



Paws of Skill

Wolf Adventure Workbook



No one may add or subtract from the official requirements found in the *Cub Scout Wolf Handbook*
Requirements were revised in December 2016. This workbook was updated in October, 2018..

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Please submit errors, omissions, comments or suggestions about this **checklist** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** should be sent to: Advancement.Team@Scouting.Org

Cub Scout's Name: _____ Pack No. : _____

Source for requirements: Cub Scout Wolf Handbook (#34752 - SKU 646428)

This adventure is an elective adventure which can be used to earn the Wolf Badge.

Complete at least Requirements 1-4. Requirements 5-7 are optional.

1. Talk with your family or den about what it means to be physically fit.

- Share ideas of what you can do to stay in shape.

2. With your family or den, talk about why it is important to stretch before and after exercising.

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Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action.

3. Select at least two physical fitness skills and practice them daily for two weeks.

Skill 1: _____

Skill 2: _____

See if you can improve during that time.

Did you improve? _____

4. With your family or your den, talk about what it means to be a member of a team.

Working together, make a list of team sports, and talk about how the team works together to be successful.

Choose one and play for 30 minutes. _____

5. With your den, develop an obstacle course that involves five different movements.

Run the course two times and see if your time improves.

Time for the 1st run through the course: _____

Time for the 2nd run through the course: _____

Did you improve? _____

- 6. With your den, talk about sportsmanship and what it means to be a good sport while playing a game or a sport.

- Share with your den how you were a good sport or demonstrated good sportsmanship in requirement 4.

- 7. Visit a sporting event with your family or your den.

What was the event? _____

Look for ways the team works together.

- Share your visit with your den.

When working on Cub Scout Advancements and awards, Cub Scouts, their parents, and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from <http://usscouts.org/advance/docs/GTA-Excerpts-Cub.pdf>. You can download a complete copy of the *Guide to Advancement* .from <http://www.scouting.org/filestore/pdf/33088.pdf>.