



## Wolf Badge Requirements

These are the requirements as they appear in the 2003 edition of the **Wolf Handbook (33450)**.

(Revisions to requirements are shown in **bold underlined** type.

*Deletions are shown struck through in red italics, like this text.*

- The enhancements to the requirements in the new book (33450) will NOT affect the advancement trails of boys who are using the current book(33106). They are to continue using their current book until they have completed all requirements in the book (or have advanced to the next grade and started on a new rank.).
- Based on availability, Cub Scouting youth members may use EITHER the old handbook (33106) or the new handbook (33450). As boys enter the program or advance in rank by the dates indicated below, they will be required to use the new books.
- Boys who become Wolf Cub Scouts after August 1, 2004, will be required to use the new book (33450).

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To earn the Wolf rank a Cub Scout must complete ~~49~~ **58** tasks out of a possible ~~62~~ **74** tasks that are offered in the book.

If the Cub Scout has not previously earned the Bobcat Badge, it must be earned first.

Note that these activities are primarily done at home and signed off by the parent after the boy has completed each task. The book is then shown to the Den Leader who records the progress and also signs the boy's book.

### Recognizing a Cub's Progress on the Wolf and Bear Trails

Your boy doesn't have to wait until he completes his entire Wolf or Bear trail before being recognized for his work. As a Wolf, when he completes any three achievements, his den leader can present the Progress Toward Ranks patch to him. It's a diamond with a leather (or plastic) thong attached and a gold bead attached to one end. It is worn on the button of the right shirt pocket. Each time the boy completes three achievements he will receive another gold bead. After he gets his fourth gold bead, he will receive his Wolf badge at a pack meeting.

As a Bear, red beads are presented for each three Bear achievements earned. After he gets his fourth red bead, he will receive his Bear badge at a pack meeting. Cub Scouts may continue to wear this emblem after ranks are earned until they become Webelos Scouts.

As your boy completes the requirements for the achievements on the Wolf and Bear trails, be sure to review his work and sign his book in the place for Akela's OK. At his next den meeting, he should show his book to his den leader who will record his progress and sign the book on the line provided.

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### 1. FEATS OF SKILL (Page 38)

NOTE for Akela: If a physician certifies that a Cub Scout's physical condition for an indeterminable time won't permit him to do three of these requirements, the Cubmaster and pack committee may authorize substitution of any three Arrow Point electives.

Play catch with someone 10 steps away. Play until you can throw and catch.

Walk a line back and forth. Do it sideways too. Then walk the edge of a board six steps each way.

Do a front roll.

Do a back roll.

Do a falling forward roll.

Do one of the following (f, g, h, i, j, ~~or k~~, or l):

See how high you can jump.

Do the elephant walk, frog leap, and crab walk.

Using a basic swim stroke, swim 25 feet. *Swim as far as you can walk in 15 steps.*

Tread water for 15 seconds or as long as you can. Do your best.

‡ Using a basketball or playground ball, do a -

*Baseball pass,*

Chest pass

Bounce pass.

Overhand Pass

‡ Do a frog stand.

\* Run or *jog for 10 minutes OR* jog in place for 5 minutes.

## 2. YOUR FLAG (Page 46)

Give the Pledge of Allegiance to the flag of the United States of America. Tell what it means.

Lead a flag ceremony in your den. Here are some ideas:  
(*Ideas shown in book*)

Tell how to respect and take care of the U.S. flag. Show three ways to display the flag.

Learn about the flag of your state or territory and how to display it.

Learn how to raise a U.S. flag properly for an outdoor ceremony

Participate in an outdoor flag ceremony.

‡ With the help of another person, fold the U.S. flag.

## 3. KEEP YOUR BODY HEALTHY (Page 56)

Make a chart and keep track of your health habits for two weeks.

*Show that you know and follow the seven rules of health.*

Tell four ways to stop the spread of colds.

Show what to do for a small cut on your finger.

## 4. KNOW YOUR HOME AND COMMUNITY (Page 60)

Make a list of phone numbers you need in case of an emergency. Put a copy of this list by each phone or in a central place in your home. Update it often.

*Write down the phone numbers you need to have. Put them by your phone.  
(List given in Book.)*

Tell what to do if someone comes to the door and wants to come in.

Tell what to do if someone calls on the phone.

**When you and your family leave home, remember to ...**

*When I leave our home I will.....*

*(List given in Book.)*

Talk with **your family members** *others in your home about helping*. Agree on the **household** *home* jobs you will **be responsible for** *do*. Make a list of your jobs **and mark off when you have finished them. Do this for one month.**

**Visit an important place in your community, such as a historic or government location. Explain why it is important.**

## 5. TOOLS FOR FIXING AND BUILDING (Page 64)

Point out and name **seven** *eight* tools. Do this at home, or go to a hardware store with an **adult** *a grown-up*. Tell what each tool does.

Show how to use pliers.

**Identify a Philips head and a standard screw. Then use the right tool to drive and then remove one from a board.**

*Use a screwdriver to drive a screw.*

Show how to use a hammer.

Make a birdhouse, a set of bookends, or something else useful.

## 6. START A COLLECTION (Page 70)

**Complete the Character Connection for Positive Attitude.**

**Know . Discuss with your family how a cheerful and positive attitude will help you do your best at school and in other areas of your life.**

**Commit. Discuss with your family how gathering items for a collection may be difficult. How does a hopeful and cheerful attitude help you to keep looking for more items. Why is a positive attitude important?**

**Practice. Practice having a positive attitude while doing the requirements for "Start a Collection."**

✚ Make a collection of anything you like. Start with 10 things. Put them together in a neat way.

✚ Show and explain your collection to another person.

## 7. YOUR LIVING WORLD (Page 74)

This achievement is also part of the **Cub Scout World Conservation Award** (<http://www.ussscouts.org/advance/cubscout/worldcons.html>), and **Cub Scouting's Leave No Trace Award** (<http://www.ussscouts.org/advance/cubscout/leavenotrace.html#Wolf>).

**Complete the Character Connection for Respect.**

**Know. Discuss these questions with your family: What things have people done to show a lack of respect to our world? Why is it important to respect our environment and natural resources? How can you show respect for your environment?**

**Commit. Discuss with your family how you feel when you see places in your neighborhood that have lots of litter. Name one thing you can do to help the environment.**

Practice. Practice being respectful while doing the requirements for "Your Living World."

~~a~~ Land, air and water can get dirty. Discuss with your family ~~On a sheet of paper, list~~ ways this can happen.

~~b~~ It takes a lot of energy to make glass, cans, and paper products. You can help save energy by collecting these items for use again. Find out how recycling is done where you live. ~~Write the name of the recycling center closest to you.~~ Find out what items you can recycle ~~save and send to this center.~~

~~c~~ With an adult ~~a grown-up~~, pick up litter in your neighborhood. Wear gloves to protect your hands against germs and cuts from sharp objects.

~~d~~ With an adult ~~a grown-up~~, find three stories that tell how people are protecting our world. Read and discuss them together.

~~e~~ Besides recycling, there are other ways to save energy. List three ways you can save energy, and do them.

8. COOKING AND EATING (Page 78)

Study the Food Guide Pyramid. Name some foods from each of the food groups shown in the pyramid.

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.

Help fix at least one meal for your family. Help set the table, cook the food, and wash the dishes.

Fix your own breakfast. Wash and put away the dishes.

With an adult ~~a grown-up~~, help to plan, prepare, and cook an outdoor meal.

9. BE SAFE AT HOME AND ON THE STREET (Page 82)

Complete the Character Connection for Responsibility.

Know. Discuss these questions with your family: How does being responsible help us be safe? Within the past week, how did you show responsibility?

Commit. Discuss these questions with your family: What happens when people are not responsible? What things can make you forget to be responsible? What things will help you be more responsible?

Practice. Practice being responsible while doing the requirements for "Be Safe at Home and on the Street."

~~a~~ WITH AN ADULT ~~A GROWN-UP~~, check your home for hazards and know how to make your home ~~things that could help keep you~~ safe.

~~b~~ WITH AN ADULT ~~A GROWN-UP~~, check your home for danger from fire.

~~c~~ Practice good rules of street and road safety.

~~d~~ Know the rules of bike safety.

10. FAMILY FUN (Page 88)

Do requirement a and do TWO of ~~these five~~ requirements 10b through 10g:

Complete the Character Connection for Cooperation.

Know. Discuss these questions with your family: What is "cooperation"? Why do people need to cooperate when they are doing things together? Name some ways that you can be helpful and cooperate with others.

Commit. Discuss with your family what makes it hard to cooperate. How do listening, sharing, and persuading help us cooperate?

Practice. Practice being cooperative while doing the requirements for "Family Fun."

- ✚ Make a game like one of these. Play it with your family.  
(Eagle Golf, Beanbag Archery.)
- ✚ Plan a walk. Go to a park or a wooded area, or visit a zoo or museum with your family.
- ✚ Read a book or *Boys' Life* magazine with your family. Take turns reading aloud.
- ✚ Decide with Akela. what you will watch on television or listen to on the radio.
- ✚ Attend a concert, a play, or other live program with your family.

Have a family Board Game night at home with members of your family.

## 11. DUTY TO GOD (Page 94 ~~92~~)

Complete the Character Connection for Faith

Know. What is "faith"? With your family, discuss some people who have shown their faith - who have shown an inner strength based on their trust in a higher power or cause. Discuss the good qualities of these people.

Commit. Discuss these questions with your family: What problems did these faithful people overcome to follow or practice their beliefs? What challenges might you face in doing your duty to God? Who can help you with these challenges?

Practice. Practice your faith while doing the requirements for "Duty to God."

- ✚ Talk with your family folks about what they believe is their duty to God.
- ✚ Give two some ideas on how you can practice or demonstrate your religious beliefs. Choose one and do it.
- ✚ Find out how you can help your church, synagogue, mosque, temple, or religious fellowship.

## 12. MAKING CHOICES (Page 100 ~~96~~)

Do requirement a and do FOUR of these nine requirements 12b through 12k: Complete the Character Connection for Courage.

Know. Discuss with your family what "courage" is. Review the requirements and discuss how you might need courage in each one to do what is right.

Commit. Give some examples of when it is hard to do the right thing. Discuss with your family times that it might take courage to be honest and kind. Tell about a time in your life when you needed to be brave and courageous to do the right thing.

Practice. Practice learning about courage while doing the requirements for "Making Choices." With family members, act out the choices you would make for some of the requirements.

- ✚ 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?
- ✚ Lee Mel is home alone. The phone rings. When Lee Mel answers, a stranger asks if Lee's Mel's mother is home. She is not. Lee Mel is alone. What would you do if you were Lee Mel?
- ✚ 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?
- ✚ 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?

⚡ 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?

⚡ 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?

⚡ 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?

⚡ 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?

⚡ 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?

Paul and his little sister are playing outdoors. A very friendly, elderly woman stops and watches the children for a while. Paul doesn't know the woman. She starts to talk to them and offers to take Paul's little sister on a walk around the block. What would you do?



## Wolf Electives



### (ARROW POINT TRAIL)

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AFTER a Wolf Cub Scout earns his Wolf Badge he may begin earning Arrow Points in the Electives section of his book.

He may work on his "Arrow Point Trail" at any time, however he cannot receive Arrow Points until AFTER he has earned the Wolf Badge.

#### GOLD ARROW POINT:

For the FIRST 10 arrow points completed in the "Electives" section of his book, the Wolf Cub earns his GOLD ARROW POINT.

#### SILVER ARROW POINTS:

For EACH 10 arrow points completed (AFTER HE EARNS THE GOLD ARROW POINT) the Wolf Cub earns a SILVER ARROW POINT.

He may earn any number of SILVER ARROW POINTS, but he may only earn ONE GOLD ARROW POINT for the first 10 elective points that he completes.

The possible electives are as follows:

1. **IT'S A SECRET** (Page ~~104~~ **110**)
  - a. Use a secret code.
  - b. Write to a friend in invisible "ink"
  - c. "Write" your name using American Sign Language *with the alphabet that deaf people use.* People who are deaf use this language.
  - d. Use 12 ~~Native~~ American Indian signs to tell a story.
2. **BE AN ACTOR** (Page ~~112~~ **118**)
  - a. Help to plan and put on a skit with costumes.
  - b. Make some scenery for a skit.
  - c. Make sound effects for a skit.
  - d. Be the announcer for a skit.
  - e. Make a paper sack mask for a skit.
3. **MAKE IT YOURSELF** (Page ~~118~~ **124**)
  - a. Make something useful for your home or school.  
Start with a recipe card holder.
  - b. ~~Make a ruler and measure~~ Use the ruler on this page (125) to see how far you can stretch your hand.
  - c. Make and use a bench fork.
  - d. Make a door stop.
  - e. Or make something else.

4. **PLAY A GAME** (Page ~~122~~ 128)
  - a. Play Pie-tin Washer Toss.
  - b. Play Marble Sharpshooter.
  - c. Play Ring Toss.
  - d. Play Beanbag Toss.
  - e. Play a game of marbles.
  - f. Play a wide-area or large group game with your den or pack.
  
5. **SPARE TIME FUN** (Page ~~126~~ 132)
  - a. Explain safety rules for kite flying.
  - b. Make and fly a paper bag kite.
  - c. ~~OR~~ Make and fly a two-stick kite.
  - d. ~~OR~~ Make and fly a three-stick kite.
  - e. Make and use a reel for kite string.
  - f. Make a model boat with a rubber-band propeller.
  - g. , h, i. Make or put together some kind of model boat, airplane, train, or car.
  
6. **BOOKS, BOOKS, BOOKS** (Page ~~136~~ 142)
  - a. Visit a bookstore or go to a public library with an adult ~~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).
  - 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.
  - 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.
  
7. **FOOT POWER** (Page ~~140~~ 146)
  - a. Learn to walk on a pair of stilts.
  - b. Make a pair of "puddle jumpers" and walk with them.
  - c. Make a pair of "foot racers" and use them with a friend.
  
8. **MACHINE POWER** (Page ~~142~~ 148)
  - a. Name 10 kinds of trucks, construction machinery, or farm machinery and tell what each is used for.
  - b. Help an adult do a job using ~~Use~~ a wheel and axle.
  - c. Show how to use ~~Use~~ a pulley.
  - d. Make and use a windlass.
  
9. **LET'S HAVE A PARTY** (Page ~~146~~ 152)
  - a. Help with a home or den party.
  - b. , c. Make a gift or toy like one of these and give it to someone.  
(examples shown in book)
  
10. ~~NATIVE~~ **AMERICAN INDIAN LORE** (Page ~~148~~ 154)
  - a. Read a book or tell a story about American Indians ~~Native Americans~~, past or present.
  - b. Make a musical instrument American Indians used ~~by Native Americans~~.
  - c. Make traditional American Indian clothing.
  - d. Make a traditional item or instrument that American Indians used to make their lives easier ~~tool~~.
  - e. Make a model of a traditional American Indian house.
  - f. Learn 12 American Indian word pictures and write a story with them.

11. **SING-ALONG** (Page ~~157~~ 162)

- a. Learn and sing the first and last verses of "America."
- b. Learn and sing the first verse of our national anthem.
- c. Learn the words and sing three Cub Scout songs.
- d. Learn the words and sing the first verse of three other songs, hymns, or prayers. ~~On a piece of paper, write~~ Write the verse of one of the songs you learned in the space below (on page 166).
- e. Learn and sing a song that would be sung as a grace before meals. Write the words ~~on a piece of paper~~ in the space below (on page 166).
- f. Sing a song with your den at a pack meeting.

12. **BE AN ARTIST** (Page ~~162~~ 168)

- a. Make a freehand sketch of a person place, or thing.
- b. Tell a story in three steps by drawing three cartoons.
- c. Mix yellow and blue paints, ~~to make green;~~ mix yellow and red, ~~to make orange;~~ and mix red and blue ~~to make violet.~~ Tell what color you get from each mixture.
- d. Help draw, paint, or color ~~crayon~~ some scenery for a skit, play, or puppet show.
- e. Make a stencil pattern.
- f. Make a poster for a Cub Scout project or a pack meeting.

13. **BIRDS** (Page ~~168~~ 174)

This elective is also part of the World Conservation Award. (World Conservation Award.)

- 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).
- b. Put out nesting material (short pieces of yarn and string) for birds and tell which birds might use it.
- c. Read a book about birds.
- d. Point out 10 different kinds of birds (5 may be from pictures).
- e. Feed wild birds and tell which birds you fed.
- f. Put out a birdhouse and tell which birds use it.

14. **PETS** (Page ~~172~~ 178)

- a. Take care of a pet.
- b. Know what to do when you meet a strange dog.
- c. Read a book about a pet and tell about it at a den meeting.
- 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.

15. **GROW SOMETHING** (Page ~~178~~ 184)

This elective is also part of the Cub Scout World Conservation Award (<http://www.usscouts.org/advance/cubscout/worldcons.html>)

- a. Plant and raise a box garden.
- b. Plant and raise a flower bed.
- c. Grow a plant indoors.
- d. Plant and raise vegetables.
- e. Visit a botanical garden or other agricultural exhibition in your area.

16. **FAMILY ALERT** (Page ~~182~~ 188)

- a. Talk with your family about what you will do in an emergency.
- 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.
- c. Make a list of your first aid supplies, or make a first aid kit. Know where the first aid things are kept.

17. TIE IT RIGHT (Page ~~184~~ 190)

- a. Learn to tie an overhand knot and a square knot.
- b. Tie your shoelaces with a square bow knot.
- c. Wrap and tie a package so that it is neat and tight.
- d. Tie a stack of newspapers the right way.
- e. Tie two cords together with an overhand knot.
- f. Learn to tie a necktie.
- g. Wrap the end of a rope with tape to keep it from unwinding.

18. OUTDOOR ADVENTURE (Page ~~190~~ 196)

- a. Help plan and hold a picnic with your family or den.
- b. With an adult ~~a parent~~, help plan and run a family or den outing.
- c. Help plan and lay out a treasure hunt something like this.  
(Example map shown in book.)
- d. Help plan and lay out an obstacle race.  
Use this idea or make up your own.  
(Example list shown in book.)
- e. Help plan and lay out an adventure trail.
- f. Take part in two summertime pack events with your den.
- g. Point out poisonous plants. Tell what to do if you accidentally touch one of them.

19. FISHING (Page ~~194~~ 200)

This elective is also part of the Cub Scout World Conservation Award (<http://www.ussscouts.org/advance/cubscout/worldcons.html>)

- a. ~~Point out~~ Identify five different kinds of fish.
- b. Rig a pole with the right kind of line and hook. Attach a bobber and sinker, if you need them. Then go fishing.
- c. Fish with members of your family or an adult ~~a grown-up~~. Bait your hook and do your best to catch a fish.
- d. Know the rules of safe fishing.
- e. Tell about some of the fishing laws where you live.
- f. Show how to use a rod and reel.

20. SPORTS (Page ~~198~~ 204)

- a. Play a game of tennis, table tennis, or badminton.
- b. Know boating safety rules.
- c. Earn the Cub Scouting shooting sports Archery belt loop.  
~~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.~~
- 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.
- 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.
- 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.
- g. Go bowling.
- h. Show how to make a sprint start in track. See how far you can run in 10 seconds. ~~Run 45 meters in 11 seconds or less.~~
- i. Do a standing long jump. Jump as far as you can.
- j. ~~+~~ Play a game of ~~touch-or~~ flag football.
- k. ~~+~~ Show how to dribble and kick a soccer ball. Take part in a game.
- l. ~~+~~ Play a game of baseball or softball.
- m. ~~+~~ Show how to shoot, pass, and dribble a basketball. Take part in a game.
- n. Earn the Cub Scouting shooting sports BB-gun shooting belt loop.
- o. With your den, participate in four outdoor physical fitness-related activities.

21. COMPUTERS (Page ~~210~~ 216)

- a. Visit a business place where computers are used. Find out what the computers ~~they~~ do.
- b. Explain what a computer program does. Use a program to write a report for school, to write a letter, or for something else.
- c. Tell what a computer mouse is. Describe how a CD-ROM is used.

22. **SAY IT RIGHT** (Page ~~212~~ 218)

- a. Say "hello" in a language other than English.  
(Examples given in book.)
- b. Count to ten in a language other than English.
- c. Tell a short story to your den, your den leader, or **an adult** ~~a grown-up~~.
- d. Tell how to get to a nearby fire station or police station from your home, your den meeting **place**, and school. Use directions and street names.
- e. Invite a boy to join Cub Scouting or help a new Cub Scout through the Bobcat trail.

23. **LET'S GO CAMPING** (Page 222)

- a. Participate with your pack on an overnight campout.
- b. Explain the basics of how to take care of yourself in the outdoors.
- c. Tell what to do if you get lost.
- d. Explain the buddy system.
- e. Attend day camp in your area.
- f. Attend resident camp in your area.
- g. Participate with your den at a campfire in front of your pack.
- h. With your den or pack or family, participate in a worship service outdoors.

## THE WOLF TRAIL

This is a big adventure for a boy, one the Boy Scouts of America hopes all boys will complete. The Bobcat trail has only seven tracks; the Wolf's trail is much longer than the Bobcat's.

Details regarding the completion of the achievements (are listed below) and associated [electives](#) can also be found in the BSA Wolf Cub Scout Book (No. 33106, 1998.)

To earn the [Cub Scout World Conservation Award](#) requires mandate participation in a Den or Pack conservation project and completion of the following:

[Achievement 7](#) - "Your living World" and all of the [elective projects in 2](#) of the following:

Elective 13 - "Birds"

Elective 15 - "Grow something"

Elective 19 - "Fishing"

When a boy's parent has okayed the tracks your boy has filled in for all twelve achievements in his Wolf handbook, he may become a Wolf Cub Scout. The Progress Towards Ranks badge is available as an incentive during the Wolf program to encourage a Cub on his achievement work. How quickly a boy progresses is up to him and you. He should do his best to complete each track, that's part of the promise he made to become a Bobcat and it is the Cub Scout Motto - DO YOUR BEST. Don't okay a track if you both know he can do a better job. Go on to something else, then come back to the problem track. The important thing is to keep him interested.

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### Badge Requirements

As with all Cub Scout ranks, you must first earn the [Bobcat Badge](#) to be eligible to work for this award.

1. FEATS OF SKILL - Do each of 'a' through 'e' and one of 'f' through 'k':

a. \_\_\_\_ Play catch with someone 10 steps away. Play until you can throw and catch.

b. \_\_\_\_ Walk a line back and forth. Do it sideways too.

Then

walk the edge of a board six steps each way.

c. \_\_\_\_ Do a front roll.

d. \_\_\_\_ Do a back roll.

e. \_\_\_\_ Do a falling forward roll.

f. \_\_\_\_ See how high you can jump.

g. \_\_\_\_ Do the elephant walk, frog leap, and crab walk.

h. \_\_\_\_ Swim as far as you can walk in 15 steps.

i. \_\_\_\_ Using a basketball or playground ball do a baseball

pass, chest pass. or bounce pass.

7. YOUR LIVING WORLD - Do the following:

a. \_\_\_\_ Land, air, and water can get dirty. On a sheet of paper

list the ways this can happen. (New for 1998)

b. \_\_\_\_ It takes a lot of energy to make glass, cans, and paper

products. You can help save energy by collecting these things 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. (New for 1998)

c. \_\_\_\_ With a grown-up, pick up litter in your neighborhood.

Wear gloves to protect your hands from glass and other sharp objects. (New for 1998)

d. \_\_\_\_ With a grown-up, find three stories that tell how people

are protecting our world. Read and discuss them together. (Revised for 1998)

<p>j.____ Do a frog stand.</p> <p>k.____ Run or jog for 10 minutes OR jog in place for 5 minutes.</p>	<p>e.____ Besides recycling, there are other ways to conserve energy. List three ways you can save energy, and do them. (Revised for 1998)</p>
<p><b>2.YOUR FLAG - Do the following:</b></p> <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. See the Wolf Cub Handbook for some ideas.</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 your it. (Revised for 1998)</p> <p>e.____ With the help of another person, fold the flag.</p>	<p><b>8.COOKING AND EATING - Do the following:</b></p> <p>a.____ Study the Food Guide Pyramid. Name some foods from the Food Guide Pyramid from each food group. (Revised for 1998)</p> <p>b.____ Plan the meals that you and your family should have for one day. List things your family should have from the food groups in the Food Guide Pyramid. At each meal, you should have foods from at least three food groups. (Revised for 1998)</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.____ Help to plan, prepare, and cook an outdoor meal.</p>
<p><b>3.KEEP YOUR BODY HEALTHY - Do the following:</b></p> <p>a.____ Show that you know and follow the seven rules of health.</p> <p>b.____ Tell four ways to stop the spread of a cold. (Revised for 1998)</p> <p>c.____ Show what to do for a small cut on your finger.</p>	<p><b>9.BE SAFE AT HOME AND ON THE STREET - Do the following:</b></p> <p>a.____ WITH A GROWN-UP, check your home for things that may 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>
<p><b>4.KNOW YOUR HOME AND COMMUNITY - Do the following:</b></p> <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.____ If someone calls on the phone.</p> <p>d.____ When I leave our home I will _____.</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>	<p><b>10.FAMILY FUN - Do the following:</b></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 wooded area, 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.A____ ttend a concert, a play, or other live program with</p>

	your family.
<p>5. TOOLS FOR FIXING AND BUILDING - <b>Do the following:</b></p> <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 pair of bookends, or something else useful. (Revised for 1998)</p>	<p>11. DUTY TO GOD - <b>Do the following:</b></p> <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. (Revised for 1998)</p> <p>c. ____ Find out how you can help your church, synagogue, or religious fellowship.</p>
<p>6. START A COLLECTION - <b>Do the following:</b></p> <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>	<p>12. MAKING CHOICES - <b>Do ANY FOUR of these nine requirements:</b></p> <p>a. ____ There is an older boy who hangs around Jason's school. He tries to give pills 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? (New for 1998)</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? (Revised for 1998)</p> <p>g. ____ Sam is home alone. He looks out the window and sees a man trying to break into a neighbor's back</p>

door. What would you do if you were Sam?

h.\_\_\_\_\_ Mr. Palmer is blind. He has a guide dog. One day as

he is crossing the street, some kids whistle to call the dog. They want you and your friends to call the dog too. What would you do? (New for 1998)

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?