

30 Day Lion Challenge



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

Week 1 – Lion’s Honor and Fun on the Run

Week 2 – Animal Kingdom and Mountain Lion

Week 3 – King of the Jungle and I’ll Do It Myself

Week 4 – Gizmos and Gadgets and Build it Up, Knock it Down

Week 5 – On Your Mark and Rumble in the Jungle

		1	2	3	4	5
		Show good sportsmanship! Play a board game with your family.	Practice your Cub Scout salute.	Make a nutritious snack to share. What makes it healthy?	Repeat the Cub Scout motto. What does it mean?	Get moving! Show three different exercises, then try a new one!
6	7	8	9	10	11	12
Family discussion – What can you do in an emergency?	Make a thank you card for your local hospital, fire, or police department	Turn off lights when not in use. Can you do this the rest of the month?	Go for a family walk. How can you respect nature while outside?	Family discussion – what should you do if you get lost while outdoors?	Make a list of items needed for a camping trip. Pack what you can.	Build a blanket fort and practice camping. Did your list help?
13	14	15	16	17	18	19
Draw a picture of what a leader looks like. Share with your family.	Set the table for every meal	Practice tying your shoes	Family discussion – what is a good citizen?	Help make a checklist of your morning routine. Can you do any by yourself?	Watch a flag ceremony online. Why are people so careful with the flag?	Pick out your outfits for the next 3 days.
20	21	22	23	24	25	26
Explore motion. Build a ramp for a toy car and see how far it can go!	Build a tower out of blocks. How high can you make it?	Build a tower of blocks. Push it over gently. Then hard. Which one sent the blocks further?	Build a tower out of something not blocks. Was it easy? Hard? Why?	Using everyday objects, build something that can help people. *	Family discussion – can people be built up? Knocked down? How so?	Build a ramp. Launch toy cars of different weights. Which ones go further?
27	28	29	30			
Create a new game. What are the rules? Try it out with your family!	Draw a picture of your favorite jungle animal. Why is it your favorite?	Make a (safe) obstacle course outside. How fast can you go?	Pretend to be your favorite jungle animals. How do they move? Roar?			

* Objects can include toilet paper tubes, storage containers, LEGOs, pencils - just about anything

Follow us on Facebook, Instagram or Twitter at @QACBSA

Find more Home Scouting ideas at www.quapawbsa.org/homescouting