

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

		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, 5lb 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 Visit an art museum or gallery online.	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.	12 Using a camera or phone, take 10 pictures and edit to 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, firemen, 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 or webpage about places your family came 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 at least 2 songs.
27 Find instructions online and build your own solar oven. Give it a try!	28 Plan a menu for a 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. DO NOT LIGHT IT!			

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

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

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