



# WOLF

## Requirements:

1. Complete each of the six required Adventures with your den or family:

- (a) Call of the Wild
- (b) Council Fire
- (c) Duty to God Footsteps
- (d) Howling at the Moon
- (e) Paws on the Path
- (f) Running With the Pack

2. In addition to the six required adventures, complete at least one elective adventure of your den's or family's choosing.

3. With your parent, guardian, or other caring adult, complete the exercises in the pamphlet entitled How to Protect Your Children From Child Abuse: A Parent's Guide

4. Earn the Cyber Chip award for your age -<https://cubscoutideas.com/2854/bsas-cyber-chip-kids-internet-safety/> (The Cyber Chip portion of this requirement may be waived by your parent or guardian if you do not have access to the internet.) OR Earn the Protect Yourself Rules Preview Adventure for Wolf.

- (a) Cyber Chip Award
- (b) Protect Yourself Rules Preview Adventure

**Leaders Guide-** <https://pigeonpost.scouting.org/wp-content/uploads/2019/07/Wolf-Leader-Guide.pdf>

**Into Video-** <https://www.scouting.org/programs/cub-scouts/den-meeting-resources/den-leader-tips-tricks-video-series/#video-gallery-d5791a3-11>

\*signifies preferred Scouting from Home option



### **Running with the Pack**

This adventure will promote physical fitness and good health through games and other fun activities.

**ADVENTURE REQUIREMENTS** Complete the following requirements.

1. Play catch with someone in your den or family who is standing five 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.

Covid Adaption: Running with the Pack requirements can be completely completed as a family with some help and guidance from a Den Leader. In requirement 4 a game like kickball or basketball may be better with an entire den but a sport like cycling; jogging, skiing, snowshoeing, etc. can easily be done as a family. Currently following the state of WA Youth Development guidelines you can gather up to 15 youth and adults for a Den Meeting: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/DOH-OSPI-DYCF-SchoolsChildCareGuidance.pdf> a group of up to 22 is allowed provided they are in 2 sub-groups which would work for relay races etc.

### **February Week 1**

#### **PREPARATION AND MATERIALS NEEDED**

- U.S. and den flags
- Two or three balls for playing catch (Gathering)—Tennis balls work best. If you use baseballs, be sure everyone has gloves that fit.
- Find a 6-foot-long 2x4 board to serve as a balance beam.
- Items for the “Under the Broom” game: Wolf Handbook, page 92 WOLF — One broomstick or

pole — Enough books to build two stacks about three feet in height and level with each other. You should be able to remove a few books from the stacks for each round of the game, while still keeping the stacks at an even level.

#### GATHERING (REQUIREMENT 1)

- As Wolf Scouts arrive, divide them into two or three groups to play catch, counting how many throws each group can achieve without the ball being dropped.
- At first, have the Scouts stand 5 steps away from each other; after a few throws, they should step back to make the game a little more challenging.
- Remind them that a Scout is friendly; it is important that everyone participates, and no one feels left out. Some Cub Scouts are already involved in sports and are athletic. Ask those Scouts to coach others.

#### OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have Scouts share one way to demonstrate good sportsmanship.

#### TALK TIME

- Introduce the Running With the Pack adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Explain that the Gathering game was not only fun to play but also a way to improve physical fitness through practice. Go over the requirements for this adventure, assuring the Scouts that it will be full of activity and that everyone will learn ways to keep themselves healthy and fit.

#### ACTIVITIES

◆ Activity 1: Balance and Flexibility Games (Requirement 2) Divide the den into two groups. One group will practice on the balance beam—walking forward, backward, and sideways. The other group will play “Under the Broom”:

- Build two stacks of books about three feet high and at least three feet apart. Lay a broomstick or pole across them. The Scouts line up, and each Cub Scout crawls under the broomstick, then returns and goes to the end of the line. When everyone has crawled through, remove one or two books from each stack to lower the broomstick, and try again.



- After a few rounds, let the two groups switch places; both the balance beam and “Under the Broom” will help them develop flexibility.

◆ Activity 2: Planning a Nutritious Meal (Requirement 6) • Ask Scouts to share why eating nutritious foods is important. Can they think of any nutritious foods they enjoy eating?

- Guide them to look under requirement 6 in their handbooks to learn more about some nutritious food options. Explain that they will be working with their families during the week to choose and prepare a meal. Scouts should be ready to share about their meals, including what was hard, easy, fun, or surprising, at the next meeting.

CLOSING Emphasize that the Scouts showed “A Scout is friendly” during this meeting by making sure all their friends participated and no one felt left out of the games.



### **Do-at-Home Project Reminder:**

Tell Scouts to complete requirement 6 at home, helping to plan a healthy meal for their family based on what they have learned about eating a balanced diet. They should make a shopping list for this meal, and bring the list to the next meeting.

### **AFTER THE MEETING**

- Serve refreshments, if desired.
- Record completion of requirements 1 and 2.
- Work together to clean up the meeting place.

Covid Adaptation: This would be an easy meeting to complete outdoors in a large yard, neighborhood park or sports field provided it's not pouring down rain. Scouts and parents can wear masks and stay physically distanced during all activities like catch, balance beam and “under the broom”. Alternatively, all these activities can be completed as a family at home.

## **February Week 2**

### **PREPARATION AND MATERIALS NEEDED**

- U.S. and den flags
- 1 large sheet of paper or poster board per Scout (Opening)
- Materials for the relay game (Activity 2)
  - Two balls of equal weight and size
  - 6-foot-long 2x4 board to serve as a balance beam
  - 1-foot-tall objects to serve as obstacles
  - Cones or markers to define start and endpoints of the race
  - Buckets
- Large poster board and markers (Talk Time)

### **GATHERING (Requirement 5)**

- As Scouts arrive for the meeting, have the den chief, assistant den leader, or a parent show them how to do the frog leap, inchworm walk, kangaroo hop, and crab walk (see Meeting 2 Resources). Make sure everyone practices at least two of the exercises.
- Using paper or poster boards, have each Scout create a sign to hold up during the opening ceremony (see Opening).

### **OPENING**

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Simulate an international athletic event opening ceremony by having Scouts each carry in a sign announcing who they represent. This can indicate their country of ancestry, family name, street, or school.

### **TALK TIME**

- Carry out business items for the den.

- Allow time for sharing among Cub Scouts.
- Explain that the skills they practiced during the Gathering will help them play the “Running with the Pack” relay game.
- Ask Scouts to offer examples of good sportsmanship. Write their answers on a poster board. (Note: This board will be used again in Meeting 3.)
- Have Scouts who completed requirement 6 at home share the shopping list and other information about the healthy meal they planned and prepared for their families.

#### ACTIVITIES

- ◆ Activity 1: Balance and Flexibility Exercises (Requirement 3) Have everyone practice doing front rolls, back rolls, and frog stands. (See Meeting 2 Resources.)
- ◆ Activity 2: “Running with the Pack” Relay Game (Optional)
  - Play the relay game. (See instructions in Meeting 2 Resources.)
  - After the game, discuss the good sportsmanship examples provided during Talk Time. Remind them that a Scout is courteous to all others, and ask if they demonstrated this quality by practicing good sportsmanship during the relay game. If they had trouble being good sports, lead a reflection about what could have gone better and why good sportsmanship is important.

#### CLOSING

- Say the Scout Oath together. Tell Wolf Scouts that when they did the Gathering exercises and played the relay game, they were having fun but also living out their promise to keep themselves “physically strong.” Also, when they practice good sportsmanship, they show that “a Scout is friendly” and “a Scout is courteous”—two points of the Scout Law.
- Have everyone vote on a game to play as the activity at Meeting 3. Give them three choices (e.g., basketball, kickball, ultimate, bowling, volleyball, etc.).
- If Meeting 3 will be held at a different location to play the game, make sure all arrangements and transportation plans are set.

#### AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 3, 5, and 6.
- Work together to clean up the meeting place.

## MEETING 2 RESOURCES

### GATHERING

#### Inchworm Walk

- Have Cub Scouts support their bodies on their hands and feet with their legs extended behind them. Keeping their hands in place, they walk on their toes with short steps until their feet are near their hands.
- Then, without moving their feet, they walk forward on their hands with short steps until their original position is attained.
- Repeat the exercise, having Scouts alternately walking on their toes and hands.



## ACTIVITIES

### ◆ Activity 1: Balance and Flexibility Exercises

Front Roll



Back Roll



The front roll, back roll, and frog stand will help Wolf Scouts in testing and improving their ability to keep their balance and be flexible. Some may have a little difficulty with these exercises, but they should “do their best.”

Frog Stand



### ◆ Activity 2: “Running with the Pack” Relay Game

- Set up the “Running with the Pack” relay course with signs to indicate what the players should do along the way. For example: Start, front roll, walk the balance beam, back roll, go under the broom, jump on both feet over a 1-foot-tall obstacle, crab walk, frog leap, and toss a ball into a bucket.
- Have the den chief or an adult leader demonstrate how to go through the course. Then divide the Scouts into two teams—lined up one behind the other. Each person, in turn, follows the course to the end. After they finish, they run back and tag the next person in line. When everyone on a team has completed the course, the team members shake hands and do their cheers. If time permits, have everyone try the course again to see if they can improve their time.



Covid Adaptation: This would be an easy meeting to complete outdoors in a large yard, neighborhood park or sports field provided it's not pouring down rain. Scouts and parents can wear masks and stay physically distanced during all activities like the opening ceremony, inchworm walk, flexibility exercises and the relay game. Some extra sports cones could be set up for spacing for the que for the relay game and skip the handshake recommended in the relay game.

## February Week 3

Covid Adaptation: You could minimize meetings by suggesting and choosing a game to play that can be physically distanced during week 1 and play the game during the week 2 meeting. A good game that could be adapted might be Kick Ball where each scout holds a pool noodle and can tag a scout “out” by touching them with the pool noodle to encourage physical distance. Currently low risk outdoor sports are permitted in the State of Washington covid guidelines

## PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Equipment for the game the den selected
- The sportsmanship poster board the den filled out at Meeting 2
- Confirm that transportation to and from the event is in place. Secure signed activity consent

forms.

- The unit den leader should bring a copy of the Guide to Safe Scouting.

**GATHERING** As Scouts arrive, have them practice the skills they will use in the game.

**OPENING** Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

**TALK TIME** • Carry out business items for the den.

- Allow time for sharing among Cub Scouts.
- Remind them that the fun they're having in this adventure is also a great way to keep healthy and fit.
- Review the sportsmanship board the den created at Meeting 2, and make sure everyone knows the rules of the game they are about to play.

**ACTIVITIES (REQUIREMENT 4)** Have the den play the selected game, using good sportsmanship.

**CLOSING** Lead the den in the Blast-Off Cheer. Tell the Scouts: "Prepare to blast off. Coil your body and then count down from 10 to zero. At zero, yell, 'Blast off!' and jump as high into the air as you can. Land on your feet and yell, 'We did our best!'"

**AFTER THE MEETING**

- Serve refreshments, if desired.
- Record completion of requirement 4.
- Work together to clean up the meeting place