

# 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

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