

Wolf Requirements Summary

Parents: Requirements that you need to do with your son at home are marked with a “*”

1. Feats of Skill (do *a* through *e*, and one of *f* through *l*)

- a. Play catch
- b. Walk a line, walk on edge of a board
- c. Front roll
- d. Back roll
- e. Falling front roll
- f. See how high you can jump
- g. Elephant walk, frog leap and crab walk
- h. Swim 25 ft.
- i. Tread water for 15 seconds
- j. Do a chest pass, bounce pass and overhand pass
- k. Do a frog stand
- l. Run or jog in place for 5 minutes

2. Your Flag

- a. Give the Pledge of Allegiance and tell what it means
- b. Lead a flag ceremony
- c. Tell how to respect and take care of the flag. Show three ways to display it.
- d. Learn about your state flag.
- e. Learn how to raise the flag in an outdoor ceremony.
- f. Take part in an outdoor flag ceremony
- g. Fold the flag

3. Keep Your Body Healthy

- *a. Make a chart and keep track of your health habits for two weeks
- b. Tell four ways to stop the spread of colds
- c. Show what to do for a small cut on your finger

4. Know Your Home and Community

- *a. Make a list of emergency phone numbers, post copy by each phone
- b. Tell what to do if someone comes to the door and wants to come in
- c. Tell what to do if someone calls on the phone
- d. When you and your family leave home remember to ...
- e. Talk with your family about household jobs, pick some and do them for a month
- *f. Visit an important place with your family, explain why it is important

5. Tools for Fixing and Building

- a. Point out and name seven tools, tell what each does
- b. Show how to use pliers
- c. Identify Phillips head and standard screw, use right tools to drive and remove from board
- d. Show how to use a hammer
- e. Make something useful

6. Start a Collection

- a. Complete Positive Attitude Character Connection
- b. Make a collection of 10 things, put them together in a neat way
- c. Show and explain your collection to another person

7. Your Living World

- a. Complete Character Connection for Respect
- b. Discuss how land, air and water can get dirty
- c. Learn about recycling in your area
- d. Pick up litter in your neighborhood
- *e. Read and discuss with an adult three stories about how people are protecting the world
- *f. Besides recycling, list three ways to save energy and do them

8. Cooking and Eating

- a. Study Food Guide Pyramid, name some foods in each group
- b. Plan three meals
- *c. Help fix one meal for your family
- *d. Fix your own breakfast and clean up
- *e. Help plan, prepare and cook an outdoor meal

9. Be Safe at Home and on the Street

- a. Complete Character Connection for Responsibility
- *b. With an adult check home for hazards
- *c. With an adult check home for danger from fire
- d. Practice good rules of street and road safety
- e. Know the rules of bike safety

10 Family Fun (do *a* and two of *b* through *g*)

- a. Complete Character Connection for Cooperation
- *b. Make a game and play it with your family
- *c. Plan a walk with your family
- *d. Read a book or magazine article with your family
- *e. Talk with Akela about what to watch on TV or listen to on the radio
- *f. Attend a concert, play or other program with your family
- *g. Have a family board game night at home with your family

11. Duty to God

- *a. Complete the Character Connection for Faith
- *b. Talk with your family about what they believe is their duty to God
- *c. Give two ideas on how you can practice or demonstrate your religious belief, do one
- *d. Find out how you can help your place of worship

12. Making Choices (do *a* and four of *b* through *k*)

- *a. Complete the Character Connection for Courage
- *b through k are different scenarios for you to discuss with your son.