
Wolf Adventures

Bobcat

Required adventure • Character and Leadership

If you read nothing else

Every Cub Scout earns Bobcat first, at every rank. Nothing else counts toward Wolf until this is done, so run it the first two weeks of the program year.

Two den meetings. Wolf is the first rank that is genuinely den-run — adult partners no longer have to attend, so the Scouts do the activities themselves and you are running a room of second graders rather than a room of pairs.

Requirement 7 is done at home with a parent or legal guardian and cannot be completed at a den meeting. Hand the booklet out at meeting 1, collect the slip at meeting 2.

The den Code of Conduct poster made at meeting 2 gets hung at every meeting for the rest of the year. Buy the good poster board.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Get to know members of your den.
- ☐ 2. Recite the Scout Oath and the Scout Law with your den and den leader.
- ☐ 3. Learn about the Scout Law.
- ☐ 4. With your den, create a den Code of Conduct.
- ☐ 5. Demonstrate the Cub Scout sign, Cub Scout salute and Cub Scout handshake. Show how each is used.
- ☐ 6. Share with your den, or family, a time when you demonstrated the Cub Scout motto “Do Your Best.”
- ☐ 7. At home, with your parent or legal guardian, do the activities in the booklet How to Protect Your Children From Child Abuse: A Parent’s Guide.

Requirement 7 is a family activity. The matching den resource is Child Abuse Protection Review Wolf — scouting.org/cub-scout-activities/child-abuse-protection-review-wolf/. Send the booklet home with the Scout in their hand at meeting 1 and collect the signed acknowledgement at meeting 2. Do not attempt to run it as a den activity.

Meeting 1: Names, the Oath and the Law

Goal: Scouts learn each other’s names, say the Scout Oath and Scout Law out loud with you, handle the twelve points of the Law, and demonstrate the sign, salute and handshake.

Covers requirements 1, 2, 3 and 5

Before the meeting

- Print one Get to Know You Bingo card per Scout. The card is in the Additional Resources for this activity on scouting.org.
- Write one point of the Scout Law on each of twelve clothespins, per Scout. Mix them up and bag twelve in each baggie — and make sure no bag holds a complete set, or the trading never starts. This is the whole trick of the activity.
- Print the Scout Oath and the Scout Law big enough to read from across the room and tape them to the wall. Leave them up all year.
- Ask a second registered adult and a den chief if you have one. The relay needs an adult at each end.
- Print one copy of How to Protect Your Children From Child Abuse: A Parent's Guide per family, plus the acknowledgement slip.

Supplies

- Get to Know You Bingo cards, one per Scout
- Markers, pencils or pens for each den member, plus spares — someone will lose one
- Small prizes: stickers or something similar
- Twelve clothespins per Scout, one point of the Scout Law written on each
- A baggie per Scout
- Scout Oath and Scout Law posters
- Parent booklets and acknowledgement slips

Run of show

Time	What happens
10 min	Gathering: Get to Know You Bingo
5 min	Opening: Pledge of Allegiance, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
20 min	Activity 1: Scout Law Clothespin Quest
15 min	Activity 2: Bobcat Relay
10 min	Activity 3: the Law, in their own words
5 min	Closing: family booklets go home

Gathering — Get to Know You Bingo (10 min)

Get to Know You Bingo — scouting.org/cub-scout-activities/get-to-know-you-bingo/

Hand each Scout a bingo card and a marker as they arrive. They move around the room finding another Scout who matches a description on a square, and that Scout signs or initials the square. A row, column or diagonal is a bingo.

When a Scout gets a bingo, have them call it and say what they learned about the people who signed. Small prize.

Then run it once in reverse: call out one square — “has a dog,” “moved here this year” — and every Scout it fits runs to one wall. That is the part that actually does the work, because it shows the den how much they have in common.

Push them past hunting for signatures. A Scout who collected twelve initials and cannot name one person has not completed requirement 1. Ask a follow-up question at least twice: who signed this one, and what did they tell you?

Opening (5 min)

Recite the Scout Oath and Law — scouting.org/cub-scout-activities/recite-the-oath-and-law-wolf/ Pledge of Allegiance, then the Scout Oath and the Scout Law, everyone together, reading off the posters. You say it with them — that is what requirement 2 asks for, the den and the den leader together.

Second graders will not have it memorized tonight and are not required to. Say it at the opening of every meeting this year and most of them will have it by Christmas without ever being drilled.

Activity 1 — Scout Law Clothespin Quest (20 min)

Scout Law Clothespin Quest — scouting.org/cub-scout-activities/scout-law-clothespin-quest/

Give every Scout their bag. They dump the pins out and then trade with each other until they hold a complete set of all twelve points, no duplicates.

This is a trading floor for ten minutes and it is loud. Let it be. The Scouts are reading the words off the pins over and over while they negotiate, which is exactly what you want.

When a Scout has a full set they clip the twelve points onto their neckerchief in order, or lay them out on the floor in order. Check the order rather than the collection.

Alternatives if trading will not work with your den size: Scout Law Emoji Game — scouting.org/cub-scout-activities/scout-law-emoji-game/ · Scout Law Word Search — scouting.org/cub-scout-activities/scout-law-word-search/

Activity 2 — Bobcat Relay (15 min)

Bobcat Relay Wolf — scouting.org/cub-scout-activities/bobcat-relay-wolf/

Demonstrate all three first, yourself, and have the den mirror you. The Cub Scout sign is two fingers up. The salute is two fingers to the eyebrow. The handshake is the left hand, two fingers extended along the wrist.

Then split into two teams lined up at one end of the room, with an adult or den chief at the far end for each team. The first Scout runs down; the adult asks for one of the three. If they do it properly, they run back and tag the next Scout. If not, they run back to their team for help and then return and try again.

That second rule is the point of the game — a Scout who gets it wrong goes to their own den for the answer, not to you. Do not let the adults at the far end coach.

Then quiz the meaning, because requirement 5 says show how each is used: “The flag is being posted.” (Salute.) “I have my hand up for quiet.” (Sign, and silence.) “You are meeting the Cubmaster.” (Handshake, left hand.)

Alternatives: Scout Sign Sound of Silence — scouting.org/cub-scout-activities/scout-sign-sound-of-silence/ · Simon Says — scouting.org/cub-scout-activities/simon-says/

Activity 3 — The Law, in their own words (10 min)

Sitting in a circle with the clothespins out. Go around and give each Scout one point of the Law to explain — not define, explain. What does it look like when somebody is being helpful? Who do you know who is brave?

Take plain second-grade answers. “Thrifty means you don’t waste stuff” is a complete answer. Correct only what is actually wrong.

That is requirement 3. Scouts learn the Law by handling it and arguing about it, not by reciting it back at you.

Closing (5 min)

Put a parent booklet in every Scout’s hand, not in their bag. Then tell the parents yourself at pickup what it is and that you need the slip back next week. The slip is requirement 7 and it is the one thing here that only a family can do.

Announce next week: we are writing our den’s rules, and everyone signs them.

Record attendance and advancement before you leave the building. The Scouts put the room back in order — Wolf is den-run and cleanup is theirs now.

Send home with families

Do the activities in How to Protect Your Children From Child Abuse: A Parent’s Guide together and return the signed slip at the next meeting. That is requirement 7 and only a parent or legal guardian can complete it.

Practice the Scout Oath and Scout Law at the dinner table. Ask your Scout to teach it to you rather than the other way round.

Meeting 2: Our den’s Code of Conduct

Goal: The den chooses and signs a Code of Conduct they will actually keep, and every Scout tells a story about doing their best.

Covers requirements 4 and 6, and collects 7

Before the meeting

- Print the Wolf Bobcat 4 Code of Conduct Choice Sheet from the Wolf adventure resources on scouting.org — filestore.scouting.org, filed as Wolf Bobcat 4 Code of Conduct Choice Sheet. Print each rule on the colored paper it calls for and cut them all out before the meeting.
- Have poster board, glue sticks, markers and stickers on one table, ready to go. The gluing takes longer than you think with second graders.
- Think of your own Do Your Best story ahead of time and make it a small one. You go first, and if your story is a marathon nobody will follow it.
- Collect the parent acknowledgement slips at the door as Scouts arrive.

Supplies

- Printed Code of Conduct choice sheet, rules cut out on blue, yellow and red paper — two sheets of each color
- One piece of poster board
- Glue stick and scissors
- Assorted markers and stickers
- The Scout Oath and Scout Law posters, still on the wall
- Parent acknowledgement slips checklist

Run of show

Time	What happens
10 min	Gathering: clothespin race, twelve points against the clock
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
25 min	Activity 1: Code of Conduct Collage
15 min	Activity 2: Do Your Best Showcase
10 min	Activity 3: Bobcat check and sign-off
5 min	Closing

Activity 1 — Code of Conduct Collage (25 min)

Code of Conduct Collage — scouting.org/cub-scout-activities/code-of-conduct-collage/

Spread all the cut-out rules on a table. Tell the den plainly what they are doing: choosing the rules for their own den meetings, five to seven of them, as a group.

Let them read through and argue. Your job is to make them agree on a number and stop, not to steer them to the rules you would have picked. If they choose one you think is silly, let it on the poster — a rule they chose is a rule they enforce.

Once five to seven are settled, they glue them to the poster board together and decorate it with markers and stickers. Then every Scout signs it, and you sign it, and the assistant den leader signs it.

Say the part that makes the signature mean something before anyone picks up a pen:

Say something like

When you write your name on this, you are telling the whole den you will follow these. Nobody made you pick them. That means when someone forgets, it is not me who has to say something — it is you.

Bring the poster to every meeting for the rest of the year and hang it up. When the room comes apart in February, point at it instead of raising your voice. That is what it is for.

Alternative: Code of Conduct Wolf — scouting.org/cub-scout-activities/code-of-conduct-wolf/

Activity 2 — Do Your Best Showcase (15 min)

Do Your Best Showcase — scouting.org/cub-scout-activities/do-your-best-showcase/

Sitting in a circle. Explain that everyone is going to tell about a time they did their best, and give examples first so they know how small a story is allowed to be:

- I did my best when my mom was teaching me to fold clothes.
- I did my best on my last spelling test.
- I did my best when I was learning to ride my bike.

You go first. Then go around to every Scout who wants to share. Do not force a Scout who does not want to talk — requirement 6 says den or family, so a Scout can tell theirs at home and a parent can confirm it.

Second graders will offer stories where they did their best and still lost. Those are the good ones. Say so out loud: doing your best is the motto, not winning.

Alternatives: Do Your Best Shield — scouting.org/cub-scout-activities/do-your-best-shield/ · Do Your Best Talking Neckerchief — scouting.org/cub-scout-activities/do-your-best-talking-neckerchief/

Activity 3 — Bobcat check and sign-off (10 min)

Go around the circle once. Each Scout says the Scout Oath with the den, names a couple of points of the Law and what they mean, and demonstrates the sign, salute and handshake. Tick them off as they go.

Confirm you have the parent slip for requirement 7 from every family. Chase the missing ones this week by text with the parent, not by asking the Scout again.

Enter Bobcat in Scoutbook the same night. Advancement that was earned and never recorded does not exist — not on the Scout's record, and not in the award order.

Say something like

Today you strengthened your start as a Wolf Scout — learning names, practicing respect, and showing how the Scout Oath and Law guide your choices every day. You talked with your family about staying safe and discovered how doing your best helps your whole den grow stronger. Keep being kind, keep trying hard, and keep living the values you practiced today. Your Wolf journey is already off to a great start.

Send home with families

Nothing new. If the parent booklet slip has not come back, it is due now.

Ask your Scout what rules the den picked and why. They will remember, because they chose them.

Leader notes

- Wolf is the first den-run year. Adult partners are welcome but not required, and the activities above assume the Scouts do them without a grown-up attached to each one. Say that to parents at meeting 1 so nobody is surprised.
- The Code of Conduct poster is the most useful object you will make all year. Laminate it if you can, and hang it every week.
- A Scout who joins mid-year earns Bobcat first, whatever the calendar says. Run a short catch-up with them and a parent rather than making them wait.
- Do not drill the Oath and Law. Say them at every opening and they arrive on their own.
- Requirement 7 belongs to the family. Your job is to hand out the booklet, say why it matters, and collect the slip.

Safety

Before this adventure

Two registered adults, both with current Safeguarding Youth Training, at every den meeting and activity. SYT is valid 12 months — check your own expiry date before the program year starts. If your den includes girls, one of those adults must be a registered female 21 or over.

No one-on-one contact between an adult and a Scout who is not their own child, in person, online, or by text. Include a parent on every message.

The relay is a running game indoors. Clear the floor and set the turnaround point away from a wall.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7

Scout	1	2	3	4	5	6	7

Paws on the Path

Required adventure • Outdoors

If you read nothing else

Two meetings. Meeting 1 is all the preparation — Six Essentials, buddies, clothing, Outdoor Code. Meeting 2 is the 30-minute walk itself.

The walk can be urban, suburban or rural, and it can start at your regular meeting place. It does not need a trailhead. Thirty minutes outside is the requirement.

If the walk is anywhere other than your usual meeting location, you need the Scouting America Annual Health and Medical Record parts A and B for every participant, youth and adult, in hand before you go — filestore.scouting.org/filestore/HealthSafety/pdf/680-001_AB.pdf. Send the form home three weeks ahead.

Every Scout brings their own Six Essentials to meeting 2. Say it twice and put it in writing, or half of them will arrive with nothing.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Identify the Cub Scout Six Essentials. Show what you do with each item.
- ☐ 2. Learn about the buddy system and how it works in the outdoors. Pick a buddy for your walk.
- ☐ 3. Identify appropriate clothes and shoes for your walk outside. Do your best to wear them on your walk.
- ☐ 4. Learn about the Outdoor Code and Leave No Trace Principles for Kids.
- ☐ 5. With your den, pack, or family, take a walk outside for at least 30 minutes to explore nature in your surroundings. Describe four different animals, domestic or wild, that you could see on your walk.

Meeting 1: Getting ready to walk

Goal: Every Scout can name the Six Essentials and say what each one is for, has a buddy, knows what to wear, and has worked through the Outdoor Code and Leave No Trace Principles for Kids.

Covers requirements 1, 2, 3 and 4

Before the meeting

- Print the Outdoor Code Emoji worksheet and the Leave No Trace Principles for Kids Emoji worksheet, one of each per Scout. Both are in the Wolf adventure resources on scouting.org, filed as Wolf Paws on the Path 4 Outdoor Code Emoji and Wolf Paws on the Path 4 Leave No Trace Principles for Kids Emoji.

- Print the Cub Scout Six Essentials Clue cards — Wolf Paws on the Path 1 Cub Scout Six Essentials Clue. Each card set is a different color matched to one essential.
- Collect two or three items of outdoor clothing, two or three pairs of walking shoes, and two or three accessories for each of the four seasons. Ask parents to lend what you are missing.
- Deliberately mix in some bad choices for the clothing relay — high heels, a swimsuit, dress clothes. The wrong answers are what makes this activity work.
- Pick your walk location now and tell families at the end of this meeting, in writing, with the address and the start time.
- If the walk is off-site, send the Annual Health and Medical Record home tonight and start collecting.

Supplies

- Outdoor Code Emoji and Leave No Trace Principles for Kids Emoji worksheets, one each per Scout
- Pencils and pens
- Wolf handbooks — the Outdoor Code and the Leave No Trace Principles for Kids are in the front
- Cub Scout Six Essentials Clue cards, printed and sorted by color
- A complete set of Six Essentials to show: filled water bottle, small first aid kit, whistle, flashlight, sun protection, trail food
- Two to three clothing items, pairs of shoes and accessories per season, plus the deliberately wrong ones
- Blank Annual Health and Medical Record forms for anyone who has not returned one

Run of show

Time	What happens
10 min	Gathering: Outdoor Code and Leave No Trace Emoji
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call, walk logistics
15 min	Activity 1: Cub Scout Six Essentials Clue
10 min	Activity 2: 1-2 Buddies
20 min	Activity 3: Seasonal Clothing Relay
5 min	Closing

Gathering — Outdoor Code and Leave No Trace Emoji (10 min)

Outdoor Code and Leave No Trace Emoji — scouting.org/cub-scout-activities/outdoor-code-and-leave-no-trace-emoji/

As Scouts arrive, read the Outdoor Code and the Leave No Trace Principles for Kids together out of the front of the Wolf handbook. Then hand out both emoji sheets.

Scouts look at each emoji and write next to it what they think it stands for. Let them guess wrong; guessing is the activity. Help any Scout who is stuck on a word rather than the idea.

Then go through the sheet one emoji at a time as a den and let Scouts give their answers. Correct the ones that missed and make sure everyone hears the right version before you move on.

Finish by reading the Outdoor Code and the Leave No Trace Principles for Kids aloud together, with the emoji sheet in front of them as the cue. Let them keep the handbook open — this is requirement 4 and it is learning, not testing.

Activity 1 — Cub Scout Six Essentials Clue (15 min)

Cub Scout Six Essentials Clue — scouting.org/cub-scout-activities/cub-scout-six-essentials-clue/

Hand out one color set of clue cards. Scouts take turns reading their clue aloud, and when all the clues in the set have been read the den guesses which essential it is. Repeat for each of the six sets.

With a small den, give a Scout more than one card. With a big den, buddy them up on a card.

Then do the second half of the requirement, which the card game does not cover on its own: show what you do with each item. Hold up the real thing and have a Scout do it.

- Filled water bottle — drink before you are thirsty. Have someone take a drink now.
- First aid kit — open it and show what is inside. A bandage for a scrape.
- Whistle — three short blasts means I need help. Every Scout blows three, once, and then the whistles go away before you lose the room.
- Flashlight — turn it on and point it at the ground on the path, not in a face.
- Sun protection — hat and sunscreen. Someone puts a hat on.
- Trail food — food you can carry that will not squash. Check allergies before you hand any out.

Alternatives: Cub Scout Six Essentials Scavenger Hunt — scouting.org/cub-scout-activities/cub-scout-six-essentials-savenger-hunt/ · What Cub Scout Essential Am I — scouting.org/cub-scout-activities/what-cub-scout-essential-am-i/

Activity 2 — 1-2 Buddies (10 min)

1-2 Buddies — scouting.org/cub-scout-activities/1-2-buddies/

Line the den up in alphabetical order by first name. Count off down the line, one, two, one, two. Each one and two pair up. That is a buddy, and that is the buddy for the walk.

The alphabetical line is doing something on purpose: it stops best friends pairing up and it stops you from having to pick. Do not let them renegotiate.

Then teach what the buddy actually does outdoors, because requirement 2 asks how the buddy system works, not just who your buddy is:

- You stay where you can see each other the whole time. Not the same room — the same few steps.
- If your buddy stops, you stop. If your buddy is hurt, you stay and you shout for an adult. You do not go for help alone.
- When a leader calls “buddy check,” you grab your buddy’s hand and hold it up. Practice it twice now so it works on the trail.

Alternatives: Buddy Circle Game — scouting.org/cub-scout-activities/buddy-circle-game/ · Popsicle Stick Buddies — scouting.org/cub-scout-activities/popsicle-stick-buddies/

Activity 3 — Seasonal Clothing Relay (20 min)

Seasonal Clothing Relay — scouting.org/cub-scout-activities/seasonal-clothing-relay/

Pile every item of clothing, every pair of shoes and every accessory on the floor at least twenty feet from the two teams.

Call a season. One Scout from each team races to the pile, finds one item appropriate for that season, and runs it back. The next Scout goes. Keep going until every Scout on the team has fetched something, then call the next season, until all four have been played.

The high heels and the swimsuit in the pile are the whole point. Somebody will grab them, everyone will laugh, and that is the moment the lesson lands.

When both teams finish, go through every item and ask the Scout who picked it why. That review is requirement 3 — the running is just how you get there.

Spend the last two minutes on shoes specifically, because shoes are what actually ruins a walk. Closed toes, something they have already worn, socks. New shoes on walk day means blisters at minute fifteen.

Alternatives: Clothing Store Visit — scouting.org/cub-scout-activities/clothing-store-visit/ · Sketchy Weather Wardrobe — scouting.org/cub-scout-activities/sketchy-weather-wardrobe/

Closing (5 min)

Give the walk details out loud and on paper: address, parking, start time, end time. Everyone brings their Six Essentials and wears the shoes we just talked about.

Collect health forms at the door if the walk is off-site. A Scout without one does not come.

Send home with families

Put together your Scout's Six Essentials in a small pack they can carry themselves, and send it to the next meeting: filled water bottle, small first aid kit, whistle, flashlight, sun protection, trail food.

Check the shoes. Closed toes, already broken in, with socks.

Return the Annual Health and Medical Record parts A and B if the walk is away from our usual meeting place.

Meeting 2: The walk

Goal: The den walks outside for at least 30 minutes with buddies and Six Essentials, and every Scout can describe four animals, wild or domestic, they could see along the way.

Covers requirement 5, and verifies 1, 2 and 3

Before the meeting

- Print the Outdoor Scavenger Hunt card, one per Scout — Wolf Paws on the Path 5 Outdoor Scavenger Hunt in the Wolf adventure resources.
- Walk the route yourself in the last week. Check the surface, the road crossings, the bathrooms and whether it is closed.
- If you are off-site, bring copies of the Annual Health and Medical Record for every participant, youth and adult, and read them for restrictions before you go — not after someone struggles.
- Check the forecast the morning of and text families what to wear. Use your rain date if you have one; a miserable first outdoor experience costs you Scouts.
- Carry the den first aid kit, a roster with emergency numbers, a trash bag and a charged phone.

Supplies

- Outdoor Scavenger Hunt cards, one per Scout
- Pencils or markers — pencils travel better
- Each Scout's own Cub Scout Six Essentials
- Copies of the Annual Health and Medical Record for every participant, if off-site
- Den first aid kit and a roster with parent phone numbers
- Trash bag for anything you pick up
- Spare water and spare sunscreen — someone will forget

Run of show

Time	What happens
10 min	Gathering: gear check and buddy check
5 min	Opening: Outdoor Code and Leave No Trace Principles for Kids
10 min	Activity 1: name four animals before we go
35 min	Activity 2: the walk and the scavenger hunt
10 min	Activity 3: the animal share, sitting down
5 min	Closing

Gathering — Gear check and buddy check (10 min)

Every Scout opens their pack and shows their Six Essentials. Fill the empty bottles, hand out spare sunscreen, and deal with the wrong shoes now rather than at minute twenty. This verifies requirements 1 and 3 by looking rather than by asking.

Buddies from last meeting, same pairs. Call a buddy check and make them find each other and put hands up. Do it once now and they will do it on the trail.

Opening (5 min)

Say the Outdoor Code and the Leave No Trace Principles for Kids together from the emoji sheets they filled in last week. Then hand them the one-sentence version they will actually use:

Say something like

Everything we carry in, we carry out. If we do this right, the next family who walks here will not be able to tell we came through.

Activity 1 — Four animals, before we go (10 min)

Outdoor Scavenger Hunt — scouting.org/cub-scout-activities/outdoor-savenger-hunt/

Hand out the scavenger hunt cards. Before anyone moves, every Scout writes on the back of their card at least four different animals they might see on this walk — wild or domestic, both count.

Doing this first rather than last is deliberate. It gives them something to look for on the walk instead of asking how much further, and it means requirement 5 is met even if nothing shows up.

Push past “dog, cat, bird.” Ask what kind of bird, and what lives in that tree, and what is under a rock. Second graders will name a squirrel, a robin, an ant, a neighbor’s dog — all four count.

Activity 2 — The walk (35 min)

Thirty minutes minimum outside. An adult leads, an adult sweeps at the back. Nobody passes the front, nobody falls behind the back, and buddies stay together.

Scouts work the scavenger hunt as they go. Stop twice for a water break and a buddy check, and use each stop for one thing:

- First stop — choose the right path. Point out where the trail is widening because people walked around a puddle, and then walk straight through the middle of it.
- Second stop — leave what you find. Somebody will have pocketed a rock or picked a flower. Use it. Ask who else was going to use that, and put it back.

Pick up any litter you pass into the bag. The bag does more for Leave No Trace than the poster did.

Watch wild animals, never approach them, and never approach a dog you do not know even if it looks like somebody’s pet.

Activity 3 — The animal share (10 min)

Sit down at the end, before anybody gets in a car. Each Scout reads their four animals and says which ones they actually saw and which ones they only could have seen. Both satisfy the requirement — the wording is animals you could see.

Ask one follow-up each: where would that animal live around here, and what would it be eating?

Alternatives if you want the animal work back indoors instead: Sketch Animals — scouting.org/cub-scout-activities/sketch-animals/ · Wild or Domestic Collage — scouting.org/cub-scout-activities/wild-or-domestic-collage/

Say something like

Today you showed what it means to be a Wolf on the trail — using the Outdoor Code, hiking with a buddy, and paying attention to the world around you. Every step you took showed responsibility, curiosity, and respect for nature. Keep exploring new paths, keep noticing the wonders outdoors, and keep being a Wolf who hikes with confidence and care.

Send home with families

Take the same walk again as a family this month. Your Scout knows the route now and will want to lead it.

Keep the Six Essentials pack assembled by the door. It is needed for most of the rest of the Wolf year.

Leader notes

- Thirty minutes is the requirement. Do not stretch it into a four-mile hike to make it feel real — you will lose the Scouts who are not outdoor kids yet, and those are the ones this adventure exists to reach.
- The walk counts whether it is a park, a greenway, a neighborhood loop or the field behind your meeting place. Pick the one you can reach without a caravan of cars.
- Requirement 5 says animals you could see. A Scout who saw nothing but two squirrels still completes it by describing four.
- Buddies are assigned by the alphabet, not chosen. It takes ten seconds and it prevents the one Scout left standing alone.
- Requirement 1 says show what you do with each item, not name it. Handle the real objects.

Safety**Before this adventure**

Two registered adults with current Safeguarding Youth Training on the walk, minimum, and more if there is a road crossing. If your den includes girls, one of those adults must be a registered female 21 or over.

Annual Health and Medical Record parts A and B on file for every participant, youth and adult, before any walk away from your regular meeting location. Read them for restrictions beforehand.

Check the route yourself in the week before. Know where the bathrooms are, where a car could reach you, and whether you have cell signal — and say so out loud to the other adults before you start.

Check the forecast the morning of. Heat, lightning and ice all cancel; use a rain date rather than pushing through.

Check for allergies before handing out any trail food.

Check with your council for any local activity notification requirement before an off-site den activity.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5

Running with the Pack

Required adventure • Personal Fitness

If you read nothing else

Two meetings. Meeting 1 is food and teeth; meeting 2 is the moving, the personal exercise and the relaxing activity.

Requirement 6 is a conversation between the Scout and their parent or legal guardian about the Scout's own health form. Run it at the door of meeting 1 while parents are still there, or send it home — either way, you confirm it happened, you do not read the form out.

Meeting 2 needs a gym, a field or a big room, and it needs a guest if you want the personal trainer visit. Invite them two weeks out.

Ask every family about food allergies in writing before meeting 1 and adjust the snack plate accordingly. Then do the same about toothpaste — it catches people out.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Sample three different foods that are naturally three different colors. The food must be a protein, vegetable, fruit, dairy, or a grain.
- ☐ 2. Demonstrate the proper way to brush your teeth.
- ☐ 3. Be active for 30 minutes with your den or at least one other person. That includes both stretching and moving.
- ☐ 4. Be active for 10 minutes doing personal exercises.
- ☐ 5. Do a relaxing activity for 10 minutes.
- ☐ 6. Review your Scouting America Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.

Meeting 1: Colors on the plate, and clean chompers

Goal: Every Scout tries three naturally different-colored foods from at least two food groups, brushes their teeth properly for a full two minutes, and has reviewed their health form with a parent.

Covers requirements 1, 2 and 6

Before the meeting

- Ask every family in writing about food allergies and restrictions a week ahead, and adjust the snack list rather than making one Scout sit out. Ask about toothpaste sensitivities in the same message.

- Contact a local dentist for toothbrushes and toothpaste — most will hand over a box for a den. Otherwise ask parents to send a brush and paste with their Scout, labeled.
- Slice the strawberries and hard-boil and slice the eggs the night before.
- Set out tables and chairs for writing, and have blank Annual Health and Medical Record forms for any family that has not filed one.
- Have the American Dental Association brushing video queued on a screen, and pick a song about two minutes long for the brushing itself.

Supplies

- Per Scout: half a hard-boiled egg, two raw green beans, one strawberry, two carrot sticks, one cherry tomato, two grapes, two blueberries, two saltine crackers, two cheese cubes, one date
- Small plates, napkins
- Toothbrush and toothpaste per Scout
- A sink and running water, paper cups, paper towels
- Device to stream the ADA video and play music
- Annual Health and Medical Record for each Scout — scouting.org/health-and-safety/ahmr/ — plus blanks and pens

Run of show

Time	What happens
10 min	Gathering: health form review with parents
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
20 min	Activity 1: Colorful Snack Plate Challenge
20 min	Activity 2: Clean Chompers
5 min	Closing

Gathering — Health form review (10 min)

Scouting America Annual Health and Medical Record Wolf — scouting.org/cub-scout-activities/scouting-america-annual-health-and-medical-record-wolf/

Schedule this at the door so parents are still in the building. Ask each Scout and their parent or legal guardian to sit together with the family's form — completed if you have it, blank if you do not.

The parent reviews the form with their Scout and talks about anything the Scout should not do, and anything the adult leaders need to know for safety. Then you collect the forms.

That is requirement 6, and the conversation is the requirement. Do not read a Scout's medical information aloud, do not discuss it in front of the den, and do not ask a Scout about it directly.

Any family who cannot stay does it at home this week and sends the form back. Follow up individually afterward on anything you need to understand — an inhaler, a food allergy, a limit on running.

Activity 1 — Colorful Snack Plate Challenge (20 min)

Colorful Snack Plate Challenge — scouting.org/cub-scout-activities/colorful-snack-plate-challenge/

Lay out all ten foods. Give every Scout a small plate and tell them what they are building: at least three foods that are naturally three different colors, from at least two different food groups.

Naturally is the operative word and worth saying out loud. A blue frosted cupcake is not a blue food.

Encourage every Scout to try at least one thing they have never eaten. Do not make it a condition — a second grader who is talked into a food they hate will remember the pressure, not the vitamin.

Then go around and ask each Scout three questions: what colors did you choose, which food groups are those, and which one did you like best?

Finish with the reason, in one sentence: different colors carry different vitamins, which is why a plate with a lot of colors on it does more for you than a plate with one.

Alternatives: Tasting Colors — scouting.org/cub-scout-activities/tasting-colors/ · Trail Mix — scouting.org/cub-scout-activities/trail-mix/ · Wolf Potluck — scouting.org/cub-scout-activities/wolf-potluck/

Activity 2 — Clean Chompers (20 min)

Clean Chompers — scouting.org/cub-scout-activities/clean-chompers/

Show the American Dental Association brushing video, then demonstrate yourself. Small circles, brush angled at the gumline, outside surfaces, inside surfaces, chewing surfaces, and the tongue.

Have the den practice the motions dry — no toothpaste, no water, just the brush and the pattern. Second graders scrub side to side and skip the inside of the bottom teeth entirely. Fix that now while nothing is in their mouths.

Then the real thing. Every Scout puts a small amount of toothpaste on their brush, you start the song or the two-minute timer, and they brush for the whole two minutes using the pattern they just practiced.

Two minutes is much longer than any of them think. That is the actual lesson of the activity — they will all stop at forty seconds the first time and be surprised the song is still going.

Rinse with the paper cups, spit in the sink, wipe faces with paper towels. Labeled brushes go home.

Alternatives: A Giant's Toothbrush — scouting.org/cub-scout-activities/a-giants-toothbrush/ · Tooth Experts — scouting.org/cub-scout-activities/tooth-experts/

Closing (5 min)

Tell them what next week is: we are moving for half an hour, so wear shoes you can run in and bring a water bottle.

Follow up privately with any family whose health form raised a question about participation, before that meeting rather than during it.

Send home with families

If the health form review did not happen at the meeting, sit down with your Scout this week, go through the Annual Health and Medical Record together, and talk about anything they should not

do at den and pack activities. Send the form back. That is requirement 6.
 Two minutes of brushing, twice a day. Use the song.
 Let your Scout pick the vegetable at the store this week. They will eat the one they chose.

Meeting 2: Move, exercise, and settle

Goal: Thirty minutes of stretching and moving together, ten minutes of the Scouts' own exercises, and ten minutes of something genuinely relaxing.

Covers requirements 3, 4 and 5

Before the meeting

- Book a gym, a field or a big room. This meeting does not work in the small room at the back of the church.
- One to two weeks ahead, invite an exercise professional from your community — a trainer, a PE teacher, a physical therapist, a high school coach. Ask for fifteen minutes of talking and ten minutes of leading the Scouts through exercises.
- Print the Chat with a Personal Trainer worksheet, one per Scout — Wolf Running with the Pack 4 Chat with a Personal Trainer, in the Wolf adventure resources.
- Have a backup for the guest cancelling: you lead the ten minutes yourself with the same worksheet. This happens more often than not.
- Pick your relaxing music beforehand and listen to it. Ten minutes of guided quiet is harder to run than thirty minutes of ball games.
- Check your health forms for anything that limits running before you start.

Supplies

- An open area, indoors or out
- One soccer ball or playground ball per pair of Scouts
- Chat with a Personal Trainer worksheets and pencils
- A timer
- Device and speaker with relaxing music on it
- Water for everyone, and a shaded or indoor spot on a warm day
- A thank you card for the den to sign for the guest

Run of show

Time	What happens
5 min	Gathering: free play with the balls
5 min	Opening: Pledge, Scout Oath, Scout Law
30 min	Activity 1: stretch and move — Toss and Catch

Time	What happens
20 min	Activity 2: Chat With a Personal Trainer, and ten minutes of exercises
10 min	Activity 3: Listen to Music
5 min	Closing

Activity 1 — Stretch and move (30 min)

Toss and Catch — scouting.org/cub-scout-activities/toss-and-catch/

Requirement 3 asks for thirty minutes containing both stretching and moving, so build it as one unbroken block and keep the clock running:

- Five minutes of stretching to start. Arm circles, toe touches, reach for the sky, walking lunges, roll the ankles and the neck. Do it with them.
- Twenty minutes of Toss and Catch. Buddies from Paws on the Path if you have them, one ball per pair. They toss and catch, and each time both partners catch cleanly they each take one step back. Reset when they drop it.
- Five minutes of cool-down stretches, held this time, thirty seconds each, no bouncing. Hamstrings, calves, shoulders.

When the tossing gets stale after ten minutes, change one rule rather than changing the game: catch one-handed, catch after a clap, catch sitting down, count how many in a row the whole den can do without a drop.

Every Scout is moving for the whole thirty. Do not use a game with elimination — the Scout sitting on the sideline is the one who most needed the thirty minutes.

Alternatives: Kickball — scouting.org/cub-scout-activities/kickball/ · Ride a Bike — scouting.org/cub-scout-activities/ride-a-bike/

Activity 2 — Chat With a Personal Trainer (20 min)

Chat With a Personal Trainer — scouting.org/cub-scout-activities/chat-with-a-personal-trainer/

Set the expectations for a guest before they walk in: hands up to ask, no running around, listening ears. Thirty seconds, and it saves the visit.

Give the guest about ten minutes to talk about why exercise matters and how a person builds a workout plan, then five minutes of questions from the Scouts.

Then the part that completes requirement 4: the guest — or you, if they cancelled — leads the den through ten minutes of personal exercises, each Scout working on their own rather than in a game. Jumping jacks, push-ups on knees, squats, a plank hold, running in place, a stretch to finish.

Every Scout works at their own level and nobody is compared to anybody. Push-ups on knees count. A wall sit for ten seconds counts.

Fill in the worksheet together while it is fresh, and have a Scout thank the guest. Sign a card as a den and send it — the guest will come back next year.

Alternatives: Circuit Exercises — scouting.org/cub-scout-activities/circuit-exercises/ · Go For A Walk — scouting.org/cub-scout-activities/go-for-a-walk/

Activity 3 — Listen to Music (10 min)

Listen to Music — scouting.org/cub-scout-activities/listen-to-music/

Lights down if you can, everyone lying on the floor or sitting against a wall, and put the relaxing music on for ten minutes. That is requirement 5 and it is a requirement in its own right, not a wind-down.

Then ask whether anyone has music that relaxes them, and play a bit of it if you can find it. A second grader naming their own calming song is the point of the activity — it makes the skill theirs rather than yours.

Expect the first two minutes to be giggling. Wait it out and do not scold. By minute four most of them are genuinely still, and one or two will tell you afterward it was their favorite part of the night.

Alternative: Story Time — scouting.org/cub-scout-activities/story-time/

Say something like

Today you showed what it means to run with the pack — pushing yourself, staying active, and learning how healthy choices make you stronger every day. You proved that being a Wolf isn't just about speed or strength, but about doing your best and taking care of your body. Keep moving, keep trying, and keep running with confidence and pride.

Send home with families

Ten minutes of the exercises from the worksheet, a few times this week. The worksheet is the Scout's, not the den's.

Find ten minutes of quiet as a family. Same music, same idea.

Leader notes

- Every Scout moves at their own level and nobody is compared out loud. Never weigh a Scout, never comment on body size, and never single one out as an example either way.
- If a Scout raises a worry about their own body, listen, do not diagnose, and tell their parent.
- Requirement 6 belongs to the Scout and their parent. You confirm the conversation happened and you keep the form; you do not read it to anyone.
- The personal trainer visit is worth chasing but it is not required — requirement 4 is ten minutes of the Scout's own exercises, and you can lead that yourself.
- Naturally three different colors rules out anything that got its color from a dye or a frosting. Say it once at the start and you will not have to argue about it.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting. A guest speaker who is not a registered leader is never alone with Scouts. If your den includes girls, one of those adults must be a registered female 21 or over.

Ask every family in writing about food allergies before the snack plate meeting and adjust the food rather than excluding a Scout. Ask about toothpaste sensitivities in the same message.

Annual Health and Medical Record parts A and B on file before the activity meeting, and read for restrictions before anyone runs.

Water available throughout the active meeting, real breaks, and shade or indoors on a warm day.

Toothbrushes are labeled and never shared. Hands washed before the snack plate.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6

Council Fire

Required adventure • Citizenship

If you read nothing else

Three meetings. Meeting 1 is the flag and the Scout Law skits; meeting 2 is the building night; meeting 3 is the service project.

Requirements 3, 4 and 5 build on each other with the same materials — the Scout's model home, then a model of a building they visit, then all of the models pushed together into one neighborhood. Run all three in the same meeting, in that order. That continuity is the best thing in this adventure and splitting it across weeks throws it away.

Tell families two weeks ahead to send a photo of their home, and a photo of a building the Scout visits. The models are much better when the Scouts are looking at something real.

Borrow a United States flag if your den does not have one — your school, your pack, a local troop, the library or the fire department will usually lend one.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Learn how to properly care for and fold the United States flag. With your den or pack, participate in a flag ceremony.
- ☐ 2. Identify three points of the Scout Law that are important to being a good neighbor.
- ☐ 3. Build a model of your home.
- ☐ 4. Using the same materials from requirement 3, create a model of a building that you visit.
- ☐ 5. Using the models built in both requirements 3 and 4, create a neighborhood.
- ☐ 6. Participate in a service project. Explain how your volunteering is helpful to your neighborhood.

Meeting 1: The flag, and what makes a good neighbor

Goal: Every Scout helps fold the flag properly, takes part in a flag ceremony, and can name three points of the Scout Law that matter to being a good neighbor.

Covers requirements 1 and 2

Before the meeting

- Get a flag. If your den does not have one, borrow from your school, your pack, a local troop, the library or the fire department.
- Watch the Scout Life video “How to Display and Fold the American Flag” — scoutlife.org/video-audio/145871/how-to-display-and-fold-the-american-flag/ — and fold it once yourself before the meeting. Folding a flag badly in front of the den is worse than not folding one.

- Arrange the flag ceremony. The cleanest option is for your den to post the colors at the next pack meeting; if that is weeks away, run a den ceremony tonight so the requirement is genuinely done.
- Collect props and costumes for the skits — a box of hats, scarves, sunglasses and old jackets is plenty.
- Ask families to send a photo of their home to the next meeting, and a photo of a building the Scout visits. Assign each Scout a different building so the neighborhood is not six grocery stores.

Supplies

- A United States flag
- Screen to play the Scout Life folding video
- Paper, pencils and erasers
- Props and costumes box
- Flag stand and, if you have them, den flag and pack flag for the ceremony

Run of show

Time	What happens
15 min	Gathering: Fold the Flag
10 min	Opening: flag ceremony, Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
30 min	Activity 1: Scout Skit Showcase
10 min	Activity 2: choose the service project
5 min	Closing

Gathering — Fold the Flag (15 min)

Fold the Flag — scouting.org/cub-scout-activities/fold-the-flag/

Show the Scout Life video first, then do it in pairs, taking turns, so every Scout gets hands on the flag. A pair holds it at waist level between them.

Fold it in half lengthwise, then in half lengthwise again, keeping the blue field on the outside every time. One Scout holds the blue field while the other makes triangular folds from the opposite end, all the way down, until only the blue field is left. Tuck the last of the fabric into the fold so the triangle is clean.

Teach the care rules while their hands are on it, because this is the half of requirement 1 that a folding demonstration alone skips: the flag never touches the ground, it is not used as a tablecloth or a costume, it comes down in bad weather unless it is an all-weather flag, and a worn-out flag is retired in a dignified ceremony rather than thrown away.

Second graders will not get a neat triangle on the first try. Have them do it twice.

Opening — Flag ceremony (10 min)

Requirement 1 asks the Scout to participate in a flag ceremony with the den or pack, so give every Scout a job and rotate them if you run it more than once: color bearer, two color guards, the Scout who calls the commands, and the Scout who leads the Pledge.

Commands, in order: “Color guard, attention. Scouts, attention. Color guard, advance. Scouts, salute. Please join me in the Pledge of Allegiance.” Then Scout Oath and Scout Law.

If your den is posting colors at the pack meeting instead, run it here as the rehearsal and note the requirement as complete after the pack meeting, not before.

Activity 1 — Scout Skit Showcase (30 min)

Scout Skit Showcase — scouting.org/cub-scout-activities/scout-skit-showcase/

Split into groups of three or four. Each group picks three points of the Scout Law that they think matter most to being a good neighbor, and builds a short skit that shows those three points in action.

Every Scout in the group has a character. Give them ten minutes to plan and pick props, five to rehearse, and then perform for the den.

Expect helpful, friendly, kind and courteous to come up in every group. That is fine. Ask the follow-up that makes it requirement 2 rather than a skit night: why does that one matter to a neighbor specifically? What does it look like when the person next door is being trustworthy?

Write each group’s three points on the board as they announce them. The list on the board is the record that the requirement is done.

Alternatives: Scout Law in Song — scouting.org/cub-scout-activities/scout-law-in-song/ · Sketching the Scout Law — scouting.org/cub-scout-activities/sketching-the-scout-law/

Activity 2 — Choose the service project (10 min)

Requirement 6 is a service project, and it goes best when the den picks it. Bring two or three options your committee has already cleared so you are not vetoing their favorite idea in front of them.

The plan in meeting 3 is 10,000 for the Troops — holiday cards for service members. Other options that work well for Wolves: Helping Our Four Legged Friends —

scouting.org/cub-scout-activities/helping-our-four-legged-friends/ · Scouting for Food Wolf — scouting.org/cub-scout-activities/scouting-for-food-wolf/ · Toys for Tots Toy Drive — scouting.org/cub-scout-activities/toys-for-tots-toy-drive/

Set the date now and put it on the pack calendar.

Close by telling families what to send next week: a photo of your home, and a photo of the building we assigned you.

Send home with families

Send a photo of your home to the next meeting, on paper or on a phone the Scout can hold.

Send a photo of the community building your Scout was assigned — the school, the fire station, the library, the grocery store, your place of worship.

Take a walk around your block and count how many different kinds of building you pass.

Meeting 2: Build a home, build a neighborhood

Goal: Each Scout builds a model of their own home, then a model of a building they visit out of the same materials, and the den arranges every model into one neighborhood.

Covers requirements 3, 4 and 5

Before the meeting

- Print the paper house template, one per Scout — Wolf Council Fire 3 Build a Paper Home, in the Wolf adventure resources on [scouting.org](https://www.scouting.org).
- Decide your material and use the same one for both builds — that is what requirement 4 means by the same materials. Paper templates are the fastest; shoeboxes and cardboard are the most satisfying; building bricks work if your den has a bin of them.
- Have extra photos of local community buildings on hand for the Scouts who forget theirs. A phone with the school and the fire station on it is enough.
- Clear a big table or a stretch of floor for the neighborhood. You need it all laid out at once, so do not plan to build on the same surface you assemble on.
- Confirm each Scout has a different community building assigned. Six identical grocery stores makes a poor neighborhood.

Supplies

- Paper house templates, one per Scout
- Scissors, one pair per Scout
- Glue or glue sticks
- Crayons, markers and coloring materials
- Photos of the Scouts' homes and of the assigned community buildings
- Spare paper for planning sketches
- A large table or floor space kept clear for the neighborhood

Run of show

Time	What happens
5 min	Gathering: what is on my street?
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
20 min	Activity 1: Build a Paper Home
20 min	Activity 2: Community Buildings — same materials
15 min	Activity 3: Building My Neighborhood
5 min	Closing

Activity 1 — Build a Paper Home (20 min)

Build a Paper Home — scouting.org/cub-scout-activities/build-a-paper-home/

Every Scout looks at the photo of their own home, or thinks about it, and says out loud one or two things about it they want in the model — the red door, the porch, the tree in front, the number on the mailbox, the balcony on the third floor.

Then they draw and color the template, cut it out, and glue it together. Help with the cutting and let them do the folding.

Homes look different and every one of them is right. An apartment, a duplex, a trailer, a grandparent's house — do not let anyone's model get compared to anyone else's, and start that norm in the first two minutes by saying so.

When everyone is finished, each Scout shows their home and says one thing about it. Then set them aside carefully. They are needed twice more tonight.

Activity 2 — Community Buildings (20 min)

Community Buildings — scouting.org/cub-scout-activities/community-buildings/

Same materials, same instructions, different building. Say that out loud, because it is what the requirement asks for: the model of the building you visit gets made the way the model of your home did.

Each Scout looks at their photo and talks through the parts they want — the flagpole, the big glass doors, the bell, the drive-through, the sign. Then they draw a simple plan on scrap paper before they build. The plan takes ninety seconds and it makes the model twice as good.

Then build it out of the same template, cardboard or bricks you used for the homes. If you are on shoeboxes, take off the lid, use the box as the base, cut walls and a roof, glue the walls to the base, then cut out doors and windows. If you are on building toys, start with the main structure and add the details — windows, doors, a chimney, a sign — once it stands up.

Keep the buildings different from each other. School, fire station, police station, grocery store, library, place of worship, doctor's office, the barber. Ask each Scout what happens inside theirs and who works there.

Activity 3 — Building My Neighborhood (15 min)

Building My Neighborhood — scouting.org/cub-scout-activities/building-my-neighborhood/

This is the payoff and it is why the last two activities used the same materials. Clear the big table. The den works as one group and arranges every home and every community building into a single neighborhood.

Do not organize it for them. Let them argue about where the fire station goes.

While they arrange, ask the questions that turn a craft into citizenship — one at a time, and wait for answers:

- What else does a neighborhood need that nobody built? Roads, a park, a bus stop, a crossing, a mailbox.
- Why did you put that community building there? Why is the school in the middle?
- Why did you put the homes where you put them?
- What do you like about your real neighborhood?

- What makes a bunch of buildings into a neighborhood, instead of just buildings?

If there is time, let Scouts add anything the den decided was missing out of the leftover materials. Leave the neighborhood standing where they can see it next week — it is the backdrop for the service project conversation.

Closing (5 min)

Announce the service project: date, place, what to bring, what we are doing.

Photograph the neighborhood before it gets bumped, and send the picture to families. It is the best photo you will take all year.

Send home with families

Ask your Scout to walk you through the neighborhood the den built and say which building is theirs.

Talk about who in your neighborhood does something for other people — the crossing guard, the mail carrier, the neighbor who shovels the walk.

Meeting 3: The service project

Goal: Every Scout takes part in a service project and can explain in their own words how what they did helps their neighborhood.

Covers requirement 6

Before the meeting

- Read the instructions at militaryholidaycardchallenge.com/how-to-send/ before you plan anything, and make one sample card yourself so the Scouts have something to look at.
- Cards for the 10,000 for the Troops drive must reach the Scouting America National Service Center by the published deadline — for the 2026 drive, November 6, 2026. Work backwards from that date when you schedule this meeting.
- If your den picked a different project, this meeting is that project instead. Keep the structure: do the work, then sit down and hold the neighborhood conversation.
- Bring the neighborhood models from meeting 2 and set them out again. The closing discussion lands much harder with them on the table.
- Tell your committee the date so the service hours get logged in Scoutbook.

Supplies

- 8½ x 11 construction paper in various colors
- 8½ x 11 white copy paper
- Crayons, markers and scissors, enough to share
- Decorative stickers
- A camera, and a device to email photos to Scouting America
- The den's neighborhood models from meeting 2

- A large envelope or box for mailing the cards in one package

Run of show

Time	What happens
5 min	Gathering: set out the neighborhood again
5 min	Opening: Pledge, Scout Oath, Scout Law
10 min	Activity 1: what this project is, and who it reaches
30 min	Activity 2: make the cards
10 min	Activity 3: how does this help a neighborhood?
5 min	Closing

Activity 1 — What this project is (10 min)

10,000 for the Troops Wolf — scouting.org/cub-scout-activities/10000-for-the-troops-wolf/

Tell them plainly who the cards go to and why: people serving in the military who cannot get home for the holidays, and this is how we tell them somebody was thinking about them.

Then walk the rules of a card, because they are specific and the drive will reject cards that break them:

- Address it to “Dear Warrior.”
- Write a holiday or gratitude greeting. Our troops keep many different holidays and beliefs, so keep the greeting one that fits anybody.
- Write a personal note — how your family celebrates, what you remember about a holiday. The recipients say this is their favorite part.
- Sign your first name only, plus your town, your state and your pack number. No last name, no address.
- No bigger than a sheet of 8½ x 11 paper folded in half.

That first-name-only rule is youth protection, not paperwork. Say why, once: we are being friendly to a stranger, and a stranger does not need to know where you live.

Activity 2 — Make the cards (30 min)

Fold, draw, write, decorate. Every Scout makes as many as they have time for — some will do one careful card and some will do six, and both are fine.

Circulate and read over shoulders as they write, kindly. You are catching last names and street addresses before the cards go in the envelope, and you are helping the Scout who has run out of things to say.

Prompts for the stuck ones: what do you eat at your favorite holiday, what do you do first thing in the morning that day, who comes to your house.

Photograph the den with the finished stack for the pack. Gather everything into one package and mail it to: 10,000 for the Troops, Scouting America, 1325 West Walnut Hill Lane, Irving, TX 75015-2079.

Activity 3 — How does this help a neighborhood? (10 min)

The second half of requirement 6 is the Scout explaining how their volunteering helps, and it is the half that gets skipped. Do not skip it. Sit down with the neighborhood models from last week in the middle of the circle.

Ask it straight: the people who get these cards do not live on our street. So how does this help our neighborhood?

Let them work at it. The answers you are steering toward, without saying them first: somebody from our town serves and their family is here; a neighborhood is people, not buildings; the crossing guard and the firefighter and the person overseas are all doing something for other people, and this is us doing something back.

Then go around the circle and have every Scout finish the sentence out loud in their own words: “What I did today helps because...” That sentence, from each Scout, is the requirement.

Log the service hours in Scoutbook this week. It takes two minutes and it counts toward the pack’s service total for the year.

Say something like

Today you discovered that every Wolf has a place in the circle — a chance to share ideas, help the den, and make the community stronger. By listening, leading, and working together, you showed that even small actions can spark big change. Keep using your voice, keep offering your help, and keep building the kind of community you’re proud to be part of. Your Council Fire shines brighter because of you.

Send home with families

Ask your Scout who they wrote to and what they said.

Do one more service thing together this month, small — a neighbor’s trash can, a card for someone who is sick, litter on the way to school.

Leader notes

- Requirements 3, 4 and 5 are one meeting, in order, with the same materials. The continuity is the lesson: my house, a building I go to, and both of them together make the place I live.
- Every Scout gets a different community building. Assign them rather than letting them choose, or you will get six grocery stores and no neighborhood.
- Homes are not compared. Apartments, trailers, duplexes and shared houses all get modeled, and you set that tone in the first thirty seconds of the build.
- Requirement 1 has two halves — caring for and folding the flag, and taking part in a ceremony. A den that folded a flag but never posted colors has not finished it.
- The service project can be shared with the pack, but every Scout has to actually participate and every Scout has to explain how it helped.
- Log the service hours in Scoutbook. Packs lose credit for service they did and never recorded.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting and at the service project. If your den includes girls, one of those adults must be a registered female 21 or over.

First name, town, state and pack number only on the cards. No last names, no addresses, no photos of individual Scouts sent with them.

Scissors and glue supervised. Use blunt-tipped scissors with second graders and keep the cutting on the table.

If your service project is off-site, follow the SAFE Checklist for the site — gloves, closed shoes, no sharps, and no roadside work.

Photo permission before posting pictures of the den with the project.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6

Safety in Numbers

Required adventure • Personal Safety

If you read nothing else

Two meetings. Meeting 1 is the Protect Yourself Rules video and the safe touch discussion; meeting 2 is the buddy system and playground safety.

Requirement 1 needs written permission from a parent or legal guardian before the Scout watches the video, and the notification has to go out ahead of time. Send the Safety in Numbers 1 Parent Notification home at least two weeks before meeting 1.

Invite parents to watch the video with the den. Many will want to, and the video is built for it. A family who would rather watch it at home can do that instead — both satisfy the requirement.

Meeting 2 needs an actual playground. Requirement 4 says demonstrate proper use of playground equipment, and you cannot demonstrate a slide in a church basement.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Wolf rank.
- ☐ 2. Discuss “safe touch” as seen in the Protect Yourself Rules video.
- ☐ 3. Learn about the buddy system and demonstrate how it works.
- ☐ 4. Review common safety rules and demonstrate the proper use of playground equipment.

Requirement 1 requires parent or legal guardian permission in writing before the Scout watches the video. A Scout whose family declines is never singled out — have an alternative activity and another adult ready in a separate room, and say nothing about it to the den.

Meeting 1: Protect Yourself Rules, and No — Go — Tell

Goal: Scouts watch the Wolf Protect Yourself Rules video with permission, and can use a strong voice to say no, go and tell.

Covers requirements 1 and 2

Before the meeting

- Send the Safety in Numbers 1 Parent Notification home at least two weeks ahead — it is in the Additional Resources for requirement 1 — and get written permission back. Follow up with the families who do not reply.

- Watch the whole video yourself first. It runs about 13 minutes: Protect Yourself Rules Wolf, vimeo.com/325064564. You need to know what is coming so you can handle a Scout who reacts to it.
- Test the screen and the sound in the actual room. If the internet at your meeting place is unreliable, download the video onto a device beforehand.
- Print the scenarios — Wolf Safety in Numbers 2 I Know What to Say Scenarios, in the Wolf adventure resources.
- Invite parents to stay and watch with the den. Say in the invitation that they are welcome and that a family may watch at home instead.
- Have a parallel activity and a second adult ready for any Scout without permission, in another room, arranged quietly beforehand.

Supplies

- Computer or smart device, screen and speakers
- Internet, or the video downloaded onto the device beforehand
- Signed permission slips, checked at the door
- Printed I Know What to Say scenarios
- Chairs arranged so everyone can see, with room to stand up afterward

Run of show

Time	What happens
10 min	Gathering: strong voice warm-up
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
15 min	Activity 1: Protect Yourself Rules video
25 min	Activity 2: I Know What to Say
5 min	Closing

Gathering — Strong voice warm-up (10 min)

Check permission slips at the door as families arrive. This is the one meeting where you do not let it slide.

While you wait for everyone, get the room used to being loud on purpose. Ask what a strong voice is and let them show you. Show me a silly voice. Now show me a strong voice. Now a whisper. Now a strong voice again.

Ask when a person might need a strong voice. Take every answer. Then land the one that matters: we use a strong voice to keep ourselves safe.

This is deliberately playful and it is doing real work. The video is calm and serious; the Scouts need to have already practiced being loud before you ask them to use their voice for something that matters.

Activity 1 — Protect Yourself Rules (15 min)

Protect Yourself Video Wolf — scouting.org/cub-scout-activities/protect-yourself-video-wolf/

Watch the Wolf-level video together, all the way through, with parents in the room if they came. Sit where you can see the Scouts' faces rather than the screen.

Do not pause it to comment and do not add to it. It is written for this age and it is enough on its own.

A family who watched it at home with their Scout has completed requirement 1. Confirm it with the parent, not by asking the Scout in front of the den.

If a Scout tells you something during or after this meeting: listen, do not interrogate, do not promise to keep it secret, and report it the same day to your Scout executive and to local authorities. Know that obligation before you run this meeting, not during it.

Activity 2 — I Know What to Say (25 min)

I Know What to Say — scouting.org/cub-scout-activities/i-know-what-to-say/

Everyone stands up. Give them the three steps and have them chant it back:

- Say NO — hand out like a stop sign.
- GO away — turn and run in place.
- TELL a grown-up you trust — hand to mouth like you are calling.

Run the call and response, faster each round: "What do we say?" — NO. "What do we do?" — GO. "Then what?" — TELL.

Then work the printed scenarios one at a time. Keep the tone light and empowering rather than frightening — a scared second grader freezes, a confident one shouts. Never make a Scout act one out; let them volunteer, and praise the effort every time: "That was a strong voice."

Talk about safe touch in the words the video used. Your body belongs to you. There are parts of your body no one should touch. It is always okay to say no to a touch you do not want, even from someone you know, even from a grown-up.

Finish with the two questions that matter most, and take real answers:

- Who are the trusted adults you could tell? Get each Scout to name more than one, and at least one who does not live in their house.
- What if the first person does not listen?

The answer to the second one is the thing they must leave with: keep telling until someone helps you.

Alternatives: Safe Touch Poster — scouting.org/cub-scout-activities/safe-touch-poster/ · Run Shout and Tell Relay — scouting.org/cub-scout-activities/run-shout-and-tell-relay/

Closing (5 min)

Close calmly and normally. Do not end this meeting on a heavy note — say what is happening next week, do your usual closing, and send them out.

Tell parents at pickup, in one sentence, what the den talked about and what the three words were, so the conversation can continue at home.

Send home with families

Ask your Scout to teach you No — Go — Tell. They will do the motions.

Agree on who your family's trusted adults are, and make sure your Scout can name at least one outside your household.

Next meeting is at the playground. Send closed shoes.

Meeting 2: Buddies and the playground

Goal: Every Scout can demonstrate the buddy system, and can show and explain the safe way to use a slide, a swing and climbing equipment.

Covers requirements 3 and 4

Before the meeting

- Book a playground. Your meeting place, a school, or a park — walk it beforehand and check the equipment for anything broken, hot metal, or a surface that is worn through.
- Identify a start and finish line for the buddy race and ask another adult or a den chief to stand at the finish.
- Print the Heads Down Thumbs Up trivia questions. The set below is the one from the activity.
- Bring a neckerchief for each buddy pair — an old one, not a Scout's good one.
- If the playground is not your regular meeting place, you need Annual Health and Medical Records and the usual off-site adult ratio.

Supplies

- A neckerchief for each buddy pair
- Printed trivia questions
- Cones or two markers for the start and finish line
- Den first aid kit
- Water, and shade on a warm day

Run of show

Time	What happens
5 min	Gathering: buddy up and buddy check
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: Buddy Legged Race
20 min	Activity 2: Heads Down Thumbs Up
20 min	Activity 3: on the playground, for real
5 min	Closing

Activity 1 — Buddy Legged Race (15 min)

Buddy Legged Race — scouting.org/cub-scout-activities/buddy-legged-race/

Pair every Scout with a buddy and make them say their buddy's name out loud. Give one Scout in each pair a neckerchief.

Then scatter them — skipping and hopping around the space, away from their buddy. When you shout “Go,” each Scout finds their buddy, they run together to the start line, tie the neckerchief around their two adjacent ankles, and three-legged walk or run to the finish where the other adult is waiting.

Help the pairs who cannot manage the knot rather than letting them give up on it. Nobody is racing until everyone is tied.

The game is funny and it teaches the actual thing, so name it at the end: the first thing you did when I shouted go was find your buddy. That is the buddy system. You go together, you stay together, you come back together.

Then say what a buddy does when it stops being a game: if your buddy is hurt or lost, you stay with them and you shout for an adult. You never go looking on your own. That, with the demonstration, is requirement 3.

Alternatives: Buddy Check Game — scouting.org/cub-scout-activities/buddy-check-game/ · Buddy Games — scouting.org/cub-scout-activities/buddy-games/

Activity 2 — Heads Down Thumbs Up (20 min)

Heads Down Thumbs Up — scouting.org/cub-scout-activities/heads-down-thumbs-up/

Read a question, give them a moment to think, then call “heads down, thumbs up.” Walk around and tap three Scouts, then call “heads up, thumbs down” and have the three you picked come to the front and give their answers. Reveal the right answer and say briefly why. From then on, any Scout who got it right picks the next three.

Work through the questions:

- What should you do before going down a slide? (Look — make sure the bottom is clear.)
- Where should you sit on a swing? (In the middle of the seat, holding on with both hands.)
- What is the safest way to climb playground equipment? (Both hands on, facing the equipment, one person at a time on a ladder.)
- What should you do if someone falls and gets hurt? (Stay with them, shout for an adult, do not move them.)
- How many people should go down the slide at one time? (One.)
- What should you do before running on the playground? (Look where you are going, and check what is behind you.)
- What kind of shoes are best for the playground? (Closed toes, tied laces. No flip-flops, no bare feet.)
- If playground equipment is broken, what should you do? (Do not use it, and tell an adult.)
- Is it safe to walk in front of someone who is swinging? (No. Walk well around, behind or wide.)
- What should you keep to yourself on the playground? (Your hands and feet.)

- Is it safe to slide down feet first? (Yes — feet first, sitting up, never head first and never standing.)
- What should you throw on the playground? (Nothing — not mulch, not sand, not rocks.)
- There is a playground away from where your grown-up is and you really want to play on it. What do you do? (Ask first, and take a buddy. Never go where an adult cannot see you.)

That last question is the one worth spending an extra minute on. It is the one that comes up in real life.

Alternative: Playground Rules — scouting.org/cub-scout-activities/playground-rules/

Activity 3 — On the playground, for real (20 min)

Requirement 4 says demonstrate, so go out and do it. Walk the den to the equipment and take it one piece at a time, with buddies still paired.

- Slide — check the bottom is clear, climb the ladder one at a time with both hands, sit down, feet first, and get out of the way at the bottom.
- Swings — sit in the middle, hold both chains, and walk wide around anybody who is swinging. Have every Scout walk the safe path around an occupied swing once.
- Climbing equipment — face it, both hands, one at a time, and come down the way you went up rather than jumping off the top.

Every Scout does each one while you watch. That is what demonstrate means, and it is the difference between this requirement and the trivia game.

Then let them play for the last few minutes with the rules in force, and correct the first violation out loud and cheerfully so everyone hears it.

Say something like

Today you learned one of the most important lessons in Scouting: we are safer and stronger when we look out for one another. By practicing the buddy system, learning who safe adults are, and paying attention to your surroundings, you showed responsibility and courage. Keep staying aware, keep sticking with your buddy, and keep making choices that help everyone stay safe. That's how Wolves lead the way.

Send home with families

Next time you are at a playground, let your Scout tell you the rules before they run off. They will remember more than you expect.

Practice a buddy check at the store or the park — call it and see how fast they find their person.

Leader notes

- Parent permission for the Protect Yourself Rules video is required, in writing, before the Scout watches. A family may decline, and a family may prefer to watch at home. Both are fine and neither is discussed in front of the den.
- Keep the tone of meeting 1 light and empowering. The goal is a Scout who feels capable of speaking up, not a Scout who is frightened.

- Never make a Scout act out a scenario. Volunteers only, and praise the ones who try.
- You are a mandatory reporter in practice. If a Scout tells you something, report it the same day to your Scout executive and to local authorities. Do not investigate it yourself and do not tell other parents.
- Requirements 3 and 4 both say demonstrate. A Scout who answered trivia correctly but never went down a slide has not completed requirement 4.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting — and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Written parent or legal guardian permission before any Scout watches the Protect Yourself Rules video.

Walk the playground before the Scouts arrive. Check for broken equipment, hot metal on a sunny day, worn surfacing under the swings, and anything sharp in the mulch.

Annual Health and Medical Record parts A and B on file if the playground is away from your regular meeting location, plus your usual off-site adult ratio.

Water and shade on a warm day. Metal slides in direct sun burn.

Den first aid kit within reach of the equipment, not in a car.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

Footsteps

Required adventure • Family and Reverence

If you read nothing else

One den meeting plus a short share-back, and one requirement done with the family.

Requirement 1 has two halves: the conversation with a parent or legal guardian happens at home, and the craft happens at the den meeting. Send the family letter two weeks ahead so the conversation comes first and the Scout arrives knowing what they want to make.

Requirement 2 is a family activity — attending a religious service or another gathering that shows how the family expresses reverence. Families with no religious tradition complete it through their own gathering and their own values, and the family letter should say so in those words.

This is the most sensitive adventure in the Wolf year. Handled well, every family feels their tradition belongs in this den. Handled carelessly, you lose someone.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With your parent or legal guardian, talk about your family's faith traditions. Identify three holidays or celebrations that are part of your family's faith traditions. Make a craft or work of art of your favorite family's faith tradition holiday or celebration.
- ☐ 2. With your family, attend a religious service or other gathering that shows how your family expresses reverence.
- ☐ 3. Carry out an act of kindness.
- ☐ 4. Listen to or read Aesop's fable "The Boy Who Cried Wolf." With your den or family, discuss why being truthful is important.

Requirements 1 and 2 belong to the family. The den meeting supplies the craft table and the share-back; the conversations and the gathering happen at home. Write the family letter so that a family with no religious tradition knows plainly that their own celebrations and values complete these requirements.

Meeting 1: Sun catchers, kindness and the boy who cried wolf

Goal: Every Scout makes an artwork of a holiday or celebration from their family's tradition, fills a kindness jar they will actually use, and can say why telling the truth matters.

Covers requirements 1, 3 and 4, and sends home 2

Before the meeting

- Send the family letter two weeks ahead. Ask families to talk about their faith traditions, identify three holidays or celebrations, and have the Scout bring a simple silhouette of a symbol from their favorite one — printed or drawn is fine.
- Write the letter carefully. Some families in your den are deeply religious, some are not religious at all, and both belong here. “Your family’s faith traditions, or the celebrations and values your family holds” covers everyone without singling anybody out.
- Ask every Scout to bring a small jar, box or can for the kindness jar. Bring five spares — somebody always forgets, and a Scout without a container will sit out an activity they should not sit out.
- Cut the tissue paper into small pieces or strips ahead of time, and pre-cut the contact paper slightly larger than a silhouette. Peeling contact paper is a two-adult job with second graders.
- Prepare a list of kind jobs to prompt the Scouts who go blank, and print or bookmark the fable — Wolf Footsteps 4 Boy Who Cried Wolf Story, in the Wolf adventure resources, or read it out of the Wolf handbook.

Supplies

- Black paper, and each Scout’s silhouette
- Colored tissue paper, torn or cut into small pieces
- Clear contact paper, pre-cut
- Scissors, ribbon or string, tape
- A jar, small box or can per Scout, plus spares
- Large popsicle sticks, five or six per Scout
- Ribbons, stickers, glue, paper, pens and thin markers for decorating
- The Wolf handbook, or the printed fable

Run of show

Time	What happens
20 min	Gathering: Sun Catcher
5 min	Opening: Pledge, Scout Oath, Scout Law
5 min	Welcome, roll call and announcements
20 min	Activity 1: Kindness Jar
20 min	Activity 2: The Boy Who Cried Wolf
5 min	Closing

Gathering — Sun Catcher (20 min)

Sun Catcher — scouting.org/cub-scout-activities/sun-catcher/

Scouts trace their holiday symbol onto black paper, then draw a second outline of the same symbol about an inch inside the first. Cut out both lines and what is left is a black border of the symbol.

You peel the contact paper — one piece per Scout, slightly larger than their border — and hold it sticky side up. The Scout lays their black border onto it. Tell them before they do it that they get one try, because lifting it off tears the paper.

Then they fill the space inside the border with tissue paper pieces in whatever colors they want, until none of the sticky is showing. Trim the leftover contact paper from the outside, add a loop of string, and it hangs in a window.

While they work, ask each Scout what their symbol is for. That question is the requirement — the craft is a way of getting them to tell the den about a celebration that matters at their house.

Expect real variety, and treat every one of them the same way: a menorah, a cross, a crescent, a diya, an egg, a marigold, a birthday candle, a turkey, a flag on a family holiday. A family with no religious tradition making a symbol from a harvest meal or a family reunion has fully completed the requirement.

The conversation with a parent about three holidays or celebrations happens at home and cannot happen here. Say so plainly so nobody thinks tonight finished requirement 1 on its own.

Alternatives: Faith Tradition Collage — scouting.org/cub-scout-activities/faith-tradition-collage/ · Holiday Mosaic — scouting.org/cub-scout-activities/holiday-mosaic/

Activity 1 — Kindness Jar (20 min)

Kindness Jar — scouting.org/cub-scout-activities/kindness-jar/

Hand out five or six large popsicle sticks per Scout. On each stick they write one kind job they could do for a neighbor, a friend or someone in their family. Use your prepared list for the Scouts who freeze: write a poem for a parent or a sibling, play a board game with a sibling, give a compliment, help clear the dinner table, do a chore without being asked, send a homemade card to a grandparent.

Anything the Scout genuinely thinks is kind counts. Do not edit their ideas down to your ideas.

Then they decorate their container with the ribbons, stickers and paper, and drop their sticks in.

Requirement 3 is carrying out an act of kindness, not planning one, so close the loop before they leave: every Scout pulls a stick out of their own jar now and says out loud which one they are going to do, and when. Follow up next meeting and ask how it went.

Some Scouts will want to do theirs at the meeting. Let them — writing a card for someone, or cleaning up the room without being asked, counts.

Alternatives: Kindness Rocks — scouting.org/cub-scout-activities/kindness-rocks/ · Sing with the Elderly — scouting.org/cub-scout-activities/sing-with-the-elderly/

Activity 2 — The Boy Who Cried Wolf (20 min)

Boy Who Cried Wolf — scouting.org/cub-scout-activities/boy-who-cried-wolf/

Read Aesop's fable aloud out of the Wolf handbook or the printed version. Read it properly, with the voices. Second graders will sit still for a story told well and fidget through one read flatly off a page.

Then discuss the moral, and let them say it before you do. Somebody will get there: when you lie, people stop believing you — including when you need them.

Two questions that turn a story into requirement 4:

- How would this story go if it happened today? Let them update it — a fire alarm, a phone, a group chat, a kid who keeps saying someone is hurt.
- Why does being truthful matter in a den? What happens on a campout if we cannot believe each other?

Tie it back to the Scout Law they handled in Bobcat. A Scout is trustworthy is the first point, and this is what it costs when it goes.

Do not let it turn into confession time. Nobody has to share a time they lied.

Closing (5 min)

Explain requirement 2 to the Scouts and put it in writing for families: attend a religious service or another gathering with your family that shows how your family expresses reverence, and tell the den one thing about it next time.

Say the inclusive version out loud, to the Scouts, so no Scout in the room thinks they are the odd one out:

Say something like

Some of your families go to a church or a synagogue or a mosque or a temple. Some of your families do something else — a big dinner, a family gathering, a walk somewhere that matters to you. All of those count for this. What we are asking is that you go and do it with your family, and then tell us one thing about it.

Send home with families

Talk with your Scout about your family's faith traditions, or the celebrations and values your family holds, and identify three holidays or celebrations that are part of them. That conversation is requirement 1, and only you can do it.

Attend a religious service or another gathering that shows how your family expresses reverence, together. A family with no religious tradition completes this through your own gathering — a holiday meal, a memorial, a family celebration. That is requirement 2.

Ask your Scout which stick they pulled out of their kindness jar and whether they have done it yet.

Meeting 2: Share-back

Goal: Each Scout says one thing about the gathering they attended with their family, and the den hears how many different ways reverence looks.

Covers requirement 2 completed at home; verified here

Before the meeting

- This is a fifteen-minute block at the start of your next regular den meeting, not a whole meeting. Say so in the family letter so nobody plans a party.
- Set out a table for the sun catchers if Scouts finished them at home, and hang a few in the window.

- Collect any outstanding completion slips at the door.
- Invite parents to stay for it. Several will want to.

Supplies

- A table or a window for the sun catchers
- Completion slips

Run of show

Time	What happens
15 min	Share-back circle
—	Then continue with your next adventure

Share-back circle (15 min)

Each Scout gets about a minute: what did you go to with your family, and one thing about it. That is the verification for requirement 2, and it is also the whole value of the adventure.

Set the rule before the first Scout speaks and enforce it the first time: we listen, we do not compare, and nobody's family does it wrong. You will only have to say it once.

A Scout may say very little, and that is their right. Never ask a Scout to explain or defend what their family believes.

Finish with one question to the whole circle: what did you hear tonight that was the same at two different houses? Somebody will say food, somebody will say family, somebody will say saying thank you. That common ground is what the adventure is for.

The den resources for this requirement, if a family wants a starting point: Attend a Religious Service — scouting.org/cub-scout-activities/attend-a-religious-service/ · Let's Celebrate Together — scouting.org/cub-scout-activities/lets-celebrate-together/

Say something like

Today you explored the footsteps of helpers in your community and learned how your own choices can make a difference. Keep noticing the people who help, keep following good paths, and keep leaving footsteps that lead to kindness and service.

Leader notes

- Scouting asks a Scout to do their duty to God and does not define God for them. A family with no religious affiliation completes requirements 1 and 2 through their own values, celebrations and gatherings — say that in the family letter, in those words, before anyone has to ask you.
- Never ask a Scout to explain or justify their family's beliefs. They share what they choose to share, and a short answer is a complete answer.
- If your pack is chartered to a religious organization, be deliberately welcoming to families of other traditions and of none. The chartered organization provides the meeting space; it does not set the Scouts' beliefs.

- Requirement 3 says carry out an act of kindness, not plan one. The jar is a great craft and it does not finish the requirement on its own — make sure every Scout actually does one and tells you about it.
- Religious emblems programs exist for most faiths and are earned outside Scouting through the family's own faith group. Mention them to families; this adventure is a natural on-ramp.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every den meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Scissors are blunt-tipped and stay on the table. Contact paper is peeled by an adult.

Check for allergies before any food comes in with a family tradition, and label anything that does.

Photo permission before posting anything from the share-back. Some families will not want their traditions online.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

