# 30 Day Wolf Challenge

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

**Week 1 – Paws on the Path**

- 1. Plan a one-mile hike/walk. Make a list of the Cub Scout 6 Essentials and pack.
- 2. Family discussion – what is the buddy system, and what should you do if separated outside
- 3. Watch the weather forecast for the weekend. Plan clothing for Saturday.
- 4. Name two birds, animals, and insects that live in your area. How did you identify them?
- 5. Go on your one-mile walk/hike! Look for any of the animals you listed.

**Week 2 – Running with the Pack**

- 6. Play catch with a family member, getting further apart as you play.
- 7. Balance as you walk forwards, backwards, and sideways.
- 8. Show your agility by demonstrating a front roll, back roll, and frog stand.
- 9. Play a board game with your family and show good sportsmanship.
- 10. Kangaroo hop, frog leap, inchworm walk, and crab walk outside.
- 11. Help plan a healthy meal with your family, then help cook it!
- 12. Watch a new sport online with your family.

**Week 3 – Cubs who Care and Motor Away**

- 13. Learn about a sport that has been adapted for wheelchairs. Watch a game online.
- 14. Draw a picture, then try it blindfolded. How did it turn out?
- 15. Family discussion – what is an “invisible disability”?
- 16. Try tying your shoes or using a fork while wearing mittens. Discuss with your family.
- 17. Fold and test 3 different paper airplane designs. Which went furthest? Why?
- 18. Build and test a paper airplane catapult using household items.*
- 19. Create two different model boats with different shapes and test them.*

**Week 4 – Code of the Wolf**

- 20. Make a rain gauge and set it up outside. Measure the water when it rains next.
- 21. Play Go Fish with your family.
- 22. Go on a walk and identify 3 shapes you see in nature.
- 23. Create a secret code using numbers. Can anyone figure it out?
- 24. Create a code stick to create and decode a message.
- 25. Measure the height of your family members. See who takes the most steps to get to 100 feet.
- 26. Play a game that requires math to keep score. (Yahtzee, Scrabble, etc)

**Week 5 – Hometown Heroes**

- 27. Family discussion – What is a hero? Give an example and say why.
- 28. Make a thank you card for the nurses and doctors of your local hospital.
- 29. Create a thank you card for your local police and fire departments.
- 30. Find an online tour of a police or fire station with a parent/guardian.

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