WOLF ADVENTURE: RUNNING WITH THE PACK

Additional checkoff sheets and helps are available from ScouterMom.com.

Complete the following requirements.										
1. Play catch with someone in your den or family who is standing 5 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back and see if you can improve your throwing and catching skills										
2. Practice balancing as you walk forward, backward, and sideways.										
3. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.										
4. Play a sport or game with your den or family, and show good sportsmanship.										
5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.										
6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your family. Make a shopping list of the food used to prepare the meal.										
Completed										
Presented										