

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

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| | | 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!