

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

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| | | 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!