

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

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

30 Day Tiger Challenge



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

Weeks 1 and 2 – Games Tigers Play, My Tiger Jungle, and Tiger Bites

Week 3 – Family Stories, Floats and Boats

Weeks 4 and 5 – Sky's the Limit, Safe and Smart

		1 Show good sportsmanship! Play a board game with your family.	2 Make up a new game. What are the rules? Play it with your family.	3 Make a nutritious snack to share. What makes it healthy?	4 Watch a new sport online you've never seen. Which sport did you pick?	5 Go for a walk outside. Take in nature using your 5 senses. What did you notice?
6 Go in your backyard. Make a list of everything you see.	7 Go bird watching out your window. Draw 2 different birds you see.	8 Make a thank you card for local doctors, nurses, police, or firefighters.	9 Make a birdhouse out of household items. What birds can fit in your house? *	10 Family discussion – learn about good food choices and how to pick healthy meals.	11 Make a poster explaining the difference between fruits and vegetables.	12 With your family, pick a job to help your family at mealtime. Do it for the next 4 meals.
13 Family discussion – what are some of your family's traditions, history, and culture?	14 Create a family crest. Include what you think makes your family special!	15 Call a grandparent or other relative. Learn what life was like when they were kids.	16 With your parents' help, create a family tree.	17 Learn about and draw 5 different types of boats. Where can each type be found?	18 Build your own boat with recycled materials and float it on water. *	19 Practice the SCOUT water safety chant.
20 Memorize your address and recite it to your family.	21 Memorize two emergency phone numbers and recite them to your family.	22 Show you can stop, drop, and roll.	23 Make a fire escape plan and practice with your family.	24 Go outside and observe the night sky.	25 Research two astronauts who were Scouts.	26 Visit a science museum or observatory online.
27 Find the smoke detectors in your home and check the batteries.	28 Looking at the night sky, create and name your own constellation.	29 Show how to safely roll someone else in a blanket to put out a fire.	30 Learn how 2 constellations got their name and find them in the sky.			

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