

30 Day Lion Challenge



Help your Lion keep their skills sharp by taking on our 30-day challenge with activities to help with adventure and elective requirements!

Week 1 – Lion's Honor and Fun on the Run

Week 2 – Animal Kingdom and Mountain Lion

Week 3 – King of the Jungle and I'll Do It Myself

Week 4 – Gizmos and Gadgets and Build it Up, Knock it Down

Week 5 – On Your Mark and Rumble in the Jungle

		1 Show good sportsmanship! Play a board game with your family.	2 Practice your Cub Scout salute.	3 Make a nutritious snack to share. What makes it healthy?	4 Repeat the Cub Scout motto. What does it mean?	5 Get moving! Show three different exercises, then try a new one!
6 Family discussion – What can you do in an emergency?	7 Make a thank you card for your local hospital, fire, or police department	8 Turn off lights when not in use. Can you do this the rest of the month?	9 Go for a family walk. How can you respect nature while outside?	10 Family discussion – what should you do if you get lost while outdoors?	11 Make a list of items needed for a camping trip. Pack what you can.	12 Build a blanket fort and practice camping. Did your list help?
13 Draw a picture of what a leader looks like. Share with your family.	14 Set the table for every meal	15 Practice tying your shoes	16 Family discussion – what is a good citizen?	17 Help make a checklist of your morning routine. Can you do any by yourself?	18 Watch a flag ceremony online. Why are people so careful with the flag?	19 Pick out your outfits for the next 3 days.
20 Explore motion. Build a ramp for a toy car and see how far it can go!	21 Build a tower out of blocks. How high can you make it?	22 Build a tower of blocks. Push it over gently. Then hard. Which one sent the blocks further?	23 Build a tower out of something not blocks. Was it easy? Hard? Why?	24 Using everyday objects, build something that can help people. *	25 Family discussion – can people be built up? Knocked down? How so?	26 Build a ramp. Launch toy cars of different weights. Which ones go further?
27 Create a new game. What are the rules? Try it out with your family!	28 Draw a picture of your favorite jungle animal. Why is it your favorite?	29 Make a (safe) obstacle course outside. How fast can you go?	30 Pretend to be your favorite jungle animals. How do they move? Roar?			

*Objects can include toilet paper tubes, storage containers, LEGOs, pencils, paper – just about anything!

30 Day Tiger Challenge



Help your Tiger keep their skills sharp by taking on our 30-day challenge with activities to help with adventure and elective requirements!

Weeks 1 and 2 – Games Tigers Play, My Tiger Jungle, and Tiger Bites

Week 3 – Family Stories, Floats and Boats

Weeks 4 and 5 – Sky's the Limit, Safe and Smart

		1 Show good sportsmanship! Play a board game with your family.	2 Make up a new game. What are the rules? Play it with your family.	3 Make a nutritious snack to share. What makes it healthy?	4 Watch a new sport online you've never seen. Which sport did you pick?	5 Go for a walk outside. Take in nature using your 5 senses. What did you notice?
6 Go in your backyard. Make a list of everything you see.	7 Go bird watching out your window. Draw 2 different birds you see.	8 Make a thank you card for local doctors, nurses, police, or firefighters.	9 Make a birdhouse out of household items. What birds can fit in your house? *	10 Family discussion – learn about good food choices and how to pick healthy meals.	11 Make a poster explaining the difference between fruits and vegetables.	12 With your family, pick a job to help your family at mealtime. Do it for the next 4 meals.
13 Family discussion – what are some of your family's traditions, history, and culture?	14 Create a family crest. Include what you think makes your family special!	15 Call a grandparent or other relative. Learn what life was like when they were kids.	16 With your parents' help, create a family tree.	17 Learn about and draw 5 different types of boats. Where can each type be found?	18 Build your own boat with recycled materials and float it on water. *	19 Practice the SCOUT water safety chant.
20 Memorize your address and recite it to your family.	21 Memorize two emergency phone numbers and recite them to your family.	22 Show you can stop, drop, and roll.	23 Make a fire escape plan and practice with your family.	24 Go outside and observe the night sky.	25 Research two astronauts who were Scouts.	26 Visit a science museum or observatory online.
27 Find the smoke detectors in your home and check the batteries.	28 Looking at the night sky, create and name your own constellation.	29 Show how to safely roll someone else in a blanket to put out a fire.	30 Learn how 2 constellations got their name and find them in the sky.			

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30 Day Wolf Challenge



Help your Wolf keep their skills sharp by taking on our 30-day challenge with activities to help with adventure and elective requirements!

Week 1 – Paws on the Path

Week 2 – Running with the Pack

Week 3 – Cubs who Care and Motor Away

Week 4 – Code of the Wolf

Week 5 – Hometown Heroes

		1 Plan a one-mile hike/walk. Make a list of the Cub Scout 6 Essentials and pack.	2 Family discussion – what is the buddy system, and what should you do if separated outside	3 Watch the weather forecast for the weekend. Plan clothing for Saturday.	4 Name two birds, animals, and insects that live in your area. How did you identify them?	5 Go on your one-mile walk/hike! Look for any of the animals you listed.
6 Play catch with a family member, getting further apart as you play.	7 Balance as you walk forwards, backwards, and sideways.	8 Show your agility by demonstrating a front roll, back roll, and frog stand.	9 Play a board game with your family and show good sportsmanship.	10 Kangaroo hop, frog leap, inchworm walk, and crab walk outside.	11 Help plan a healthy meal with your family, then help cook it!	12 Watch a new sport online with your family.
13 Learn about a sport that has been adapted for wheelchairs. Watch a game online.	14 Draw a picture, then try it blindfolded. How did it turn out?	15 Family discussion – what is an "invisible disability"?	16 Try tying your shoes or using a fork while wearing mittens. Discuss with your family.	17 Fold and test 3 different paper airplane designs. Which went furthest? Why?	18 Build and test a paper airplane catapult using household items. *	19 Create two different model boats with different shapes and test them. *
20 Make a rain gauge and set it up outside. Measure the water when it rains next.	21 Play Go Fish with your family.	22 Go on a walk and identify 3 shapes you see in nature.	23 Create a secret code using numbers. Can anyone figure it out?	24 Create a code stick to create and decode a message.	25 Measure the height of your family members. See who takes the most steps to get to 100 feet.	26 Play a game that requires math to keep score. (Yahtzee, Scrabble, etc)
27 Family discussion – What is a hero? Give an example and say why.	28 Make a thank you card for the nurses and doctors of your local hospital.	29 Create a thank you card for your local police and fire departments.	30 Find an online tour of a police or fire station with a parent/guardian.			

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30 Day Bear Challenge

Help your Bear keep their skills sharp by taking on our 30-day challenge with activities to help with adventure and elective requirements!



Week 1 – Fur, Feathers, and Ferns

Week 2 – Paws for Action, Robotics

Week 3 – Super Science, Roaring Laughter

Week 4 – Bear Picnic Basket, Beat of the Drum

Week 5 – Critter Care

		1 Go on a one-mile walk or hike. Identify 6 signs of any animals, insects, or birds.	2 Take an online zoo or nature center tour. Describe what you learned to your family.	3 Observe wildlife out your window and describe what you saw with your family.	4 Draw a picture of a plant in your yard, then look with a magnifying glass and draw again.	5 Name an animal that has become extinct in the past 100 years and research why.
6 Hang up or draw and hang an American flag at your house.	7 Learn about two famous Americans. Draw a poster for each showing what you learned.	8 Make a list of emergency phone numbers. Show your family you can call for emergency help.	9 With your family, create and practice fire and tornado emergency plans.	10 Build a robot hand with string, straws, and sticks. How does it compare to a human hand?	11 Build your own robot using household items. *	12 Explore places that use robots online. What type of robots do you see?
13 Make static electricity by rubbing a balloon against different materials.	14 Create your own sink or float investigation. Explain what you learned.	15 Make marble milk. Put drops of food coloring in a plate of milk, then drop dish soap in the middle.	16 Family discussion – what makes you laugh? Make a list!	17 Make a Mad Lib! Take nouns, verbs, adjectives, and adverbs out of a story; add your own.	18 Play a game that makes you laugh with your family.	19 Ask your family members for their favorite joke and share yours with them.
20 With a family member, select and help cook a meal. Clean up after.	21 Create your own Bear cookbook with at least 5 recipes you can make on your own	22 Prepare and serve a nutritious snack for your family. Explain what makes it healthy.	23 Learn about Iowan Native Americans online. Share with your family.	24 Create your own Native American legend in a story or diorama.	25 Make your own dreamcatcher. Hang it in your room.	26 Watch Native American dancing online. Can you dance like that?
27 Research a pet you would like to have. Present a report to your family	28 Learn 3 ways animals help people. Make a poster and share.	29 Have a pet? Make a care checklist and use for 2 weeks.	30 Learn what careers involve animal care. What education is needed?			

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30 Day Webelos Challenge

Help your Webelos keep their skills sharp by taking on our 30-day challenge with activities to help with adventure and elective requirements!



Week 1 – Stronger, Faster, Higher

Week 2 – Art Explosion

Week 3 – Build My Own Hero, Aware and Care

Week 4 – Project Family, Maestro!

Week 5 – Cast Iron Chef

		1 Make an exercise plan that includes at least 3 physical activities. Do every day this month.	2 Watch a new sport online and give it a try at home.	3 Do the following and record results: 20 yd. dash, vertical jump, 5lb weight lift, pushups, curls, jump rope.	4 Demonstrate proper warm up before and cool down after an activity.	5 Make a fitness course with jumping, obstacles, weights, and running in your yard.
6 Visit an art museum or gallery online.	7 Create 2 self portraits using 2 different techniques	8 Draw or paint an original picture outdoors	9 Use clay to sculpt a simple form	10 Create a comic strip! Make it at least 4 panels	11 Host a gallery opening for your art at home and invite your family.	12 Using a camera or phone, take 10 pictures and edit to crop, lighten/darken
13 Family discussion – what is a hero? How can citizens be heroes in their community?	14 Create and draw your own superhero! What makes them "super"?	15 Make "My Hero Awards" for police, firemen, and doctors/nurses.	16 Learn about a Scout hero and make a poster about them.	17 Make cards for nursing home residents.	18 Watch Special Olympics events online with your family. Discuss your thoughts/feelings.	19 Learn the Scout Oath in sign language.
20 Call a grandparent or other elder and learn about life when they were growing up.	21 Family discussion – learn about family names, history, traditions, and culture.	22 Make a poster or webpage about places your family came from.	23 Help a family member with a household job, such as taking out the trash or yard work.	24 Watch a live musical performance online. Try a new type of music!	25 Plan and host a family night with activities your family likes to do together.	26 Host a concert for your family. Perform on an instrument or sing at least 2 songs.
27 Find instructions online and build your own solar oven. Give it a try!	28 Plan a menu for a balanced meal for your family. Help cook it!	29 Learn about food safety practices. Make a poster for your kitchen.	30 Demonstrate how to build a fire in your backyard using sticks and leaves. DO NOT LIGHT IT!			