# 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**
- Plan a one-mile hike/walk. Make a list of the Cub Scout 6 Essentials and pack.
- Family discussion – what is the buddy system, and what should you do if separated outside.
- Watch the weather forecast for the weekend. Plan clothing for Saturday.
- Name two birds, animals, and insects that live in your area. How did you identify them?
- Go on your one-mile walk/hike!
- Look for any of the animals you listed.

**Week 2 – Running with the Pack**
- Play catch with a family member, getting further apart as you play.
- Balance as you walk forwards, backwards, and sideways.
- Show your agility by demonstrating a front roll, back roll, and frog stand.
- Play a board game with your family and show good sportsmanship.
- Kangaroo hop, frog leap, inchworm walk, and crab walk outside.
- Help plan a healthy meal with your family, then help cook it!
- Watch a new sport online with your family.

**Week 3 – Cubs who Care and Motor Away**
- Learn about a sport that has been adapted for wheelchairs. Watch a game online.
- Draw a picture, then try it blindfolded. How did it turn out?
- Family discussion – what is an “invisible disability”?
- Try tying your shoes or using a fork while wearing mittens. Discuss with your family.
- Fold and test 3 different paper airplane designs. Which went furthest? Why?
- Build and test a paper airplane catapult using household items. *
- Create two different model boats with different shapes and test them. *

**Week 4 – Code of the Wolf**
- Make a rain gauge and set it up outside. Measure the water when it rains next.
- Play Go Fish with your family.
- Go on a walk and identify 3 shapes you see in nature.
- Create a secret code using numbers. Can anyone figure it out?
- Create a code stick to create and decode a message.
- Measure the height of your family members. See who takes the most steps to get to 100 feet.
- Play a game that requires math to keep score. (Yahtzee, Scrabble, etc)

**Week 5 – Hometown Heroes**
- Family discussion – What is a hero? Give an example and say why.
- Make a thank you card for the nurses and doctors of your local hospital.
- Create a thank you card for your local police and fire departments.
- Find an online tour of a police or fire station with a parent/guardian.
- Create a thank you card for your local hospital.

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