay Well beginning on page 36.



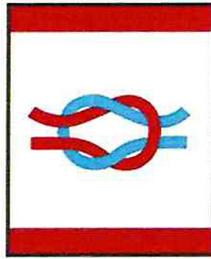
Did you hear the joke about the Germ? Never Mind. I don't want to spread it around!

I know a friend who doesn't use hand sanitizer because it only kills 99.9% of the germs.  
I don't get it. Get two squirts, and it kills 199.8% of germs.

If you mix Tabasco in your hand sanitizer, it will not only kill germs  
but also teach you not to touch your face and eyes!

## What You Will Need:

6 foot rope



5. Knots

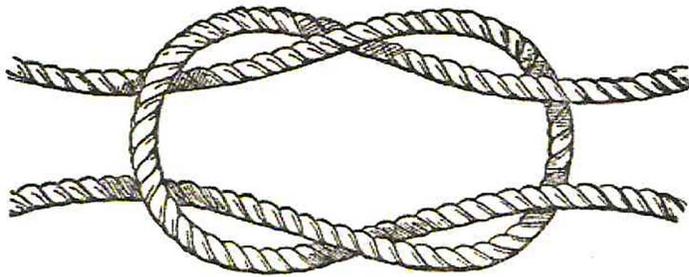
## Call of the Wild

### Instructions

Study the diagram on the next page on how to tie an overhand knot and a square knot.

With the rope in your box, practice tying both knots.

With your den, friends or family, play the knot relay game. Divide Scouts into two teams, each standing in single-file lines. Lay two ropes on the floor about 20 feet from the start line. The first Scout in each team runs to the rope, ties an overhand knot, shows it to a judge, unties it, and runs back to tag the next Scout in the team. Once this relay is finished, you can repeat it using square knots.



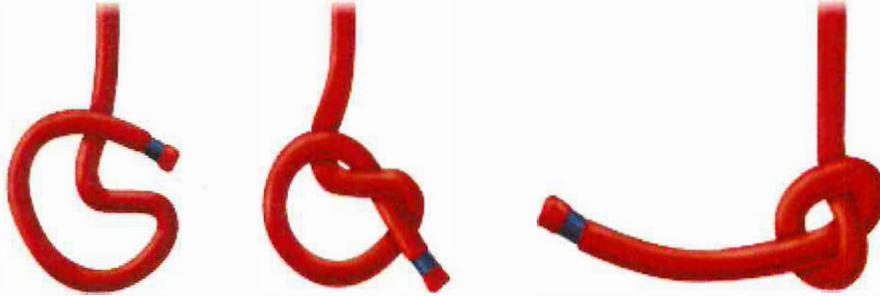
**Hint:** Do you need a larger knot to stop a rope from going through a big hole? You can make a larger stopper knot by adding a second overhand knot after the first one.

You can use a square knot to tie bundles together. You also use the first half of a square knot when you tie your shoelaces.

Remember, the square knot is not to be trusted when safety is important. A square knot can sometimes come undone.

## Overhand and Square Knots

Overhand knot. This type is used to prevent a rope from going completely through a pulley or a hole. It can also be a starter for tying shoes or be used to keep the end of a rope from unraveling.



Square knot. This knot can be used to tie two ropes together or to tie packages, rig sails, or the ends of a bandage.



## Wolf Adventure: Council Fire (Duty to Country)



Complete Requirements 1 and 2 plus at least one other.

1. With your den or pack, participate in a flag ceremony, and learn how to properly care for and fold the flag.
2. Participate in a community service project with your pack, den, or family.
3. With your parent or guardian's permission, talk to a military veteran, law enforcement officer, member of the fire department, or someone else approved by your Den Leader. Talk about his or her service to the community or country. After you have visited with the individual, write a short thank-you note.
4. Learn about the changes in your community, and create a project to show your den how the community has changed.
5. Select one issue in your community, and present to your den your ideas for a solution to the problem.
6. Work with your den to develop a den duty chart, and perform these tasks for one month.
7. Participate in an event such as a parade or assembly celebrating military veterans.

What You Will Need:

NONE



## Council Fire

### 1. Respect for Flag

#### Instructions

Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist [HERE](#)

With your den or family, practice folding the American flag



I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.

There are 50 stars and 13 stripes on the American flag. One star for each state and one stripe for each of the original 13 states. The colors red, white and blue represent valor (red), liberty and purity (white), and justice and loyalty (blue). There have been 27 official versions of the American flag, each with a different amount of stars. Betsy Ross made the first American flag. After a tragedy the flag is flown at half staff for two days. A flag is at half staff on land and half mast on a ship.

### What You Will Need:

None



### 2. Service Project

## Council Fire

### Instructions

With your den or family, do a service project for your community.

Some ideas:

- Cleaning up the grounds of your pack's charter organization, a neighbor or elderly person.
- Planting flowers for your pack's charter organization, a neighbor or elderly person.
- Do a collection for the food pantry.
- Sending cards or videos to lonely or sick people.
- Trash pickup in your community.
- Shopping for groceries or running errands for an elderly friend.

# HELPING



# HANDS

An important part of the Scout Law is "To help other people at all times". Service projects are one way Cub Scouts help other people and their community.

What service project did you complete?

**What You Will Need:**

- Printer
- Scissors
- Tape
- Glue



**4. Changes to Your Community**

**Council Fire**

**Instructions**

With your family, find pictures and facts about your city or a neighboring city. See if you can find recent pictures and pictures from 20-100 years ago to include in your collage. On the following page create a collage of your pictures and the facts you have learned.



Towns and cities are changing all the time. There is a good chance that your community looks very different from the way it looked many years ago.

What was the most interesting fact that you learned?

## Wolf Adventure: Duty to God Footsteps



Complete Requirement 1 or 2 plus at least two others.

1. Discuss with your parent, guardian, den leader, or other caring adult what it means to do your duty to God. Tell how you do your duty to God in your daily life.
2. Earn the religious emblem of your faith that is appropriate for your age, if you have not already done so.
3. Offer a prayer, meditation, or reflection with your family, den, or pack.
4. Read a story about people or groups of people who came to America to enjoy religious freedom.

5. Learn and sing a song that could be sung in reverence before or after meals or one that gives encouragement, reminds you how to show reverence, or demonstrates your duty to God.

6. Visit a religious monument or site where people might show reverence. Create a visual display of your visit with your den or your family, and show how it made you feel reverent or helped you better understand your duty to God.

## What You Will Need:

None



## Duty to God Footsteps

### 1. The meaning of Duty to God

#### Instructions

Discuss with your parent, guardian, or other caring adult what it means to do your duty to God.

Tell how you do your duty to God in your daily life.

*A Scout is kind. Showing kindness to others is one way many people demonstrate their duty to God.*



Duty to God is part of the Scout Oath, and being reverent is the 12th point of the Scout Law. In Scouting, you are encouraged to learn more about your own faith and to respect the faith of others. In this adventure, you will complete most of these requirements with your family and / or your religious leaders. Faith means having complete trust or confidence in someone or something. Always be respectful when talking about your faith and when learning about other faiths.

**Note to Parents and Other Caring Adults:** Inspiration and support for your child's spiritual development will come primarily from your family and / or faith leaders. While reverence and duty to God have always been part of Scouting values, the Boy Scouts of America does not promote any specific religion and is completely non-sectarian. There is no requirement that Scouts identify with a particular religion of faith. In keeping with these principles, your Scout will need your guidance to complete requirements for this Duty to Good Footsteps adventure.

**What You Will Need:**

None



- 3. Prayer, meditation
- 5. Song

# Duty to God Footsteps

### Instructions

Offer a prayer, meditation, or reflection with your family, den or pack.

Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist [HERE](#)

Or find another video with a song that could be sung in reverence before or after meals or one that gives encouragement,

Practice the song.



One well-known nondenominational prayer in Scouting is called the Philmont Grace, which is said before meals at Philmont Scout Ranch in New Mexico. Scouts who visit Philmont learn the prayer and share it with their fellow Scouts and families when they return home.

### Philmont Grace

For food, for raiment,  
For life, for opportunity,  
For friendship and fellowship,  
We thank thee, O Lord. Amen.

In Scouting, we use prayers to show reverence. We show our respect for God when we pause and offer thanks for the things we have in our lives, such as family and good health. Scouts should follow the guidelines of their family's faith when they pray and be respectful of how other Scouts show their faith. Different faiths have different customs when they pray. For example, some might wear special head coverings, raise or cross their arms, or kneel on special rugs when they pray. Prayers that are not specific to any one religion are called nondenominational.

**What You Will Need:**

None



**6. National Monument**

## Duty to God Footsteps

### Instructions

Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist [HERE](#)

Create a visual display of your visit and show how it made you feel reverent.



The Tomb of the Unknown Soldier is a monument dedicated to deceased U.S. service members whose remains have not been identified. It is located in Arlington National Cemetery in Virginia, United States.

How did the ceremony make you feel reverent?

# The Changing of the Guard

The military guard at the [Tomb of the Unknown Soldier](#) is changed in an elaborate ceremony which happens every hour on the hour from October 1 through March 31, and every half hour from April 1 through September 30.

Twenty-four hours a day, soldiers from the 3rd U.S. Infantry Regiment, known as "The Old Guard," stand watch over the Tomb. The Tomb Guards, also called Sentinels, are chosen for this prestigious and highly selective post only after rigorous training and a demanding series of examinations (see below). The Old Guard has held this distinguished duty since 1948.

An impeccably uniformed relief commander appears on the plaza to announce the changing of the guard. Soon, the new Sentinel leaves the Tomb Guard quarters and unlocks the bolt of his or her M-14 rifle, signaling to the relief commander to begin the ceremony. The relief commander walks out to the Tomb and salutes, then faces the spectators and asks them to stand and remain silent during the ceremony.

The relief commander conducts a detailed white-glove inspection of the weapon, checking each part of the rifle once. Then, the relief commander and the relieving Sentinel meet the retiring Sentinel at the center of the black mat in front of the Tomb. All three salute the Unknown Soldiers who have symbolically been given the Medal of Honor. The relief commander orders the relieved Sentinel, "Pass on your orders." The current Sentinel commands, "Post and orders, remain as directed." The newly posted Sentinel replies, "Orders acknowledged," and steps into position on the mat. When the relief commander passes, the new Sentinel begins walking at a cadence of 90 steps per minute.

The Tomb Guard marches exactly 21 steps down the black mat behind the Tomb, turns, faces east for 21 seconds, turns and faces north for 21 seconds, then takes 21 steps down the mat and repeats the process. (The number 21 symbolizes the highest military honor that can be bestowed, the [21-gun salute](#).) Next, the Sentinel executes a sharp "shoulder-arms" movement to place the weapon on the shoulder closest to the visitors, signifying that he or she stands between the Tomb and any possible threat.

When not "walking," the Tomb Guards spend their duty time in quarters below the Memorial Display Room of the [Memorial Amphitheater](#), where they study cemetery history, clean their weapons and help the rest of their relief prepare for the changing of the guard.

The Sentinels of the Tomb of the Unknown Soldier stand watch 24 hours a day, 365 days a year, in any weather. Sentinels, who volunteer for this post, are considered the elite of the elite 3rd U.S. Infantry Regiment (The Old Guard), headquartered at nearby Fort Myer, Virginia.



## Wolf Adventure: Howling at the Moon



Complete the following Requirements.

1. Show you can communicate in at least two different ways.
2. Work with your den or family to create an original skit.
3. Work together with your den or family to plan, prepare, and rehearse a campfire program to present at a den meeting or pack program.
4. Perform your role for a den meeting or pack program.

## What You Will Need:

None



## Howling at the Moon

1. Communicate two ways

### Instructions

Show that you can communicate at least 2 different ways.

Use your Wolf Cub Scout Handbook to learn how to say the Cub Scout Motto in American Sign Language. Practice and show a family or den member. (page 71)

Communicate an action or feeling to a family or den member using non-verbal communication.



There are four different ways to communicate:

1. Verbal communication is when you use your voice to communicate, like when you talk or sing.
2. Non-verbal communication uses facial expression, body language, and motions to communicate without words.
3. Written communication is just that. People write in letters, emails, books, magazines, newspapers, and material on the internet.
4. Visual communication includes graphs, charts, maps, photographs, and art to tell stories.

What You Will Need:

None



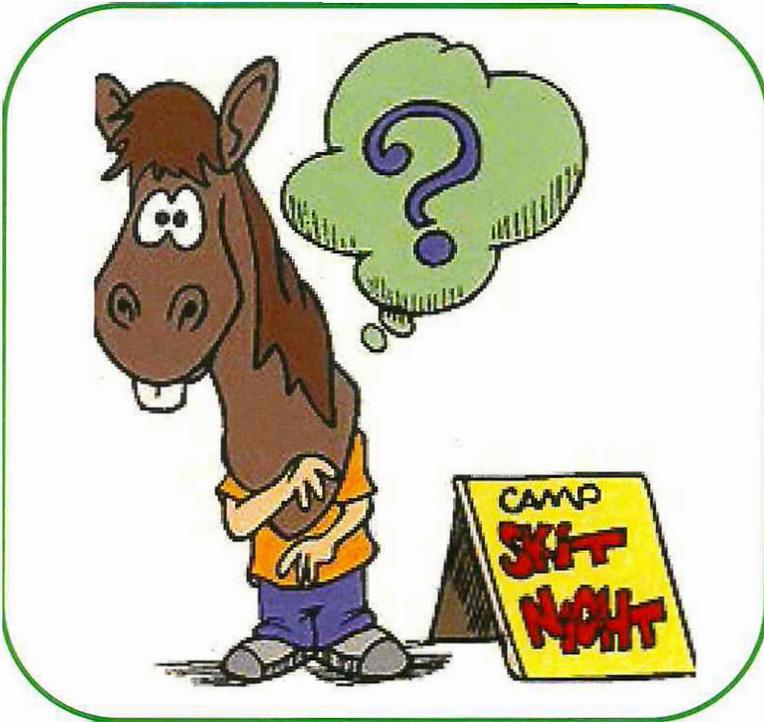
2. Skit

## Howling at the Moon

### Instructions

Work with your family or den to create an original skit.

To get ideas, work with an adult to search the internet for videos or written skits.



What is the name of your skit?

What are the characters in your skit? Who is doing each part?

Do you need any props?

Do you need any costumes?

**What You Will Need:**

In this book  
Campfire Planning Sheet



**3. Campfire**

## Howling at the Moon

**Instructions**

Work with your family or den to plan, prepare and rehearse a campfire program to present at a den meeting, pack program or family activity.

Use the template on the next page for planning your campfire program.



A Scout is cheerful. When you laugh and join in at a campfire, you are showing your Scout spirit.

### Wolf Cheer

Give a wolf howl 4 times, each time turning one quarter of a turn.

## Campfire Planning Sheet

<p>Opening—Something to get everyone’s attention so the campfire program can begin.</p>	<p>Songs</p>
<p>Story or Skit</p>	<p>Closing—choose a way to end your campfire program.</p>

### What You Will Need:

None



4. Role

## Howling at the Moon

### Instructions

Perform your role in the play in the campfire program and your skit.

Performance can be at a Den Meeting, Pack Meeting, with family or on virtual media.



When you work with your den on a campfire program, be trustworthy by doing what you say you will do. Each Wolf needs to “do your best” to make the program great.

How will you learn your lines or the words to a campfire song? Sometimes the best way to learn something is just to say it or do it over and over again until you have it. A few minutes of practice can make a big difference in the way you feel when you perform. You might want to practice your lines with someone in your family before you do it for your den or pack or family.

## Wolf Adventure: Paws on the Path



Complete Requirements 1-5. Requirements 6 and 7 are optional.

1. Show you are prepared to hike safely in any outdoor setting by putting together the Cub Scout Six Essentials to take along on your hike.
2. Tell what the buddy system is and why we always use it in Cub Scouting. Describe what you should do if you get separated from your group while hiking.
3. Choose the appropriate clothing to wear on your hike based on the expected weather.
4. Before hiking, recite the Outdoor Code and the Leave No Trace Principles for Kids with your leader. (This may be combined with Requirement 3 of The Call of the Wild Adventure.) After hiking, discuss how you showed respect for wildlife.
5. Go on a 1-mile hike with your den or family. Find two interesting things that you've never seen before and discuss with your den or family.
6. Name two birds, two insects, and/or two other animals that live in your area. Explain how you identified them.
7. Draw a map of an area near where you live using common map symbols. Show which direction is north on your map.

## What You Will Need:

Water Bottle  
Whistle  
Bag or Tote



### 1. The 6 Essentials

## Paws on the Path

### Instructions

Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist [HERE](#)

If you have completed Call of the Wild, go on a scavenger hunt to find your 6 essentials. Two of your es-entials are in your box plus a bag to hold them!

If you have not completed Call of the Wild, go to Call of the Wild to find the 6 Essential Hiking Activity Cards.

1. Study the 6 Essentials for Hiking Picture in the box on this page
2. Find the 6 Essentials for Hiking activity pieces in this book and cut into individual pieces. Hint, the cards have a picture of a whistle.
3. Select the correct cards for the 6 Essentials for Hiking.
4. Make a graphic with the cards.



The cub scout 6 essentials are first-aid kit, water bottle, flashlight, sun protection,

The international emergency sign for distress is three of any signal: three shots, three blasts on a whistle, three flashes with a mirror, or three fires evenly spaced. If you're near an open space, walk an X in the snow, grass, or sand. Make it as large as possible so that it can be seen easily from the air.

### What You Will Need:

In this book  
Cub Scout Buddy System

**Activity**  
Crayons, markers, colored  
pencils



### 2. Buddy System

## Paws on the Path

### Instructions

Study the Cub Scout Buddy System on the next page. Color the pictures.

Tell what the buddy system is and why we always use it in Cub Scouting.

Describe what you should do if you get separated from your group while hiking.

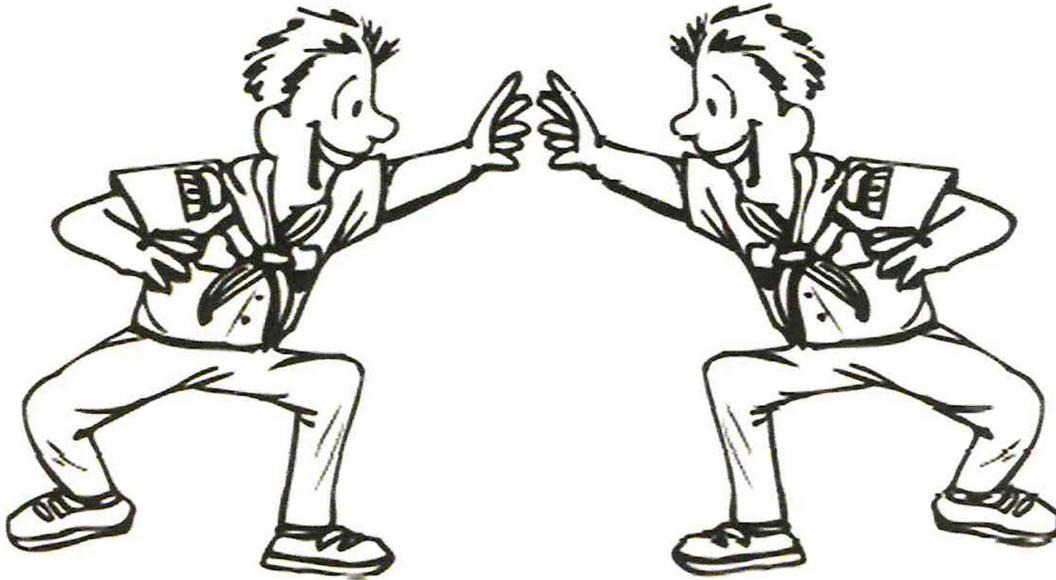


A Scout is brave. When you go hiking, always stay with your buddy and your den. If you do get lost, be brave and stay put until you are found. Learn how to "S-T-O-P"

### Broken Arm Cheer

Stick arm out in front of you with the lower arm and hand dangling.  
Swing lower arm and hand back and forth in a limp manner.

# Cub Scout Buddy System



A scout should never get separated from the rest of the group while hiking. But sometimes it happens. If you do find yourself away from the rest of your den while on a hike in the woods, here is what you need to do:

## S - T - O - P!

**S = Stay calm.** Stay where you are. Sit down, take a drink of water, and eat a little trail food. Stay where you can be seen. Don't hide! You are not in trouble!

**T = Think.** Think about how you can help your leaders or others find you. Stay where you are, and be sure people can see you. Make yourself an easy target to find. Remember, people will come to look for you. Stay put, be seen, and help them find you!

**O = Observe.** Listen for the rest of your group, or people looking for you. Blow your whistle three times in a row, then listen. Three of any kind of signal means you need help, and everyone will try to help you.

**P = Plan.** Stay calm, stay put! Plan how to stay warm and dry until help arrives. Don't worry, you will be found.

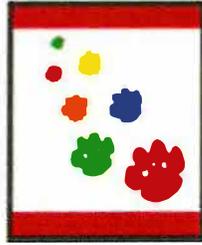


### What You Will Need:

#### In this book

Dress a Scout Activity Sheet

Printer, Scissors; crayons,  
markers or color pencils;  
and tape, glue or glue stick



### 3. Appropriate Clothing

## Paws on the Path

### Instructions

Watch the video Cub Scout Hiking Gear

Print the Dress a Scout Activity

Identify the appropriate clothes to wear on a hike

Using your scissors from home cut out the scout and the clothes to wear on a hike

Color the scout and the clothes

Use glue or tape to put the clothes on your scout

Talk with your parents or Akela about what to wear on your next hike

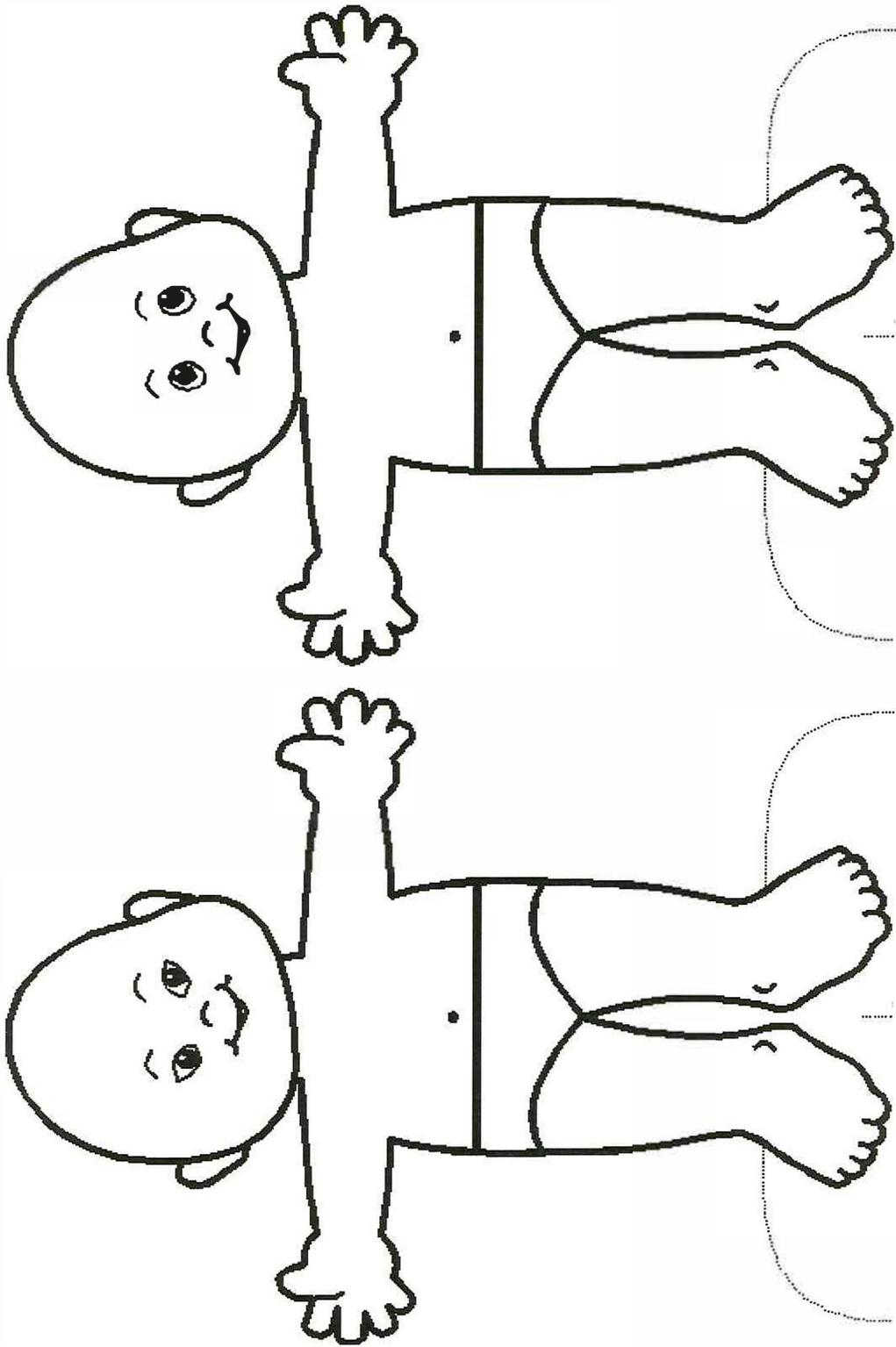
What clothes work best for a hike?

What clothes are best for other activities?

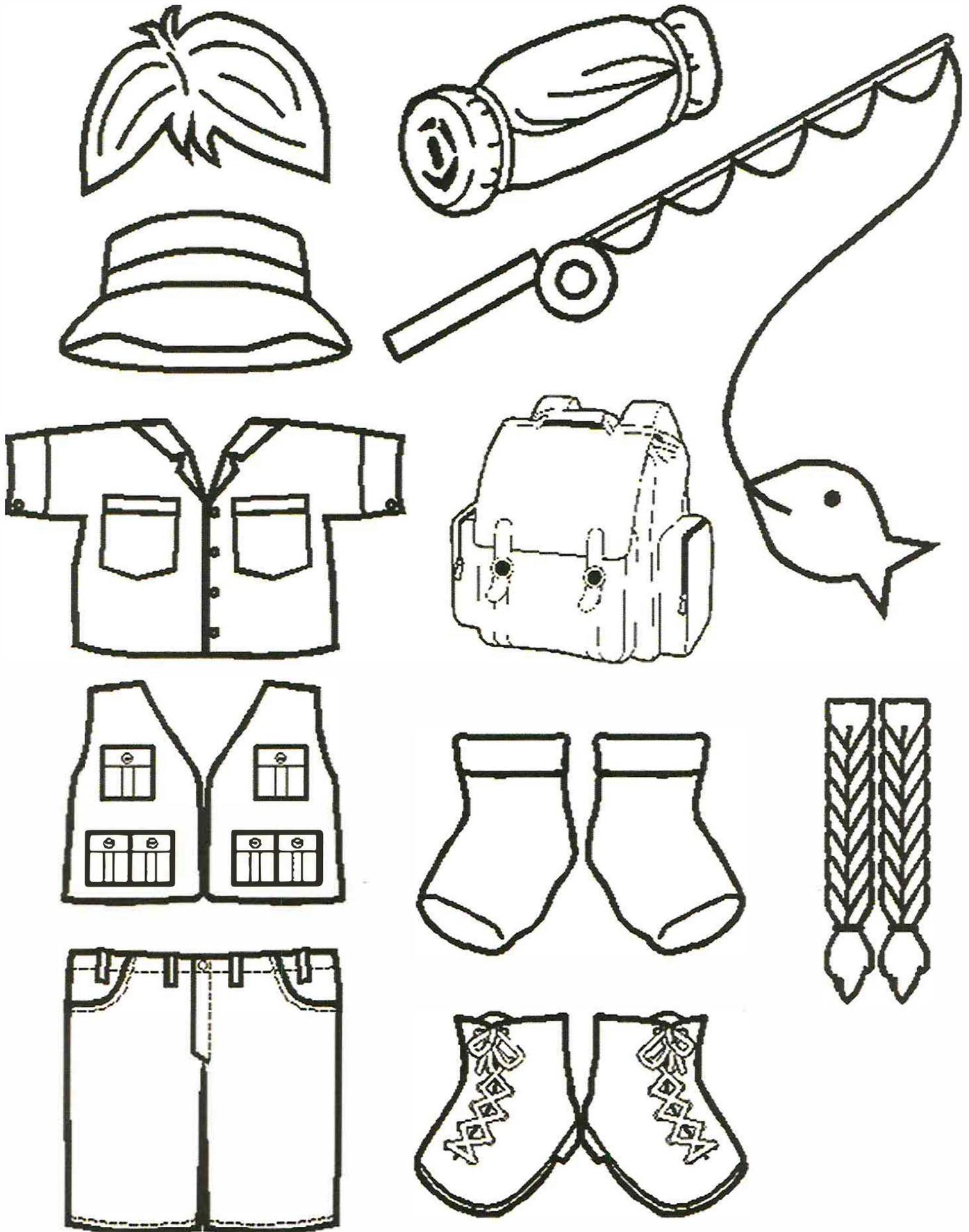
A Scout is brave. When you go hiking, always stay with your buddy and your den. If you do get lost, be brave and stay put until you are found. Learn how to "S-T-O-P"

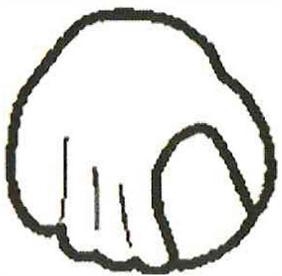
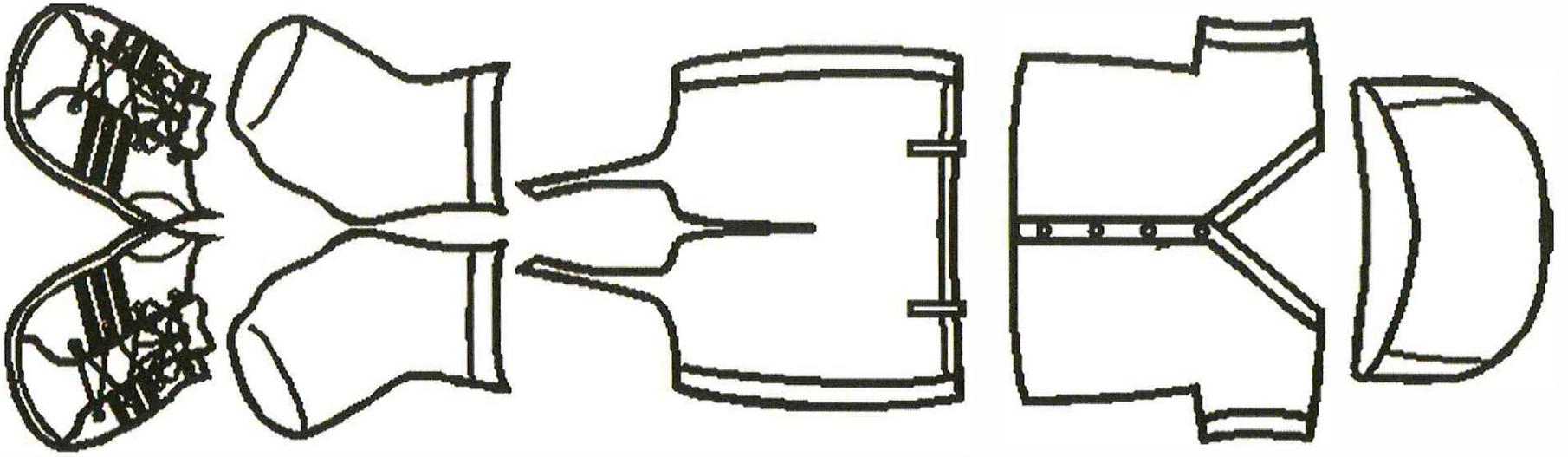
### Broken Arm Cheer

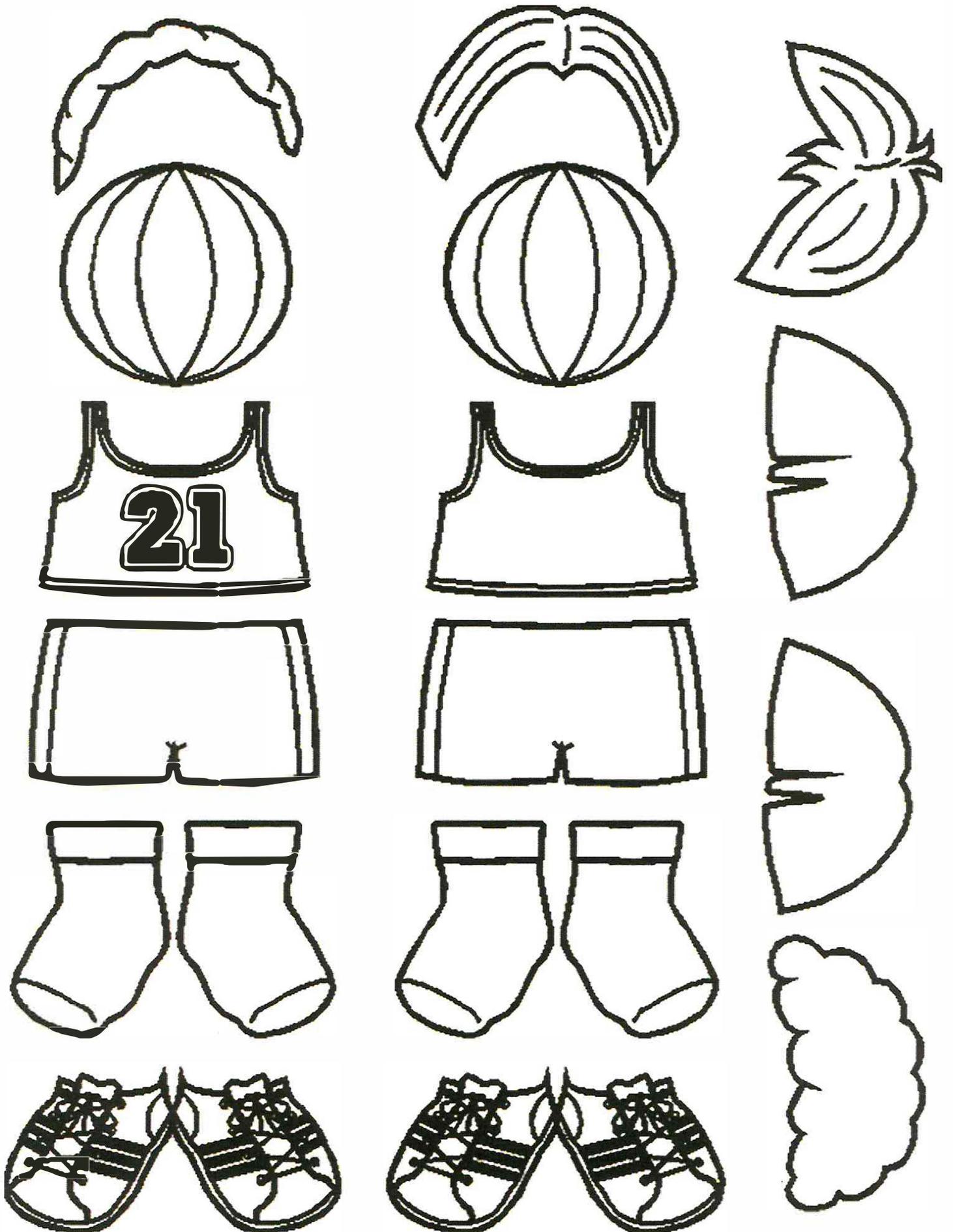
Stick arm out in front of you with the lower arm and hand dangling.  
Swing lower arm and hand back and forth in a limp manner.

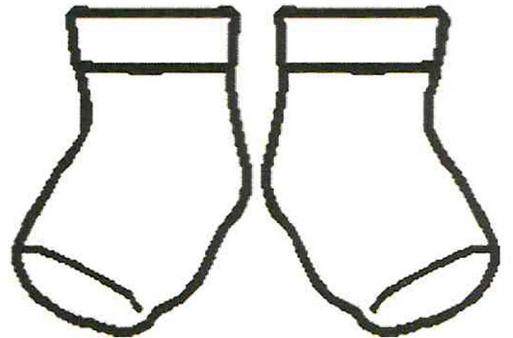
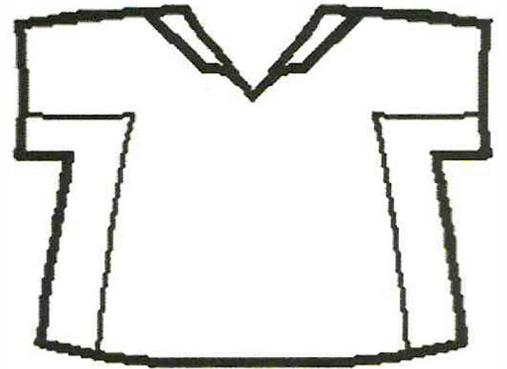
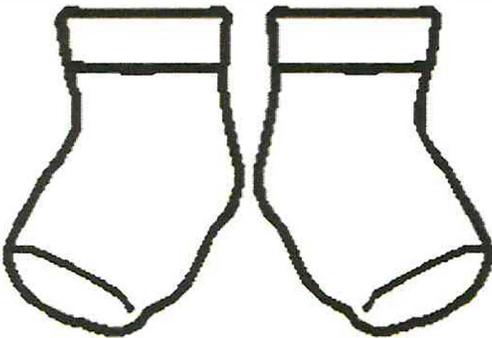
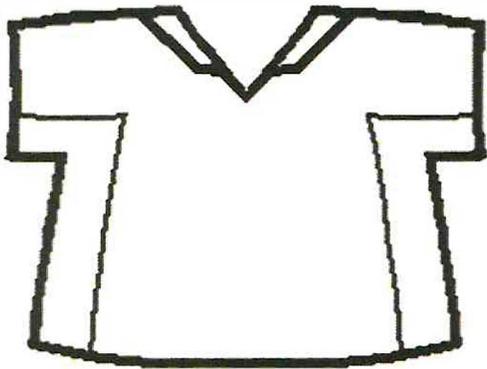


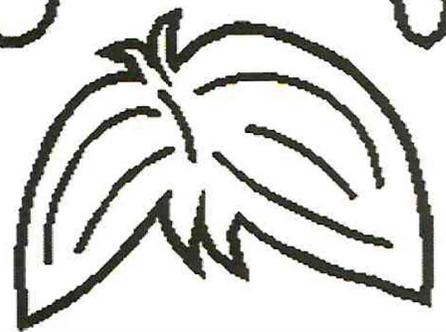
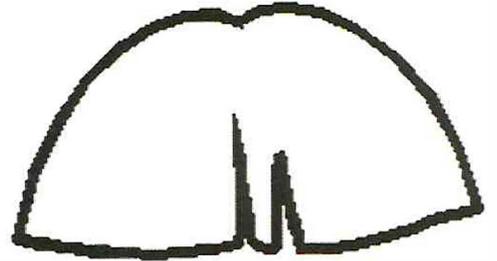
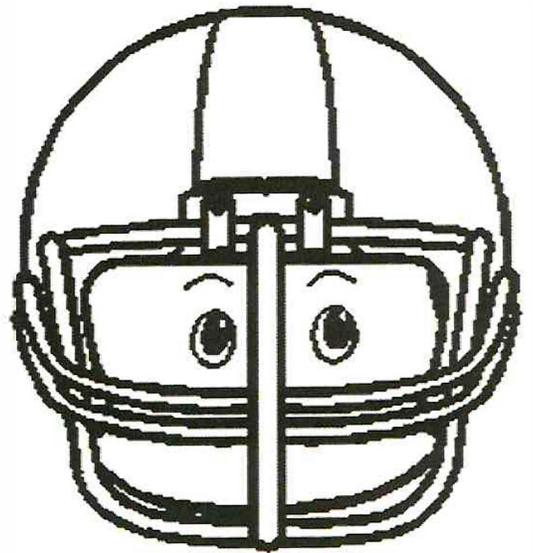
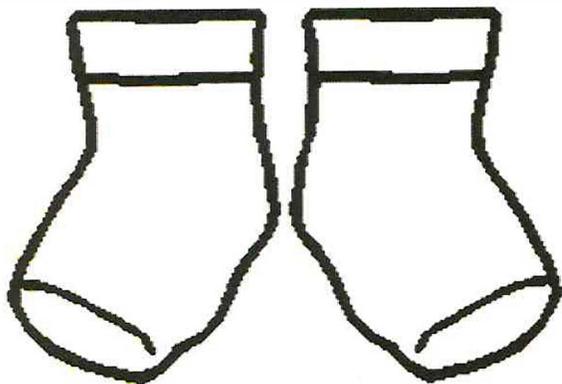
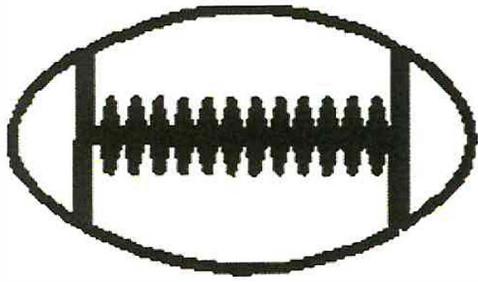












### What You Will Need:

None



### 4. Leave No Trace & Outdoor Code

## Paws on the Path

### Instructions

Recite  
Leave No Trace Code  
Outdoor Code

Complete the activity in your Wolf Cub Scout Handbook on page 85 to show that you understand respect for wildlife.



### Outdoor Code

**As an American, I will do my best to -**

- ◇ Be clean in my outdoor manners.
- ◇ Be careful with fire.
- ◇ Be considerate in the outdoors.
- ◇ Be conservation minded.

### Leave No Trace

I promise to practice the Leave No Trace Principles wherever I go:

1. Know Before You Go
2. Choose the Right Path
3. Trash Your Trash
4. Be Careful with Fire
5. Respect Wildlife
6. Be Kind to Other Visitors

## What You Will Need:

In this book  
Scavenger Hunt Sheet

Scavenger Hunt Sheet

Pencil



- 5. 1-Mile Hike
- 6. Observations

## Paws on the Path

### Instructions

Pack your 6 essentials and take a 1-mile hike with your den or family

Complete the scavenger hunt sheet on the next page in your book. Find at least 2 birds, 2 insects and evidence of 2 animals. Explain how you identified the evidence.

*A Scout is clean. Pack out anything you take with you, and pick up trash you find along the trail.*



### MAPS

Studying a map will help you understand the land and see where you will be hiking. You might be able to answer these questions.

- ◇ Does the trail have a name?
- ◇ Is the trail made of dirt, concrete, or another material?
- ◇ Is it flat or will you be climbing hills?
- ◇ Is there a river, creek, or other body of water around?
- ◇ Will you hike in one direction and then turn around and come back, or does the trail make a circle?
- ◇ Which direction is north?

### HIKING GUIDELINES

- ◇ Stay on the trail.
- ◇ Walk at a steady pace.
- ◇ Use the buddy system.
- ◇ Give everyone space to enjoy the woods quietly.
- ◇ Stop and rest when needed.
- ◇ Make sure you have your water bottle(s) and drink when you are thirsty.
- ◇ Look and listen for birds, mammals, insects, and other creatures along the way.
- ◇ Use your eyes, ears, and sense of smell to enjoy nature all around you.



### What You Will Need:

In this book  
Map activity sheet

Pencil



### 7. Maps

## Paws on the Path

### Instructions

A map is a small illustration of a large area of land. Maps can help you figure out where something is located. They can also help you give directions to other people. Many people look at a map before they start out on a trip so they can visualize (see) where they are going.

Maps use different symbols to show where roads, rivers, lakes, and other large features are located. The map symbols are shown in a "key," which is a box that tells what they mean. Reading a map is easy when you can use the key.

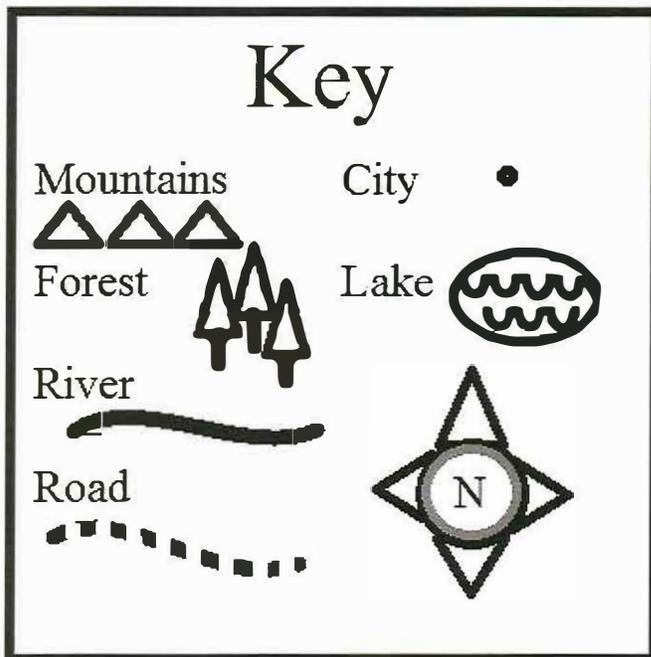
Find the key on the map on the following page of the book. Can you understand the key?

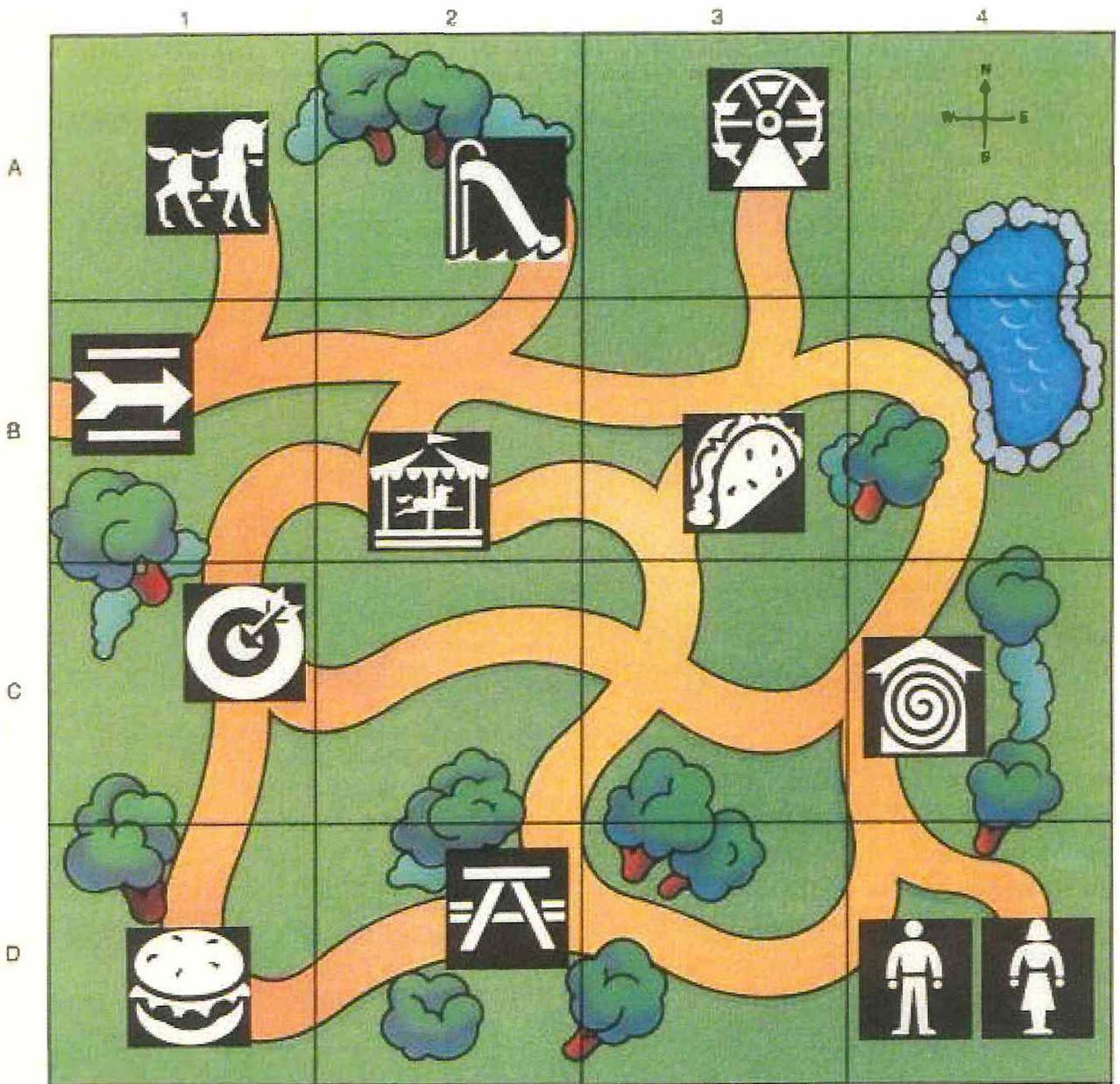
Look for a compass rose on the map. A compass rose is a circle or a design with points to show directions on a map. Maps are usually oriented toward true north, which will be found at the top of the compass rose.

When north is at the top of the compass rose, south will be at the bottom. East is on the right and west is on the left.

Did you find the compass rose on the map on the following page?

Draw a map of an area near where





**Fun Fair**



Entrance



Merry-go-round



Hamburger stand



Pony ride



Taco stand



Picnic tables



Water slide



Games



Restrooms



Ferris wheel



Fun house

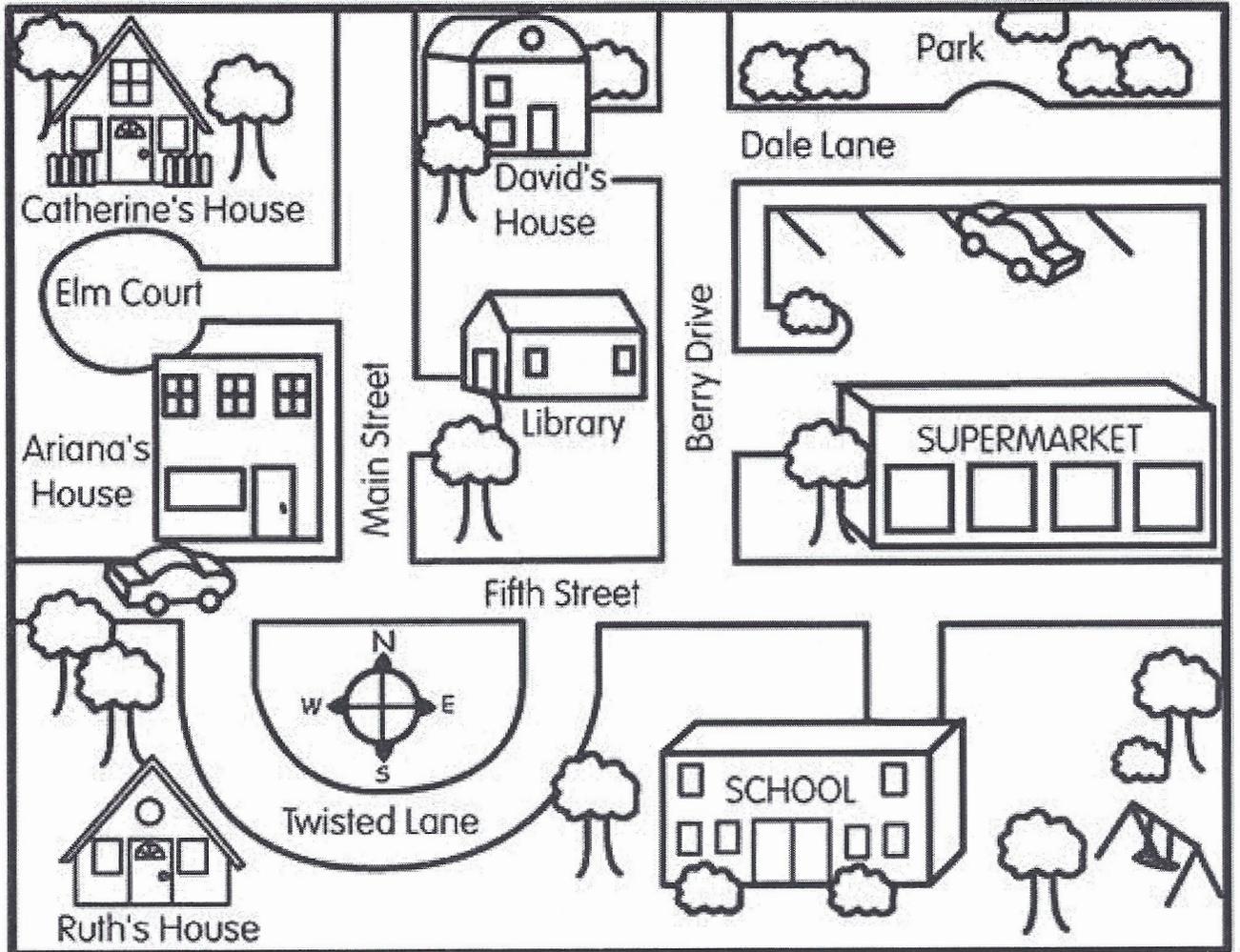


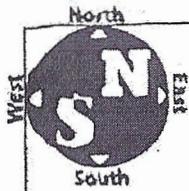
# Map Symbols

How many can you identify?



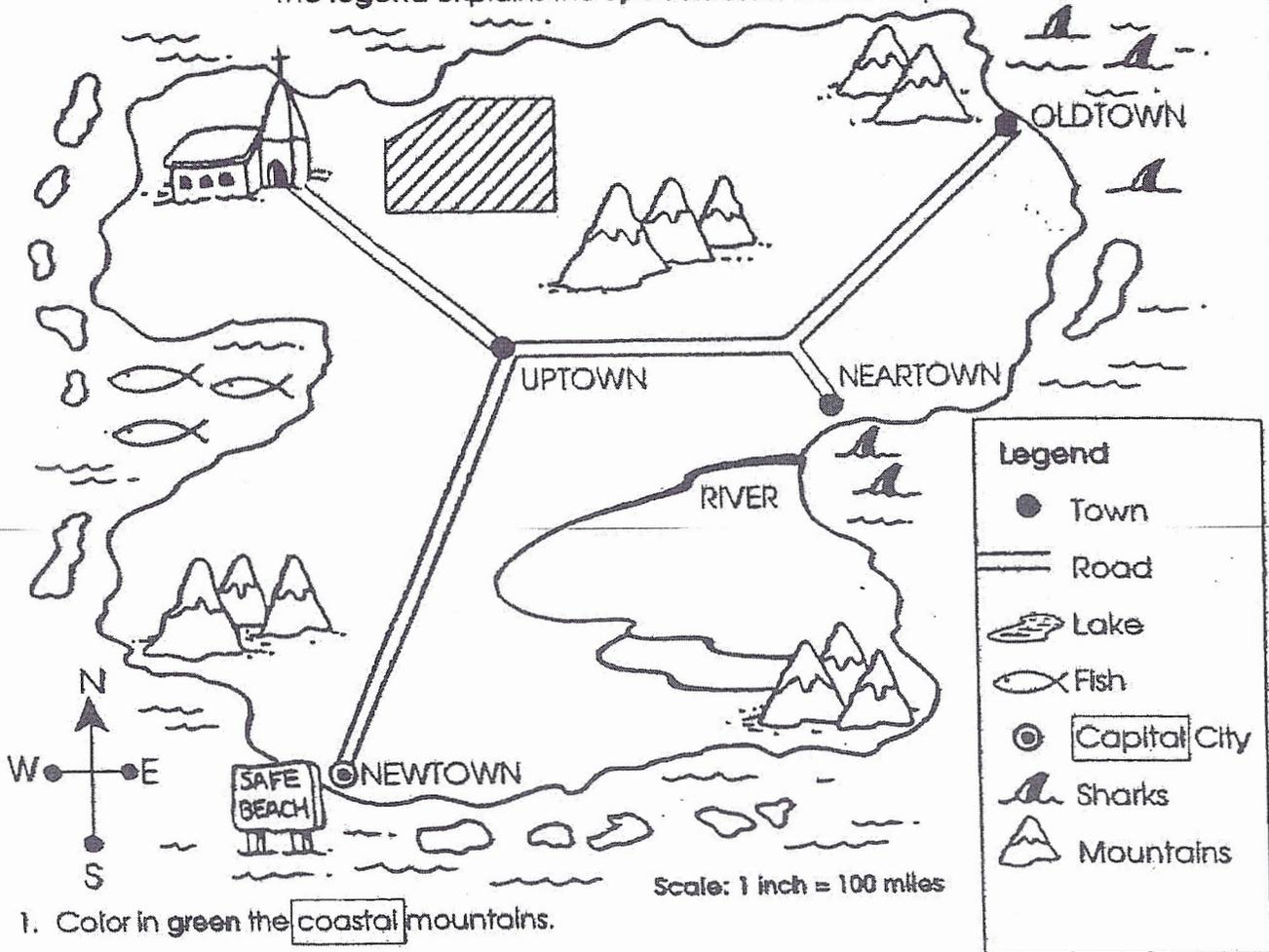
# NEIGHBORHOOD MAP





# Reading Maps

Use the map to answer the questions and to follow the directions.  
The legend explains the symbols used on the map.



1. Color in green the coastal mountains.
2. Color in red the roads the people of Neartown would drive along to go to church.
3. Use the legend and draw a lake just west of Uptown. Then color it blue.
4. How many small islands are there off the coast of the large island? \_\_\_\_\_
5. On which coast (north, south, east or west) would you go fishing? \_\_\_\_\_
6. Which is the main island's most important city? \_\_\_\_\_
7. The shaded area in the north is a national park. Color it yellow.
8. Draw the national park in the legend.
9. Which town is near the best beach to go swimming in the sea? \_\_\_\_\_
10. Draw a church near the national park's east boundary. (Use this symbol ☩.)

Words to be explained: legend, boundary, coast, capital.

# My Map of My Neighborhood

## Wolf Adventure: Running With the Pack



Complete the following Requirements.

1. Play catch with someone in your den or family who is standing 5 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back and see if you can improve your throwing and catching skills.
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.
4. Play a sport or game with your den or family, and show good sportsmanship.
5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.
6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your den or family. Make a shopping list of the food used to prepare the meal.

## What You Will Need:

Stop watch

Stop watch app

Watch, stop watch or  
stop watch app in cell  
phone



2. Balancing
3. Flexibility
5. Animal Moves

## Running with the Pack

### Instructions

Create a critter obstacle course doing these activities:

- ◇ Frog leap
- ◇ Inchworm walk
- ◇ Kangaroo hop
- ◇ Crab walk
- ◇ Front roll
- ◇ Back roll
- ◇ Frog stand
- ◇ Balancing wood piece or wall where you can walk forward, backward and sideways

Run through the obstacle course 3 times. Use a stop watch or watch to record your time.

See examples of animal movements in your Wolf Cub Scout Handbook.

Did you do better on the third time compared to the first time?



### Record your time below

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Daniel: What do a sunburned Scout and a banana have in common?

Joel: I don't know. What?

Daniel: Neither likes peeling!

*Joke by Daniel P. Overland Park, KS*

## What You Will Need:

None



### 1. Throw Ball

## Running with the Pack

### Instructions

Play catch with someone in your den or family who is standing 5 steps away from you.

Play until you can throw and catch successfully at this distance.

Take a step back and see if you can improve your throwing and catching skills.

How many steps before you started dropping the ball?

Look in your Wolf Cub Scout Handbook for tips on throwing and catching a ball.



When you can follow a ball with your eyes, catch it easily with your hand, and throw it accurately, you are learning a great skill. It is called eye-hand coordination. Before you know it, you will be throwing and catching like a true ball player.

If you have never played catch before, use a soft, squishy ball at first so that nobody gets hurt. If you don't have a baseball glove, you can play catch with your bare hands. Just make sure you use a soft ball, not a baseball, to practice.

## What You Will Need:

None



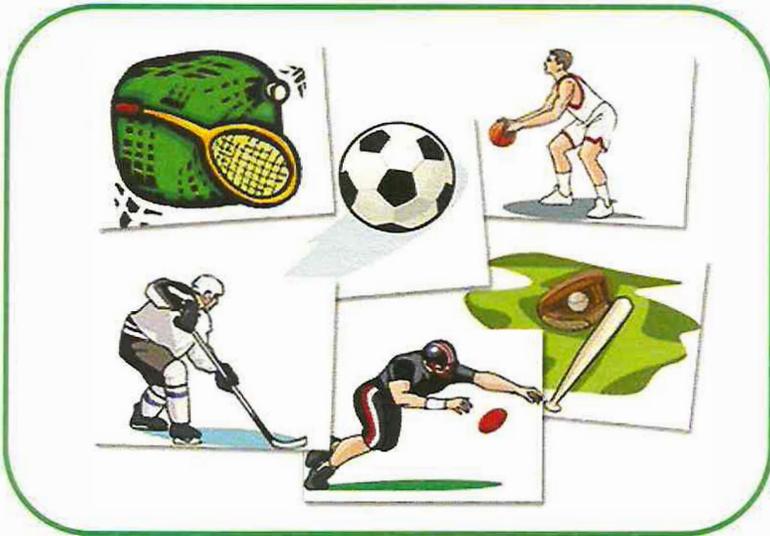
## 4. Game and Sportsmanship

## Running with the Pack

### Instructions

Play a sport or game with your den or family, and show good sportsmanship.

What game did you play?



Check the ways that you showed good sportsmanship with your family or den.

- ◇ I stayed calm.
- ◇ I treated others kindly.
- ◇ I listened to the adult leaders.
- ◇ I followed the rules.
- ◇ I stayed positive
- ◇ I encouraged by teammates.
- ◇ I was friendly after winning or losing.

*A Scout is friendly. Being a good sport means being friendly and kind to others when you play a sport or a game.*

## What You Will Need:

In this book  
Fruits & Vegetables Word  
Search  
Crack the Secret Code  
Menu / Shopping List sheet

FOOD SEARCH  
Pencil



## 6. Balanced Diet

## Running with the Pack

### Instructions

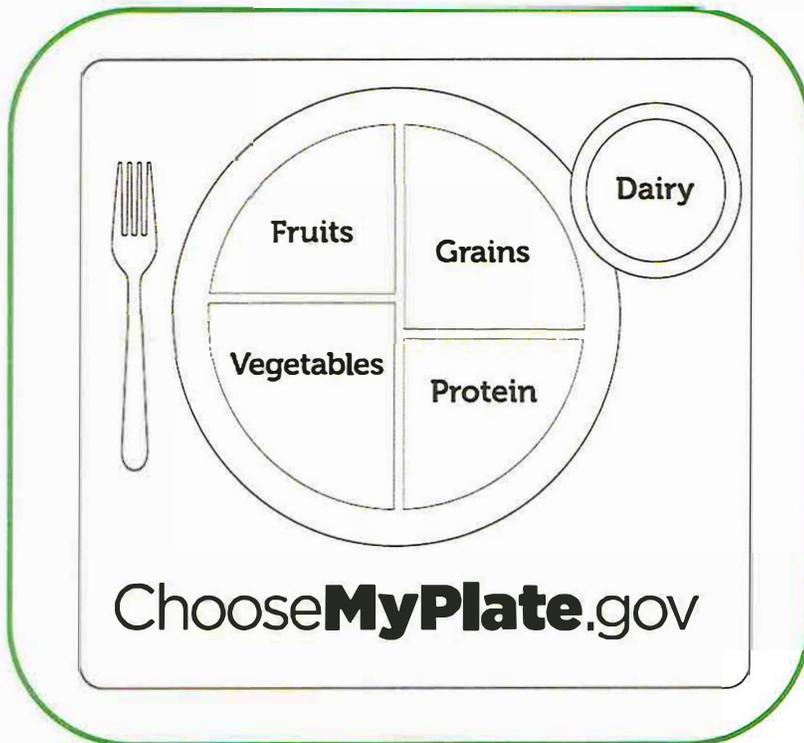
Study the Choose My Plate diagram to the left.

Complete the activity sheets

- ◇ Have Fun with Fruits and Vegetables
- ◇ Crack the Secret Code

Plan a healthy menu for a meal for your den or family. Record is on the worksheet in the book. See the tips in your Wolf Cub Scout Handbook.

Make a shopping list of the food used to prepare the meal.



Exercise helps keep us strong. So does choosing nutritious food from the five food groups. You don't have to have food from each group at every meal. But you should try to choose foods from each group every day.

# Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

## Fruit and Vegetable Goals

Name a fruit you would like to try:

---



---

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

---



---

Name a vegetable you would like to try:

---



---

How will you eat this vegetable? (As a snack, with dip, or for lunch.)

---



---



Adapted from  
Team Up At Home Team Nutrition Activity Book



# Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods



1. Eat more \_\_\_\_\_



and whole grains

2. Eat foods lower in solid \_\_\_\_\_



3. Get your \_\_\_\_\_ rich \_\_\_\_\_



4. Be \_\_\_\_\_



## Code

A=	N=
B=	O=
C=	P=
D=	Q=
E=	R=
F=	S=
G=	T=
H=	U=
I=	V=
J=	W=
K=	X=
L=	Y=
M=	Z=





## Wolf Elective Adventure: Finding Your Way

Complete the following Requirements.

1. Do the following:
  - A. Using a map of your city or town, locate where you live.
  - B. Draw a map for a friend so he or she can locate your home, a park, a school, or other locations in your neighborhood. Use symbols to show parks, buildings, trees, and water. You can invent your own symbols. Be sure to include a key so your symbols can be identified.
2. Do the following:
  - A. Identify what a compass rose is and where it is on the map.
  - B. Use a compass to identify which direction is north. Show how to determine which way is south, east, and west.
3. Go on a scavenger hunt using a compass, and locate an object with a compass.
4. Using a map and compass, go on a hike or walk with your den or family.

### What You Will Need:

#### In this book

Reading a Map  
Neighborhood Map  
Coloring Sheet  
Map Symbols Activity

Pencil, colored pencils,  
crayons and markers



1A. Map Activity  
1B. Draw a Map

## Finding Your Way

### Instructions

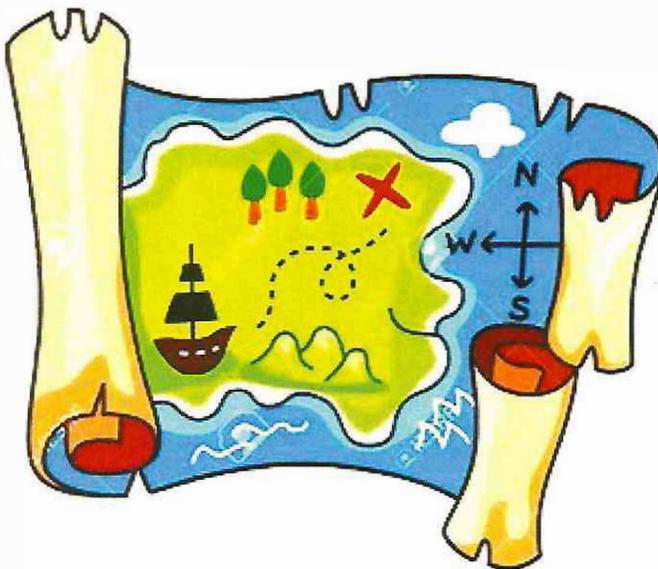
Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist [HERE](#)

With an adult find a map of your neighborhood. Locate where you live.

Complete the Map Activities:

1. Reading a Map
2. Neighborhood Map Coloring Sheet
3. Map Symbols

Draw a map for a friend so they can locate your home, a park, a school, or other locations in your neighborhood. Use symbols. Be sure to include a key so your symbols can be



Maps represent the real world on a much smaller scale. They help you travel from one location to another. They help you organize information. They help you figure out where you are and how to get where you want to go.

### Types of Maps

Street map, topographic map, weather map, park map, resource maps, political maps

**What You Will Need:**

Compass

Pencil, colored pencils,  
crayons and markers



**2. Compass  
Activities**

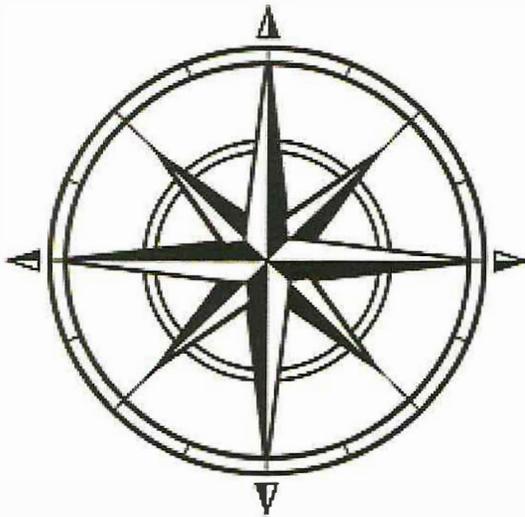
## Finding Your Way

**Instructions**

Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist [HERE](#)

Mark the directions on the compass rose on this page

Using a compass to find the direction you are facing. Use the compass to change your direction to South.



The sun rises in the East. The sun sets in the West.

**What are the 8 directions?**

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

## What You Will Need:

In this book  
Scavenger Hunt Sheet

Compass  
4 Treasures  
Pencil and paper



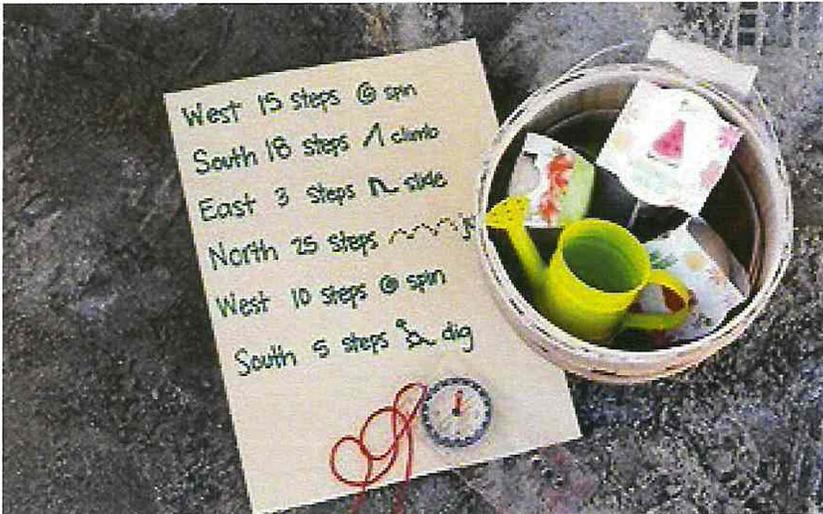
## 3. Scavenger Hunt

# Finding Your Way

### Instructions

Create a Scavenger Hunt using a Compass for a friend or family member. Ask them to create a scavenger hunt for you.

1. Standing from the starting point look around for hiding places for the treasures.
2. Once you identify the first hiding place use your compass to determine the direction. Count the number of steps to reach the hiding place. Record this on your Scavenger Hunt Sheet.
3. Repeat step 2 for the other 3 treasures. Your starting point will be the location of where the last treasure was found.
4. Give your Scavenger Hunt sheet to a friend to complete.
5. Ask your friend for the Scavenger Hunt sheet they prepared for you.



Tip: Hide or cover the treasures where birds, dogs or any litter critters can't disturb them.

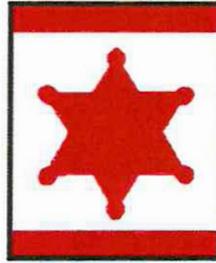
Things to hide: treasures, clues, riddles, treats, stickers

## Compass Scavenger Hunt

Starting Point is: \_\_\_\_\_

Number of Steps	Direction	Treasure
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

## Wolf Elective Adventure: Hometown Heroes



Complete the following Requirements:

1. Talk with your family or 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.
2. Visit a community agency where you will find many heroes. While there, find out what they do. Share what you learned with your den.
3. With the help of a family member, interview one of your heroes, and share what you learn with your den. Tell why you think this person is a hero.
4. Complete one of the following:
  - A. As a den or family, honor a service member by sending a care package along with a note thanking them for their service.
  - B. With your family or den, find out about animals that are trained to help others in your community.
  - C. Participate in or create an event that celebrates your hometown hero(es).

### What You Will Need:

Compass

Map



## Finding Your Way

### 4. Hike with Compass

#### Instructions

Using a map and compass, go on a hike or walk with your den or family.

#### 6 Essentials for your hike

1. First-aid kit
2. Water bottle
3. Flashlight
4. Trail food
5. Sun protection
6. Whistle



### Scouter Mom's Favorite Trail Mix

1/4 cup cereal  
1/4 cup small pretzels  
1/4 cup cashew nuts

1/4 cup granola  
1/4 cup dried cherries  
1/4 cup M&Ms

Mix all together. Package in 1/2 cup servings in small bags or containers.

**What You Will Need:**

Eraser  
**None**

Color Marker  
**Pencil**



# Hometown Heroes

1. What is a hero?

## Instructions

Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist [HERE](#)

Talk with your family about what it means to be a hero.

Draw a picture of your hero below:

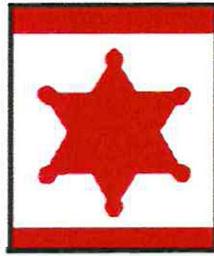
Who is someone you believe is a hero? \_\_\_\_\_

Why is this person a hero? \_\_\_\_\_

Hero: A person who is admired or idealized for courage, outstanding achievements, or noble qualities.  
A person who combats adversity through feats of cleverness, courage or strength.

What You Will Need:

None



2. Fire Department Visit



## Hometown Heroes

### Instructions

Take a tour of the Austin Fire Department watching this video.

Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist at

Instructions

Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist [HERE](#)

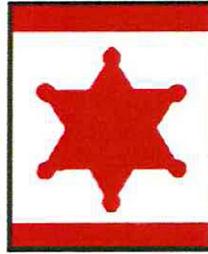
What did you learn about being a fire fighter?

**What You Will Need:**

**In this book**  
Interview Question Sheet



Pencil



**3. Interview a Hero**

# Hometown Heroes

**Instructions**

With the help of a family member, set up a time to interview one of your heroes.

Write a list of questions you will ask your hero.

Interview your hero.

Tell your den or your family what you learned.

Write a thank you note to the person you interviewed.

Draw a picture of the hero you interviewed:

Why is this person my hero? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

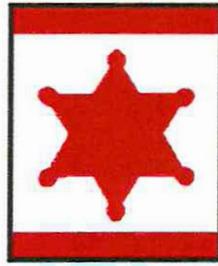
\_\_\_\_\_



**What You Will Need:**

4B. Service Dogs  
4A. Care Package

Pencil



4B. Service Dogs  
4A. Care Package

## Hometown Heroes

### Instructions

Watch the videos associated with this Adventure at the Wolf Required Adventures Box Playlist [HERE](#)

As a den or family, you can honor a service member by sending a care package along with a note thanking them for their service.



### Good Turns During the Coronavirus:

1. Send a thinking of you video or email to a local nursing home—or give them a call.
2. Help with grocery pick-up / delivery.
3. Send a thank-you message to a local hospital.
4. Contact your local food bank.
5. Call your loved ones.
6. Adults can donate blood.