

# 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

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

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