# 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!

<table>
<thead>
<tr>
<th>Week 1 – Stronger, Faster, Higher</th>
<th>Week 2 – Art Explosion</th>
<th>Week 3 – Build My Own Hero, Aware and Care</th>
<th>Week 4 – Project Family, Maestro!</th>
<th>Week 5 – Cast Iron Chef</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Make an exercise plan that includes at least 3 physical activities. Do every day this month.</td>
<td>2</td>
<td>Watch a new sport online and give it a try at home.</td>
<td>3</td>
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<tr>
<td>6</td>
<td>Visit an art museum or gallery online.</td>
<td>7</td>
<td>Create 2 self portraits using 2 different techniques</td>
<td>8</td>
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<tr>
<td>13</td>
<td>Family discussion – what is a hero? How can citizens be heroes in their community?</td>
<td>14</td>
<td>Create and draw your own superhero! What makes them “super”?</td>
<td>15</td>
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<td>20</td>
<td>Call a grandparent or other elder and learn about life when they were growing up.</td>
<td>21</td>
<td>Family discussion – learn about family names, history, traditions, and culture.</td>
<td>22</td>
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<tr>
<td>27</td>
<td>Find instructions online and build your own solar oven. Give it a try!</td>
<td>28</td>
<td>Plan a menu for a balanced meal for your family. Help cook it!</td>
<td>29</td>
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**Week 2 – Art Explosion**

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