

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

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| | | 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? | | | |

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