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!

		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.	Make a fitness course with jumping, obstacles, weights, and running in your yard.
6	7	8	9	10	11	1
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/darker
13	14	15	16	17	18	1
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 Ianguage.
20	21	22	23	24	25	2
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 work.	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			
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!			





Week 5 - Cast Iron Chef

