

WOLF SCOUT ACHIEVEMENTS

1 FEATS OF SKILL

- 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.
- Do one of the following (f, g, h, i, j, k, or l):
- f. See how high you can jump.
 - g. Do the elephant walk, frog leap, and crab walk.
 - h. Using a basic swim stroke, swim 25 feet.
 - i. Tread water for 15 seconds or as long as you can. Do your best.
 - j. Using a basketball or playground ball, do a Chest pass, Bounce pass, 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 to the flag of the United States of America. Tell what it means.
- b. Lead a flag ceremony in your den.
- c. Tell how to respect and take care of the U.S. flag. Show three ways to display the flag.
- d. Learn about the flag of your state or territory and how to display it.
- e. Learn how to raise a U.S. flag properly for an outdoor ceremony
- f. Participate in an outdoor flag ceremony.
- g. With the help of another person, fold the U.S. 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 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.
- 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 ... List given in Book.
- e. Talk with your family members. Agree on the household jobs you will be responsible for. Make a list of your jobs and mark off when you have finished them. Do this for one month.
- f. 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

- a. Point out and name seven tools. Do this at home, or go to a hardware store with an adult. Tell what each tool does.
- b. Show how to use pliers.
- c. Identify a Philips head and a standard screw. Then use the right tool to drive and then remove one from a board.
- d. Show how to use a hammer.
- e. Make a birdhouse, a set of bookends, or something else useful.

6 START A COLLECTION

- a. 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."
- b. Make a collection of anything you like. Start with 10 things. Put them together in a neat way.
- c. Show and explain your collection to another person.

7 YOUR LIVING WORLD

- a. 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."
- b. Land, air and water can get dirty. Discuss with your family ways this can happen.
- c. 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. Find out what items you can recycle.
- d. With an adult, pick up litter in your neighborhood. Wear gloves to protect your hands against germs and cuts from sharp objects.
- e. With an adult, find three stories that tell how people are protecting our world. Read and discuss them together.
- f. Besides recycling, there are other ways to save energy. List three ways you can save energy, and do them.

8 COOKING AND EATING

- a. Study the Food Guide Pyramid. Name some foods from each of the food groups shown in the pyramid.
- 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.
- c. Help fix at least one meal for your family. Help set the table, cook the food, and wash the dishes.
- d. Fix your own breakfast. Wash and put away the dishes.
- e. With an adult, help to plan, prepare, and cook an outdoor meal.

9 BE SAFE AT HOME AND ON THE STREET

- a. 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."
- b. WITH AN ADULT, check your home for hazards and know how to make your home safe.
- c. WITH AN ADULT, check your 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 requirement a and do TWO of requirements 10b through 10g:

- a. 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."
- b. Make a game like one of these. Play it with your family. (Eagle Golf, Beanbag Archery.)
- c. Plan a walk. Go to a park or a wooded area, or visit a zoo or museum with your family.
- d. Read a book or Boys' Life magazine with your family. Take turns reading aloud.
- e. Decide with Akela what you will watch on television or listen to on the radio.
- f. Attend a concert, a play, or other live program with your family.
- g. Have a family Board Game night at home with members of your family.

11 DUTY TO GOD

- a. 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."
- 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 beliefs. Choose one and do it.
- d. Find out how you can help your church, synagogue, mosque, temple, or religious fellowship.

12 MAKING CHOICES

Do requirement a and do FOUR of requirements 12b through 12k:

- a. 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.
- b. 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?
- c. Lee is home alone. The phone rings. When Lee answers, a stranger asks if Lee's mother is home. She is not. Lee is alone. What would you do if you were Lee?
- d. 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?
- e. 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?
- f. 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?
- g. 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?
- h. 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?
- i. 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?
- j. 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?
- k. 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?