

Wolf Elective Adventure: Spirit of the Water



Leader Instructions

A white board and markers are available to use if you want to ask scouts for answers and write them down before discussing the topics. There are several images and photos to use as examples and help with understanding the topic.

1. Discuss how the water in your community can become polluted.

There is a set of 5 pollution cards. Ask the scouts to name ways water can become polluted. Lay down a card if they get it right. If they are struggling with some answers, lay down the cards to give them hints. Answers and descriptions can be found in the leader guide.

2. Explain one way that you can help conserve water in your home.

There are 6 water saving cards. Hold up the cards one at a time and ask the questions found in yellow. Give the scouts a chance to come up with their answers, and then have one of them read the tip (in gray) on the other side of the card. Ask if they have other ideas on how they can save water at home.

3. Explain to your den leader why swimming is good exercise.

Ask the scouts for ideas and write them down on the white board. Here a few examples:

- a. Can help you live longer
- b. Boosts heart health
- c. Strengthen you lungs
- d. May boost brain power and put you in a better mood
- e. May help you sleep better
- f. Good for your overall health and bone health
- g. May help with chronic pain

4. Explain the safety rules that you need to follow before participating in swimming or boating.

The Leader Guide has great information on safety rules. There is an emphasis on Rip Currents in Lake Michigan, because it is important to know for our area. Photos and images are included for visual aids.

For a gallery connection, visit the Underwater Treasures Exhibit on the Main Floor. Look for the information on life-saving stations on the Great Lakes, including the breeches buoy and Lyle gun.

5. Visit a local pool or public swimming area with your family or Wolf den. With qualified supervision, jump into water that is at least chest-high, and swim 25 feet or more.

This step will have to be completed on their own or as a troop