

## June 30 Day Webelos Challenge

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

**Week 1-** Stronger, Faster, Higher

**Week 2 –** Art Explosion

**Week 3 –** Build My Own Hero, Aware and Care

**Week 4-** Project Family, Maestro!

**Week 5 –** Cast Iron Chef

\*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. Make an exercise plan that includes at least 3 physical activities. Do every day this month.	2. Watch a new sport online and give it a try at home.	3. Do the following and record results. 20 yd dash, vertical jump, 3lb weight lift, pushups, curls, jump rope.	4. Demonstrate proper warm up before and cool down after an activity.	5. Make a fitness course with jumping, obstacles, weights, and running in your yard.	6. Take a virtual tour of an art museum or gallery.
7. Create 2 self portraits using 2 different techniques.	8. Draw or paint an original picture outdoors.	9. Use clay to sculpt a simple form.	10. Create a comic strip! Make it at least 4 panels.	11. Host a gallery opening for your art at home and invite your family to view your work.	12. Using a camera or phone take 10 pictures and edit or crop, lighten/darken.	13. Family discussion what is a hero? How can citizens be heroes in their community?
14. Create and draw your own superhero! What makes them “super”?	15. Make “My Hero Awards” for police, firefighters and doctors/ nurses.	16. Learn about a Scout hero and make a poster about them	17. Make cards for nursing home residents	18. Watch Special Olympics events online with your family. Discuss your thoughts/ feelings.	19. Learn the Scout Oath in sign language.	20. Call a grandparent or other elder and learn about life when they were growing up.
21. Family discussion learn about family names, history, traditions and culture.	22. Make a poster of webpage about places your family come from.	23. Help a family member with a household job, such as taking out the trash or yard work.	24. Watch a live musical performance online. Try a new type of music!	25. Plan and host a family night with activities your family likes to do together.	26. Host a concert for your family. Perform on an instrument or sing a least 2 songs.	27. Find instructions online and build your own solar oven. Give it a try! *Tutorial on GLAAC Facebook & Instagram.
28. Plan a menu for balanced meal for your family. Help cook it!	29. Learn about food safety practices. Make a poster for your kitchen.	30. Demonstrate how to build a fire in your backyard using sticks and leaves. <b>DO NOT LIGHT IT!</b>				