

# 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

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

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