# 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**

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

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