

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

Time	What happens
5 min	Opening: Pledge, Scout Oath, Scout Law
30 min	Activity 1: stretch and move — Toss and Catch
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