

## 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

\*Craft supplies needed to complete activities can be any house held items such as toilet paper rolls, left over cardboard boxes, storage containers, LEGOs and coloring items.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Plan a 1-mile walk. Make a list of the Cub Scout Essentials and pack * Make sure to have your mask for protection.	2. Family discussion what is the buddy system, and what should you do if separated outside?	3. Name two birds, animals, and insects that live in your area. How do you identify them?	4. Play catch with a family member, getting further apart as you play.	5. Watch the weather forecast for the weekend. Plan clothing for Saturday.	6. Go on your 1-mile walk! Look for any of the animals you listed on day 3. *Make sure to have your mask for protection.
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? *Tutorial on GLAAC Facebook & Instagram	18. Build and test a paper airplane catapult using house held items.	19. Create two different model boats with different shapes and test them. *Tutorial on GLAAC Facebook & Instagram	20. Make a rain and set it outside. Measure the water when it rains next. *Tutorial on GLAAC Facebook & Instagram
21. Play Go Fish with your family.	22. Go on a walk and identify 3 shapes you see in nature. *Make sure to have your mask for protection.	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 sign to hang in your front window thanking local doctors, nurses, police, or firefighters.	29. Create thank you cards and mail them to your local police and fire stations.	30. Find an online tour of a police or fire station with a parent/guardian.				