



WOW WEEKEND ADVANCEMENTS

Webelos/AOL WOW Activity Adventure Report

Core Adventures Webelos

- Attend the First Aid Shenanigans class, tell what first aid is during this class, learn and show what to do for hurry cases of first aid, show how to help a choking victim, show how to treat shock, demonstrate how to treat 5 things (Cuts/Scratches, Burns/Scalds, Sunburn, Blisters, Tick Bites, Insect Bites/Stings, Venomous Snake Bites, Nosebleed or Frost Bite), put together a simple first aid kit to bring to WOW, have your cub plan an emergency readiness plan for your time at WOW, practice this emergency plan while at WOW.
(First Responder 1, 2, 3, 4 5, 6,7)
- Before playing field games have your cub explain why they should warm up and cool down before these activities, have them record their results doing a 20 yard dash, vertical jump, lifting 5 pound weight, push-ups, jumping rope, try a new field game they have never played, help younger cubs play the field games.
(Stronger, Faster, Higher 1,2,4,6)
- Take a 3 mile hike, have your cub plan for this (what to bring, wear, snacks, weather, etc.), execute that plan at WOW, bring their home-made first aid kit on the hike, identify any poisonous plants and dangerous animals and insects you might encounter on your hike, have your cub explain what to do if there is bad weather (rain, thunderstorm, fire) on your hike, plan and bring a nutritious snack, if your cub hikes the 5 mile trail with other cubs, have them take turns with the other cubs being the trail leader, first aid leader, and the snack leader.
(Webelos Walkabout 1, 2, 3,4, 5, 6)

CUB NAME: _____ PACK NUMBER: _____

PARENT SIGN-OFF OF COMPLETION: _____



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Elective Adventures

- At the Fun-Guy class make a mold plate artwork, at the fishing dock draw one of the fish you would find in Lake Talquin, at the next Den meeting show your mold plate artwork after the culture grows after at least a week.
(Art Explosion 3)
- If time permits at the First Aid Shenanigans ask to try one of the relays blindfolded to experience what a visually impaired person would experience, if time allows ask to use the crutches to try a relay to learn about mobility impairment, discuss about differences people have and how in Scouts we accept everyone)
(Aware and Care 1, 2, 3)
- Find four wild creatures (an amphibian, arachnid, insect, reptile, bird, or other wild animal) at Wallwood, observe them and their behavior, discuss how humans can effect the ecosystem at Wallwood, discuss what you can do while at Wallwood to protect the ecosystem balance, at the Boat Dock discuss how the lake aquatic system is important to the area, what role does the lake play for nature and people, discuss three ways you can help protect the lake.
(Into the Wild 5, 6, 7, 8)
- Identify two different trees on your hike, describe the parts of the trees, name four common trees that you find at Wallwood on your hike, on your hike find four plants that animals use for food and figure out the plants name, discuss what items in your home is made from wood and see if you can spot the trees they are made from, discuss what the rings of a tree trunk mean and what measuring them tells you, discuss the different bark you see on trees and what the bark does for the tree, talk with a Scouting Adult about the importance of the trees at Wallwood.
(Into the Woods 1, 2, 3, 5, 6, 7)
- Participate in two games at the field games area, explain what good sportsmanship is in these games, role play good sportsmanship for a younger cub, share with a cub when you saw someone having good sportsmanship, discuss and demonstrate signals used for football, basketball, baseball, soccer, or hockey.
(Sports 1, 2, 3)



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Core Adventures Arrow of Light

- Attend the Flag Ceremony at the start or end of WOW, explain how the flag is properly displayed, volunteer to be on the color guard, discuss how to be loyal to your country, discuss what are rights and duties of citizens, discuss the term "rule of law" and what it means, discuss why it is important to turn off the lights to save energy and look for lights left on in building and turn them off.

(Building a Better World 1, 2, 3, 6-E)

- Before playing field games have your cub explain why they should warm up and cool down before these activities, have them record their results doing a 20 yard dash, vertical jump, lifting 5 pound weight, push-ups, jumping rope, try a new field game they have never played, help younger cubs play the field games.

(Stronger, Faster, Higher 1,2,4,6)

- Take a 3 mile hike, have your cub plan for this (what to bring, wear, snacks, weather, etc.), execute that plan at WOW, bring their home-made first aid kit on the hike, identify any poisonous plants and dangerous animals and insects you might encounter on your hike, have your cub explain what to do if there is bad weather (rain, thunderstorm, fire) on your hike, find a Boy Scout Troop Scout and have them show how to tie a bowline knot, have your cub learn from the troop scout when, where and why the bowline knot is used, have your cub teach the bowline to another cub when they have mastered it, and have your scout recite from memory the Outdoor Code and Leave No Trace Principles.

(Outdoor Adventurer Option B 1, 2, 3, 4)

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(Sports 1, 2, 3)