

## 30 Day Tiger Challenge

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

**Weeks 1 and 2** - Games Tigers Play, My Tiger Jungle and Tiger Bites

**Week 3-** Family Stories, Floats and Boats

**Week 4 and 5** - Sky's the Limit, Safe and Smart

\*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. Show your sportsmanship! Play a board game with your family	2. Make up a new game. What are the rules? Play it with your family	3. Make a nutritious snack to share. What makes it healthy?	4. Watch a new sport online you've never seen. Which sport did you pick?	5. Go for a walk around your street. Take in nature using your 5 senses. What did you notice? * Please take care to have your mask with you.	6. Go in your backyard. Make a list of everything you see.
7. Go bird watching out your window. Draw 2 different birds you see	8. Make a sign to hang in your front window thanking local doctors, nurses, police, or firefighters.	9. Make a birdhouse out of house held items. What birds can fit in your house? • Tutorial on GLAAC Facebook & Instagram	10. Family discussion learn about good food choices and how to pick healthy meals.	11. Make a poster explaining the difference between fruits and vegetables.	12. With you family pick a job to help your family at mealtime. Do it for the next 4 meals.	13. Family discussion what are some of your family's traditions, history, and culture?
14. Create a family crest, include what you think makes your family special. • Tutorial on GLAAC Facebook & Instagram	15. Call a grandparent or other relative. Learn what life was like when they were kids.	16. With your parents help, create a family tree.	17. Learn about and draw 5 different types of boats. Where can each type be found?	18. Build your own boat with recycled materials and float it on water. • Tutorial on GLAAC Facebook & Instagram	19. Practice the SCOUT water safety chant.	20. Memorize your address and recite it to your family.
21. Memorize two emergency phone numbers and recite them to your family.	22. Show your family your stop, drop and roll.	23. Make a fire escape plan and practice with your family.	24. Go into your backyard and observe the night sky.	25. Research two astronauts who were Scouts.	26. Take a virtual tour of a science museum.	27. Find the smoke detectors in your home and check the batteries.
28. Looking at the night sky, create and name your own constellation.	29. Show how to safely roll someone else in a blanket to put out a fire.	30. Learn how 2 constellations got their name and find them in the sky.				