

Wolf Achievements

1. Feats of skill (Do a-e and choose 1 of f-l)

- a) ___ ___ Play catch
- b) ___ ___ Walk a line
- c) ___ ___ Do a front roll
- d) ___ ___ Do a back roll
- e) ___ ___ Do a falling forward roll
- f) ___ ___ See how high you can jump
- g) ___ ___ Do an animal walk
- h) ___ ___ Swim 25 feet with a basic swim stroke
- i) ___ ___ Tread water for at least 15 seconds
- j) ___ ___ Do basketball passes
- k) ___ ___ Do a frog stand
- l) ___ ___ Run or jog in place for 5 minutes

2. Your flag (Do all a-g)

- a) ___ ___ Give pledge and what it means
- b) ___ ___ Lead a flag ceremony in den
- c) ___ ___ Tell how to respect, care and display the flag
- d) ___ ___ Learn about state flag and how to display it
- e) ___ ___ Learn how to raise U.S. flag outside
- f) ___ ___ Participate in an outdoor flag ceremony
- g) ___ ___ With another person fold a U.S. flag

3. Keep your body healthy (Do all a-c)

- a) ___ ___ Make a chart and track health habits for 2 wks
- b) ___ ___ Tell four ways to stop the spread of colds
- c) ___ ___ Show what to do for a small cut

4. Know your home and community (Do all a-f)

- a) ___ ___ Make a list of emergency phone numbers
- b) ___ ___ Tell what to do if someone comes to the door
- c) ___ ___ Tell what to do if someone calls on the phone
- d) ___ ___ When you leave home remember to ...
- e) ___ ___ Talk with family about jobs you are responsible...
- f) ___ ___ Visit an important place in community.

5. Tools for fixing and building (Do all a-e)

- a) ___ ___ Point out and name seven tools
- b) ___ ___ Show how to use a pliers
- c) ___ ___ Identify a Phillips and flat head screw...
- d) ___ ___ Show how to use a hammer
- e) ___ ___ Make a birdhouse, bookends or something useful

6. Start a collection (Do all a-c)

- a) ___ ___ Complete the Character connection
- b) ___ ___ Make a collection of anything you choose
- c) ___ ___ Show and explain your collection to someone

7. Your living World (Do all a-f)

- a) ___ Complete the Character connection
- b) ___ Discuss pollution with family
- c) ___ Find out about recycling
- d) ___ Pick up litter in your neighborhood
- e) ___ Find 3 stories about people who protect the world
- f) ___ List 3 ways to save energy and do them

8. Cooking and eating (Do all a-e)

- a) ___ Study the food pyramid
- b) ___ Plan meals for a day and discuss...
- c) ___ Help fix at least one meal from beginning to end
- d) ___ Fix own breakfast
- e) ___ Plan, prepare and cook an outdoor meal

9. Be safe at home and on the street (Do all a-e)

- a) ___ Complete the Character connection
- b) ___ With adult, check home for hazards...
- c) ___ With adult, check home for fire dangers
- d) ___ Practice good rules of street and road safety
- e) ___ Know the rules of bike safety

10. Family Fun (Do a and choose 2 of b-g)

- a) ___ Complete the Character connection
- b) ___ Make a game to play with your family
- c) ___ Plan a walk with your family
- d) ___ Read a book or Boy's Life Magazine with family
- e) ___ Decide with Akela what you will watch...
- f) ___ Attend a concert, play, or live program w/family
- g) ___ Have a board game night with family

11. Duty to God (Do all a-d)

- a) ___ Complete the Character connection
- b) ___ Talk with Family about duty to God
- c) ___ Give 2 ideas to show your religious beliefs...
- d) ___ Find out how to help your church

12. Making Choices (Do a and choose 4 of b-k)

- a) ___ Complete the Character connection
- b) ___ Answer question about drugs
- c) ___ Answer question about answering phones
- d) ___ Answer question about teasing
- e) ___ Answer question about strangers
- f) ___ Answer question about bullies
- g) ___ Answer question about answering the door
- h) ___ Answer question about seeing something bad
- i) ___ Answer question about making decisions
- j) ___ Answer question about stealing
- k) ___ Answer question about talking to strangers