

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

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

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