



# Spirit of the Water

*Wolf Cub*

*Elective Adventure*



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*Complete the following requirements:*

- 1. Discuss how the water in your community can become polluted.
- 2. Explain one way that you can help conserve water in your home.
- 3. Explain to your Den leader why swimming is good exercise.
- 4. Explain the safety rules that you need to follow before participating in swimming or boating.
- 5. Visit a local pool or public swimming area with your family or Den. With qualified supervision, jump into water that is at least chest-high, and swim 25 feet or more.