

30 Day Tiger Challenge



Help your Tiger keep their skills sharp by taking on our 30-day challenge with activities to help with adventure and elective requirements!

Weeks 1 and 2 – Games Tigers Play, My Tiger Jungle, and Tiger Bites

Week 3 – Family Stories, Floats and Boats

Weeks 4 and 5 – Sky's the Limit, Safe and Smart

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| | | 1 Show good sportsmanship! Play a board game with your family. | 2 Make up a new game. What are the rules? Play it with your family. | 3 Make a nutritious snack to share. What makes it healthy? | 4 Watch a new sport online you've never seen. Which sport did you pick? | 5 Go for a walk outside. Take in nature using your 5 senses. What did you notice? |
| 6 Go in your backyard. Make a list of everything you see. | 7 Go bird watching out your window. Draw 2 different birds you see. | 8 Make a thank you card for local doctors, nurses, police, or firefighters. | 9 Make a birdhouse out of household items. What birds can fit in your house? * | 10 Family discussion – learn about good food choices and how to pick healthy meals. | 11 Make a poster explaining the difference between fruits and vegetables. | 12 With your family, pick a job to help your family at mealtime. Do it for the next 4 meals. |
| 13 Family discussion – what are some of your family's traditions, history, and culture? | 14 Create a family crest. Include what you think makes your family special! | 15 Call a grandparent or other relative. Learn what life was like when they were kids. | 16 With your parents' help, create a family tree. | 17 Learn about and draw 5 different types of boats. Where can each type be found? | 18 Build your own boat with recycled materials and float it on water. * | 19 Practice the SCOUT water safety chant. |
| 20 Memorize your address and recite it to your family. | 21 Memorize two emergency phone numbers and recite them to your family. | 22 Show you can stop, drop, and roll. | 23 Make a fire escape plan and practice with your family. | 24 Go outside and observe the night sky. | 25 Research two astronauts who were Scouts. | 26 Visit a science museum or observatory online. |
| 27 Find the smoke detectors in your home and check the batteries. | 28 Looking at the night sky, create and name your own constellation. | 29 Show how to safely roll someone else in a blanket to put out a fire. | 30 Learn how 2 constellations got their name and find them in the sky. | | | |

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

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