



# Running With the Pack

*Wolf Cub  
Required Adventure*



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*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 den or family. Make a shopping list of the food used to prepare the meal.

### *Shopping List*




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