

# 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 Action, Robotics

Week 3 – Super Science, Roaring Laughter

Week 4 – Bear Picnic Basket, Beat of the Drum

Week 5 – Critter Care

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|   |   | 1<br>Go on a one-mile walk or hike. Identify 6 signs of any animals, insects, or birds.                   | 2<br>Take an online zoo or nature center tour. Describe what you learned to your family. | 3<br>Observe wildlife out your window and describe what you saw with your family.              | 4<br>Draw a picture of a plant in your yard, then look with a magnifying glass and draw again. | 5<br>Name an animal that has become extinct in the past 100 years and research why. |
| 6<br>Hang up or draw and hang an American flag at your house.                   | 7<br>Learn about two famous Americans. Draw a poster for each showing what you learned. | 8<br>Make a list of emergency phone numbers. Show your family you can call for emergency help.            | 9<br>With your family, create and practice fire and tornado emergency plans.             | 10<br>Build a robot hand with string, straws, and sticks. How does it compare to a human hand? | 11<br>Build your own robot using household items. *  | 12<br>Explore places that use robots online. What type of robots do you see?        |
| 13<br>Make static electricity by rubbing a balloon against different materials. | 14<br>Create your own sink or float investigation. Explain what you learned.            | 15<br>Make marble milk. Put drops of food coloring in a plate of milk, then drop dish soap in the middle. | 16<br>Family discussion – what makes you laugh? Make a list!                             | 17<br>Make a Mad Lib! Take nouns, verbs, adjectives, and adverbs out of a story; add your own. | 18<br>Play a game that makes you laugh with your family.                                       | 19<br>Ask your family members for their favorite joke and share yours with them.    |
| 20<br>With a family member, select and help cook a meal. Clean up after.        | 21<br>Create your own Bear cookbook with at least 5 recipes you can make on your own    | 22<br>Prepare and serve a nutritious snack for your family. Explain what makes it healthy.                | 23<br>Learn about Iowan Native Americans online. Share with your family.                 | 24<br>Create your own Native American legend in a story or diorama.                            | 25<br>Make your own dreamcatcher. Hang it in your room.  | 26<br>Watch Native American dancing online. Can you dance like that?                |
| 27<br>Research a pet you would like to have. Present a report to your family    | 28<br>Learn 3 ways animals help people. Make a poster and share.                        | 29<br>Have a pet? Make a care checklist and use for 2 weeks.  | 30<br>Learn what careers involve animal care. What education is needed?                  |  |  |   |

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