

Wolf Rank

Running with the Pack

Included in the Box:

- Laminated Requirements
- Flag Football Set
 - 5 red
 - 5 blue
 - Cones
 - Football (deflated)
- 4 small balls
- Painters Tape
- Soccer ball (deflated) with pump

Items to be Returned with the Box:

- Laminated Requirements
- Flag Football Set
 - 5 red
 - 5 blue
 - Cones
 - Football (deflated)
- 4 small balls
- Painters Tape
- Soccer ball (deflated) with pump

Requirements:

Complete the following requirements.

1. Play catch with someone in your den who is standing 5 steps away. Play until you can throw and catch successfully at this distance. Then take a step back and see if you can improve your throwing and catching skills.
2. Practice balancing as you walk forward backward and sideways (use the painters tape to make 6ft long straight lines on the floor of your space)
3. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.
4. Play a sport or game with your den or family, and show good sportsmanship.
5. Do at least 2 of the following: frog leap, inchworm walk, hangaroo hop, or crab walk.
6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal with your den or family. Make a shopping list of the food used to prepare the meal. (you do not need to actually purchase the items or prepare the meal)

Wolf Rank

Cubs Who Care

Included in the Box:

- Laminated Requirements
- 4 Sets of Oven Mitts
- 2 Decks of Cards
- 10 Disposable forks
- 1 Checkers set
- 4 Bottles of Bubbles
- 6 Blindfolds
- Plain Paper
- Crayons
- Laminated ASL Alphabet Sheet

Items to be Returned with the Box:

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- 4 Sets of Oven Mitts
- 2 Decks of Cards
- 1 Checkers set
- 4 Bottles of Bubbles
- 6 Blindfolds
- Crayons
- Laminated ASL Alphabet Sheet

Items You Keep:

- Disposable forks
- Plain white paper

Requirements:

Complete at least four of the following requirements.

1. With your den, try using a wheelchair or crutches, and reflect on the process.
2. Learn about a sport that has been adapted so that people in wheelchairs or with some other physical disability can play, and tell your den about it.
3. Learn about “invisible” disabilities. Take part in an activity that develops an understanding of invisible disabilities.
4. With your den, try doing three of the following things while wearing gloves or mittens.
 - a. Tying your shoes
 - b. Using a fork to pick up food
 - c. Playing a card game
 - d. Playing a video game
 - e. Playing checkers or another board game
 - f. Blowing bubbles
5. Draw or paint a picture two different ways: draw or paint it once the way you usually would and then again while using a blindfold. Discuss with your den the ways the process was different.
6. Use American Sign Language to communicate either a simple sentence or at least four points of the scout law.

7. Learn about someone famous who has or had a disability and share the person's story with your den or family.
8. Attend an event where people with disabilities are participants or where accommodations for people with disabilities are made a part of the event.

Wolf Rank Germs Alive

Included in the Box:

- Laminated Requirements
- Laminated page of Songs to Wash Your Hands To
- 2 Containers of Glitter
- Plain White Paper
- 10 Balloons
- Bag of Paper Confetti
- 10 Plastic Ziplock Bags
- Tarp with Painted Bullseye
- Tape Measure
- 2 Pins
- Borax Soap
- White Glue
- Set of Food Coloring
- 20 Disposable Bowls
- 10 Plastic Spoons
- 4 Tablespoon and Teaspoon Measuring spoons
- Take Home Chore Charts

Items to be Returned with the Box:

- Laminated Requirements
- Laminated page of Songs to Wash Your Hands To
- Leftover Glitter
- Unused Plain White Paper
- Leftover Paper Confetti
- Tarp with Painted Bullseye
- Tape Measure
- 2 Pins
- Leftover Borax Soap
- Leftover White Glue
- Set of Food Coloring
- 4 Tablespoon and Teaspoon Measuring spoons

Items You Keep:

- Used paper
- Chore Charts
- Ziplock bags (to take home fake mucus)
- Fake mucus
- Disposable bowls and spoons

Requirements:

Complete at least five of the following requirements.

1. Wash your hands while singing a song from the included chart.
2. Play Germ Magnet with your den. Wash your hands afterward!
3. Conduct the sneeze demonstration.
4. Conduct the mucus demonstration with your den.

5. Grow a mold culture. At a den or pack meeting, show what formed.
6. Make a clean room chart, and do your chores for at least one week.

Germ Magnet Instructions

1. Wash your hands, and form a circle with the group.
2. Have an adult put a pinch of bright colored glitter into one person's hand in the circle. Have that person shake hands with the next person. Do NOT touch your face or eyes with glitter on your hands!
3. Pass the handshake around the circle and see how far the "germs" (glitter) go. You can also add a second color to show how different "germs" can build up.
4. Wash your hands after the game. Be sure to clean up all of the glitter with a vacuum cleaner or a broom and dustpan!

What did you learn about how germs are passed by hand contact? Did it help you understand why an important part of the Scout Law we live by is "A Scout is clean"?

Sneeze Demonstration Instructions

1. Roll a sheet of paper to make a funnel.
2. Insert the small end of the funnel into the balloon,
3. Pour a couple of tablespoons of paper confetti into the balloon.
4. Blow up the balloon to its full size and tie it.
5. Place the tarp on the ground (bullseye up).
6. Place the balloon in the center ring of the bullseye. Guess how far you think the "sneeze" will spread the "germs." Have the other members of the den move several feet away from the balloon.
7. On the count of three, yell, "ACHOO!" Pop the balloon.

How far did the confetti spread? Measure the distance the "sneeze" traveled with a tape measure. How did your guess compare to the results? How easy or hard would it be to catch a cold or other illness from a single sneeze?

Fake Mucus Recipe

1. Give each scout 2 disposable bowls:
 - a. Bowl One - 2 tablespoons of Borax Soap and 2 cups of warm water
 - b. Bowl Two - 2 teaspoons of white glue and 3 teaspoons of warm water
2. Dissolve borax into the warm water in Container One.
3. Dissolve glue into the warm water in Container Two.
4. Add a few drops of food coloring into the glue mix of Container 2.
5. Add 1 to 2 teaspoons of the borax mixture to the glue mixture. Begin stirring, and watch as the mixture starts to form into "slime."

Play with your mucus for a few minutes and then to test how mucus in your nose works: take a small pinch of glitter and place it on your palm and gently blow it over your fake mucus. Did you notice how it stuck onto the surface? This is how the mucus in your nasal membrane inside your nose filters stuff.