

## 14 Day Wolf Challenge

Help your Wolf keep their skills sharp by taking on our 14-day challenge with activities to help earn adventure and adventure electives! <https://www.glaacbsa.org/>

Week 1- Call of the Wild: Adventure will be earned if you complete all requirements

Week 2 – Paws of Skills

Week 3 – Duty to God Footsteps [www.scouting.org/Awards/ReligiousAwards.aspx](http://www.scouting.org/Awards/ReligiousAwards.aspx) & Grow Something

\*Craft supplies needed to complete activities can be any house held items such Six Essentials, tent, soap, rope.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. Attend a family campout. You can do it at home! Start with your six essentials. <b>Requirement 1</b>
2. With your family or den, make a list of possible weather changes that could happen during your outing according to the time of year you are outside. Tell how you will be prepared for each one. <b>Requirement 2</b>	3. Do the following: Recite the Outdoor Code with your leader. <b>Requirement 3A</b>	4. Recite the leave no trace principles for kids with your leader talk about how these principles support the outdoor code. <b>Requirement 3B</b>	5. After your outdoor activity or camp out, list the ways you demonstrated being careful with fire or other dangers. <b>Requirement 3C</b>	6. Show or demonstrate what to do in case of a natural disaster such as an earthquake or flood. <b>Requirement 4A</b>	7. To keep from spreading your germs wash your hands for 20 seconds. <b>Requirement 4B</b>	8. Show how to tie an overhand knot and a square knot. <b>Requirement 5</b>
9. Talk with your family or den about what it means to be physically fit. Share ideas of what you can do to stay in shape. <b>Requirement 1</b>	10. With your family or den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action. <b>Requirement 2</b>	11. Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time. <b>Requirement 3</b>	12. With your family or den, talk about what it means to be a member of a team. Working together, make a list of team sports, and talk about how the team works together to be successful. <b>Requirement 4</b>	13. With your den or family, develop an obstacle course that involves five different movements. Run the course 2 times and see if your time improves. <b>Requirement 5 Optional</b>	14. With your den or family, talk about sportsmanship and what it means to be a good sport while playing a game or sport. Share with your den or family how you were a good sport or demonstrated good sportsmanship in. <b>Requirement 6 Optional</b>	