

30 Day Bear Challenge

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

Week 1- Fur, Feathers, and Ferns

Week 2 – Paws for Actions, Robotics

Week 3 – Super Science, Roaring Laughter

Week 4- Bear Picnic Basket, Beat at the Drum

Week 5 – Critter Care

*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. Observe wildlife out your window and describe what you saw with your family.	2. Take an online zoo or nature center tour. Describe what you learned to your family.	3. Go on a 1-mile walk. Identify 6 signs of any animals, insects, or birds. * Make sure to have your mask for protection.	4. Draw a picture of a plant in your yard, then look with a magnifying glass and draw again. *A phone zoom lens can be substituted if one does not have a magnifying glass	5. Name an animal that has become extinct in the past 100 years and research why.	6. Hang up or draw and hang an American flag at your house.
7. Learn about two Famous Americans. Draw a poster for each showing what you learned.	8. Make a list of emergency phone numbers. Show your family you can call for emergency help.	9. With your family create and practice fire and earthquake emergency plans.	10. Build a robot hand with string, straws, and cardboard. How does it compare to a human hand. Tutorial on GLAAC Facebook & Instagram	11. Build your own robot using house held items.	12. Explore places that use robots online. What type of robots do you see?	13. Make static electricity by rubbing a balloon against different materials.
14. Create your own sink or float investigation. Explain what you learned.	15. Make a marble milk. Put drops of food coloring in a plate of milk, then drop disk soap in the middle.	16. Family discussion what makes you laugh? Make a list.	17. Make a Mad Lib! Take nouns, verbs, adjectives and adverbs out of a story then add in your own.	18. Play a game that makes you laugh with your family.	19. Ask your family members for their favorite joke and share yours with them.	20. With a family member, select and help cook a meal. Clean up after.
21. Create your own Bear cookbook with at least 5 recipes you can make on your own. *Cooking Tutorials on GLAAC Facebook & Instagram	22. Prepare and serve a nutritious snack for your family. Explain what makes it healthy.	23. Learn about a Native American Tribe online. Share what you learned with your family.	24. Create your own Native American legend in a story or diorama.	25. Make your own dreamcatcher. Hang it in your room. * Tutorial on GLAAC Facebook & Instagram	26. Watch Native American dance online. Can you dance like that?	27. Research a pet you would like to have. Present a report to your family.
28. Learn 3 ways animals help people. Make a poster and share.	29. Have a pet? Make a care checklist and use for 2 weeks.	30. Learn what careers involve animal care. What education is needed?				

