



Running With the Pack

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..

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

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 required to earn the Wolf Badge.

Complete the following Requirements.

☐ 1. Play catch with someone in your den or family who is standing 5 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 ability.

Were you able to improve? _____.

☐ 2. Practice balancing as you walk forward, backward, and sideways.

☐ Forward

☐ Backward

☐ Sideways

☐ 3. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.

☐ Front Roll

☐ Back Roll

☐ Frog Stand

☐ 4. Play a sport or game with your den or family, and show good sportsmanship.

What game or sport did you play? _____

☐ and show good sportsmanship.

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☐ 5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.

☐ Frog Leap

☐ Kangaroo Hop

☐ Inchworm Walk

☐ 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.

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>.