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| **Week 1: Let’s Get Physical**  Fun on the Run Adventure  **(Lion: Fun on the Run)**  Games Tigers Play Adventure  **(Tiger: Games Tiger Play)**  Paws on the Path Adventure Loop  **(Wolf: Paws on the Path)**  Fur, Feathers, and Ferns Adventure Loop  **(Bear: Fur, Feathers, and Ferns)**  Stronger, Faster, Higher Adventure Pin  **(Webelos: Stronger, Faster, and Higher)** | **Lion:** Practice stretching for 5 mins. Learn and demonstrate 3 exercises you can do each day.  **Tiger:** Show you can run in place and do jumping jacks.  Go for a walk and pick out two or more sights and sounds of nature.  **Wolf:** Plan a one-mile walk/hike. Incorporate running into your walk, by running for 2 mins**.** Choose appropriate clothing to wear on your walk/hike.  **Bear:** Plan a one-mile walk/hike. Identify six signs of mammals, birds, etc are living near you.  **Webelos:** Plan a one-mile walk/hike. Warm up before walking/hiking. Incorporate running into your walk/hike by running for 5 mins. |