

WOLF REQUIREMENTS

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| 1.FEATS OF SKILL | <p>a.Play catch with someone 10 steps away. Play until you can throw and catch.</p> <p>b.Walk a line back and forth. Do it sideways too. Then walk the edge of a board six steps each way.</p> <p>c.Do a front roll.</p> <p>d.Do a back roll.</p> <p>e.Do a falling forward roll.</p> <p>Do one of the following (f, g, h, i, j, or k):</p> <p>f.See how high you can jump.</p> <p>g.Do the elephant walk, frog leap, and crab walk.</p> <p>h.Swim as far as you can walk in 15 steps.</p> <p>i.Using a basketball or playground ball, do a -Baseball pass, Chest pass, and a Bounce pass.</p> <p>j.Do a frog stand.</p> <p>k.Run or jog for 10 minutes OR jog in place for 5 minutes.</p> |
| 2.YOUR FLAG | <p>a.Give the Pledge of Allegiance to the flag of the United States of America. Tell what it means.</p> <p>b.Lead a flag ceremony in your den. Here are some ideas: (Ideas shown in book)</p> <p>c.Tell how to respect and take care of the flag. Show three ways to display the flag.</p> <p>d.Learn about the flag of your state or territory and how to display it.</p> <p>e.With the help of another person, fold the flag.</p> |
| 3.KEEP YOUR BODY HEALTHY | <p>a.Show that you know and follow the seven rules of health.</p> <p>b.Tell four ways to stop the spread of colds.</p> <p>c.Show what to do for a small cut on your finger.</p> |
| 4.KNOW YOUR HOME AND COMMUNITY | <p>a.Write down the phone numbers you need to have. Put them by your phone. (Police, Fire, Doctor, Mother at work, Father at work, Family friend.)</p> <p>b.Tell what to do if someone comes to the door and wants to come in.</p> <p>c.Tell what to do if someone calls on the phone.</p> <p>d.When I leave our home I will..... (List given in Book.)</p> <p>e.Talk with others in your home about helping. Agree on the home jobs you will do. Make a list of your jobs.</p> |
| 5.TOOLS FOR FIXING AND BUILDING | <p>a.Point out and name eight tools. Do this at home, or go to a hardware store with a grown-up. Tell what each tool does.</p> <p>b.Show how to use pliers.</p> <p>c.Use a screwdriver to drive a screw.</p> <p>d.Show how to use a hammer.</p> <p>e.Make a birdhouse, a set of bookends, or something else useful.</p> |
| 6.START A COLLECTION | <p>a.Make a collection of anything you like. Start with 10 things. Put them together in a neat way.</p> <p>b.Show and explain your collection to another person.</p> |
| 7.YOUR LIVING WORLD | <p>This achievement is also part of the World Conservation Award.</p> <p>a.Land, air and water can get dirty. On a sheet of paper, list ways this can happen.</p> <p>b.It takes a lot of energy to make glass, cans, and paper products. You can help save energy by collecting those items for use again. Write the name of the recycling center closest to you. Find out what items you can save and send to this center.</p> <p>c.With a grown-up, pick up litter in your neighborhood. Wear gloves to protect your hands against germs and cuts from sharp objects.</p> <p>d.With a grown-up, find three stories that tell how people are protecting our world. Read and discuss them together.</p> <p>e.Besides recycling, there are other ways to save energy. List three ways you can save energy, and do them.</p> |
| 8.COOKING AND | <p>a.Study the Food Guide Pyramid. Name some foods from each of the food groups shown in</p> |

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| EATING | <p>the pyramid.</p> <p>b. Plan the meals you and your family should have for one day. List things your family should have from the food groups shown in the Food Group Pyramid. At each meal, you should have foods from at least three food groups.</p> <p>c. Help fix at least one meal for your family. Help set the table, cook the food, and wash the dishes.</p> <p>d. Fix your own breakfast. Wash and put away the dishes.</p> <p>e. With a grown-up, help to plan, prepare, and cook an outdoor meal.</p> |
| 9. BE SAFE AT HOME AND ON THE STREET | <p>a. WITH A GROWN-UP, check your home for things that could help keep you safe.</p> <p>b. WITH A GROWN-UP, check for danger from fire.</p> <p>c. Practice good rules of street and road safety.</p> <p>d. Know the rules of bike safety.</p> |
| 10. FAMILY FUN | <p>Do TWO of these five requirements:</p> <p>a. Make a game like one of these. Play it with your family. (Eagle Golf, Beanbag Archery.)</p> <p>b. Plan a walk. Go to a park or a wooded area, or visit a zoo or museum with your family.</p> <p>c. Read a book or Boys' Life magazine with your family. Take turns reading aloud.</p> <p>d. Decide with Akela what you will watch on television or listen to on the radio.</p> <p>e. Attend a concert, a play, or other live program with your family.</p> |
| 11. DUTY TO GOD | <p>a. Talk with your folks about what they believe is their duty to God.</p> <p>b. Give some ideas on how you can practice or demonstrate your religious beliefs.</p> <p>c. Find out how you can help your church, synagogue, or religious fellowship.</p> |
| 12. MAKING CHOICES | <p>Do FOUR of these nine requirements:</p> <p>a. There is an older boy who hangs around Jason's school. He tries to give drugs to the children. What would you do if you were Jason?</p> <p>b. Mel is home alone. The phone rings. When Mel answers, a stranger asks if Mel's mother is home. She is not. Mel is alone. What would you do if you were Mel?</p> <p>c. Justin is new to your school. He has braces on his legs and walks with a limp. Some of the kids at school tease him. They want you to tease him, too. What would you do?</p> <p>d. Juan is on a walk with his little sister. A car stops and a man asks them to come over to the car. What would you do if you were Juan?</p> <p>e. Matthew's grandmother gives him money to buy an ice-cream cone. On the way to the store, a bigger boy asks for money and threatens to hit Matthew if he does not give him some money. If you were Matthew what would you do?</p> <p>f. Chris and his little brother are home alone in the afternoon. A woman knocks on the door and says she wants to read the meter. She is not wearing a uniform. What would you do if you were Chris?</p> <p>g. Sam is home alone. He looks out the window and sees a man trying to break into a neighbor's back door. What would you do if you were Sam?</p> <p>h. Mr. Palmer is blind. He has a guide dog. One day as he is crossing the street, some kids whistle and call to the dog. They want you and your friends to call the dog, too. What would you do?</p> <p>i. Some kids who go to Bob's school want him to steal candy and gum from a store, which they can share later. Bob knows this is wrong, but he wants to be popular with these kids. What would you do if you were Bob?</p> |
| WOLF ELECTIVES | |
| 1. IT'S A SECRET | <p>a. Use a secret code.</p> <p>b. Write to a friend in invisible "ink"</p> <p>c. "Write" your name with the alphabet that deaf people use.</p> <p>d. Use 12 Native American signs to tell a story.</p> |
| 2. BE AN ACTOR | <p>a. Help to plan and put on a skit with costumes.</p> <p>b. Make some scenery for a skit.</p> |

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| | <p>c. Make sound effects for a skit.</p> <p>d. Be the announcer for a skit.</p> <p>e. Make a paper sack mask for a skit.</p> |
| 3. MAKE IT YOURSELF | <p>a. Make something useful for your home or school. Start with a recipe card holder.</p> <p>b. Make a ruler and measure to see how far you can stretch your hand.</p> <p>c. Make and use a bench fork.</p> <p>d. Make a door stop.</p> <p>e. Or make something else.</p> |
| 4. PLAY A GAME | <p>a. Play Pie-tin Washer Toss.</p> <p>b. Play Marble Sharpshooter.</p> <p>c. Play Ring Toss.</p> <p>d. Play Beanbag Toss.</p> <p>e. Play a game of Marbles.</p> |
| 5. SPARE TIME FUN | <p>a. Explain safety rules for kite flying.</p> <p>b. Make and fly a kite.</p> <p>c. OR Make a two-stick kite.</p> <p>d. OR Make a three-stick kite.</p> <p>e. Make and use a reel for kite string.</p> <p>f. Make a model boat with a rubber-band propeller.</p> <p>g., h, i. Make or put together some kind of model boat, train, or car.</p> |
| 6. BOOKS, BOOKS, BOOKS | <p>a. Visit a bookstore or go to a public library with a grown-up. Find out how to get your own library card. Name four kinds of books that interest you (for example, history, science fiction, how-to-books).</p> <p>b. Choose a book on a subject you like and read it. With an adult, discuss what you read and what you think about it.</p> <p>c. Books are important. Show that you know how to take care of them. Open a new book the right way. Make a paper or plastic cover for it or another book.</p> |
| 7. FOOT POWER | <p>a. Learn to walk on a pair of stilts.</p> <p>b. Make a pair of "puddle jumpers" and walk with them.</p> <p>c. Make a pair of "foot racers" and use them with a friend.</p> |
| 8. MACHINE POWER | <p>a. Name 10 kinds of trucks, construction machinery, or farm machinery.</p> <p>b. Use a wheel and axle.</p> <p>c. Use a pulley.</p> <p>d. Make and use a windlass.</p> |
| 9. LET'S HAVE A PARTY | <p>a. Help with a home or den party.</p> <p>b., c. Make a gift or toy like one of these and give it to someone. (examples shown in book)</p> |
| 10. NATIVE AMERICAN LORE | <p>a. Read a book or tell a story about Native Americans, past or present.</p> <p>b. Make a musical instrument used by Native Americans.</p> <p>c. Make traditional clothing.</p> <p>d. Make a traditional tool.</p> <p>e. Make a model of a traditional house.</p> <p>f. Learn 12 word pictures and write a story with them.</p> |
| 11. SING-A-LONG | <p>a. Learn and sing the first and last verses of "America."</p> <p>b. Learn and sing the first verse of our National Anthem.</p> <p>c. Learn the words and sing three Cub Scout songs.</p> <p>d. Learn the words and sing the first verse of three other songs, hymns, or prayers. On a piece of paper, write the verse of one of the songs you learned.</p> <p>e. Learn and sing a song that would be sung as a grace before meals. Write the words on a piece of paper.</p> |
| 12. BE AN ARTIST | <p>a. Make a freehand sketch.</p> <p>b. Tell a story in three steps by drawing three cartoons.</p> |

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| | <p>c.Mix yellow and blue paints to make green; yellow and red to make orange; and red and blue to make violet.</p> <p>d.Help draw, paint, or crayon some scenery for a skit, play, or puppet show.</p> <p>e.Make a stencil pattern.</p> <p>f.Make a poster for a Cub Scout project or a pack meeting.</p> |
| 13.BIRDS | <p>This elective is also part of the World Conservation Award.</p> <p>a.Make a list of all the birds you saw in a week and tell where you saw them (field, forest, marsh, yard, or park).</p> <p>b.Put out nesting material (short pieces of yarn and string) for birds and tell which birds might use it.</p> <p>c.Read a book about birds.</p> <p>d.Point out 10 different kinds of birds (5 may be from pictures).</p> <p>e.Feed wild birds and tell which birds you fed.</p> <p>f.Put out a birdhouse and tell which birds use it.</p> |
| 14.PETS | <p>a.Take care of a pet.</p> <p>b.Know what to do when you meet a strange dog.</p> <p>c.Read a book about a pet and tell about it at a den meeting.</p> <p>d.Tell what is meant by rabid. Name some animals that can have rabies. Tell what you should do if you see a dog or wild animal that is behaving strangely. Tell what you should do if you find a dead animal.</p> |
| 15.GROW SOMETHING | <p>This elective is also part of the World Conservation Award.</p> <p>a.Plant and raise a box garden.</p> <p>b.Plant and raise a flower bed.</p> <p>c.Grow a plant indoors.</p> <p>d.Plant and raise vegetables.</p> |
| 16.FAMILY ALERT | <p>a.Talk with your family about what you will do in an emergency.</p> <p>b.In case of a bad storm or flood, know where you can get safe food and water in your home. Tell how to purify water. Show one way. Know where and how to shut off water, electricity, gas, or oil.</p> <p>c.Make a list of your first aid supplies, or make a first aid kit. Know where the first aid things are kept.</p> |
| 17.TIE IT RIGHT | <p>a.Learn to tie an overhand knot and a square knot.</p> <p>b.Tie your shoelaces with a square bow knot.</p> <p>c.Wrap and tie a package so that it is neat and tight.</p> <p>d.Tie a stack of newspapers the right way.</p> <p>e.Tie two cords together with an overhand knot.</p> <p>f.Learn to tie a necktie.</p> <p>g.Wrap the end of a rope with tape to keep it from unwinding.</p> |
| 18.OUTDOOR ADVENTURE | <p>a.Help plan and hold a picnic with your family or den.</p> <p>b.With a parent, help plan and run a family or den outing.</p> <p>c.Help plan and lay out a treasure hunt something like this. (Example map shown in book.)</p> <p>d.Help plan and lay out an obstacle race. Use this idea or make up your own. (Example list shown in book.)</p> <p>e.Help plan and lay out an adventure trail.</p> <p>f.Take part in two summertime pack events with your den.</p> <p>g.Point out poisonous plants. Tell what to do if you accidentally touch one of them.</p> |
| 19.FISHING | <p>This elective is also part of the World Conservation Award.</p> <p>a.Point out five fish.</p> <p>b.Rig a pole with the right kind of line and hook. Attach a bobber and sinker, if you need them. Then go fishing.</p> |

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| | <p>c.Fish with members of your family or a grown-up. Bait your hook and catch a fish.</p> <p>d.Know the rules of safe fishing.</p> <p>e.Tell about some of the fishing laws where you live.</p> <p>f.Show how to use a rod and reel.</p> |
| 20.SPORTS | <p>a.Play a game of tennis, table tennis, or badminton.</p> <p>b.Know boating safety rules.</p> <p>c.Know archery safety rules. Know how to shoot properly. Put four of six arrows into a 1.2 meter target that is 15 steps away from you.</p> <p>d.Understand the safety and courtesy code for skiing. Show walking and the kick turn. Do climbing with a side stop or herringbone. Show the snowplow or stem turn, and how to get up from a fall.</p> <p>e.Know the safety rules for ice skating. Skate, without falling, as far as you can walk in 50 steps. Come to a stop. Turn from forward to backward.</p> <p>f.In roller skating, know the safety rules. From a standing start, skate forward as far as you can walk in 50 steps. Come to a stop within 10 walking steps. Skate around a corner one way without coasting. Then do the same coming back. Turn from forward to backward.</p> <p>g.Go bowling.</p> <p>h.Show how to make a sprint start in track. Run 45 meters in 11 seconds or less.</p> <p>i.Play a game of touch or flag football.</p> <p>j.Show how to dribble and kick a soccer ball. Take part in a game.</p> <p>k.Play a game of baseball or softball.</p> <p>l.Show how to shoot, pass, and dribble a basketball. Take part in a game.</p> |
| 21.COMPUTERS | <p>a.Visit a place where computers are used. Find out what they do.</p> <p>b.Explain what a computer program does. Use a program to write a report for school, to write a letter, or for something else.</p> <p>c.Tell what a computer mouse is. Describe how a CD-ROM is used.</p> |
| 22.SAY IT RIGHT | <p>a.Say "Hello" in a language other than English. (Examples given in book.)</p> <p>b.Count to ten in a language other than English.</p> <p>c.Tell a short story to your den, your den leader, or a grown-up.</p> <p>d.Tell how to get to a nearby fire station or police station from your home, your den meeting, and school. Use directions and street names.</p> <p>e.Invite a boy to join Cub Scouting or help a new Cub Scout through the Bobcat trail.</p> |