## 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!

<table>
<thead>
<tr>
<th>Week 1 – Stronger, Faster, Higher</th>
<th>Week 2 – Art Explosion</th>
<th>Week 3 – Build My Own Hero, Aware and Care</th>
<th>Week 4 – Project Family, Maestro!</th>
<th>Week 5 – Cast Iron Chef</th>
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</thead>
<tbody>
<tr>
<td><strong>1</strong> Make an exercise plan that includes at least 3 physical activities. Do every day this month.</td>
<td><strong>2</strong> Watch a new sport online and give it a try at home.</td>
<td><strong>3</strong> Do the following and record results: 20 yd. dash, vertical jump, 5 lb. weight lift, pushups, curls, jump rope.</td>
<td><strong>4</strong> Demonstrate proper warm up before and cool down after an activity.</td>
<td><strong>5</strong> Make a fitness course with jumping, obstacles, weights, and running in your yard.</td>
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<td><strong>6</strong> Visit an art museum or gallery online.</td>
<td><strong>7</strong> Create 2 self portraits using 2 different techniques.</td>
<td><strong>8</strong> Draw or paint an original picture outdoors.</td>
<td><strong>9</strong> Use clay to sculpt a simple form.</td>
<td><strong>10</strong> Host a gallery opening for your art at home and invite your family.</td>
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<td><strong>11</strong> Demonstrating proper warm up before and cool down after an activity.</td>
<td><strong>12</strong> Make cards for nursing home residents.</td>
<td><strong>13</strong> Call a grandparent or other elder and learn about life when they were growing up.</td>
<td><strong>14</strong> Family discussion – what is a hero? How can citizens be heroes in their community?</td>
<td><strong>15</strong> Create and draw your own superhero! What makes them &quot;super&quot;?</td>
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<td><strong>16</strong> Learn about a Scout hero and make a poster about them.</td>
<td><strong>17</strong> Watch Special Olympics events online with your family. Discuss your thoughts/feelings.</td>
<td><strong>18</strong> Family discussion – learn about family names, history, traditions, and culture.</td>
<td><strong>19</strong> Using a camera or phone, take 10 pictures and edit to crop, lighten/darken.</td>
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<td><strong>20</strong> Find instructions online and build your own solar oven. Give it a try!</td>
<td><strong>21</strong> Plan a menu for a balanced meal for your family. Help cook it!</td>
<td><strong>22</strong> Help a family member with a household job, such as taking out the trash or yard work.</td>
<td><strong>23</strong> Watch a live musical performance online. Try a new type of music!</td>
<td><strong>24</strong> Plan and host a family night with activities your family likes to do together.</td>
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<td><strong>24</strong> Learn about food safety practices. Make a poster for your kitchen.</td>
<td><strong>25</strong> Host a concert for your family. Perform on an instrument or sing at least 2 songs.</td>
<td><strong>26</strong> Make 4 panels!</td>
<td><strong>27</strong> Make a fitness course with jumping, obstacles, weights, and running in your yard.</td>
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<td><strong>28</strong> Plan a menu for a balanced meal for your family. Help cook it!</td>
<td><strong>29</strong> Learn about food safety practices. Make a poster for your kitchen.</td>
<td><strong>30</strong> Demonstrate how to build a fire in your backyard using sticks and leaves. DO NOT LIGHT IT!</td>
<td><strong>31</strong> Host a family night with activities your family likes to do together.</td>
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**Week 1 – Stronger, Faster, Higher**
- Visit an art museum or gallery online.
- Create 2 self portraits using 2 different techniques.
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**Week 2 – Art Explosion**
- Make an exercise plan that includes at least 3 physical activities. Do every day this month.
- Watch a new sport online and give it a try at home.
- Do the following and record results: 20 yd. dash, vertical jump, 5 lb. weight lift, pushups, curls, jump rope.
- Demonstrate proper warm up before and cool down after an activity.

**Week 3 – Build My Own Hero, Aware and Care**
- Visit an art museum or gallery online.
- Create 2 self portraits using 2 different techniques.
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- Create 2 self portraits using 2 different techniques.

**Week 4 – Project Family, Maestro!**
- Make an exercise plan that includes at least 3 physical activities. Do every day this month.
- Watch a new sport online and give it a try at home.
- Do the following and record results: 20 yd. dash, vertical jump, 5 lb. weight lift, pushups, curls, jump rope.
- Demonstrate proper warm up before and cool down after an activity.

**Week 5 – Cast Iron Chef**
- Visit an art museum or gallery online.
- Create 2 self portraits using 2 different techniques.
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- Create 2 self portraits using 2 different techniques.