# 30 Day Webelo Challenge

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

### Week 1 – Stronger, Faster, Higher
1. Make an exercise plan that includes at least 3 physical activities. Do every day this month.
2. Watch a new sport online and give it a try at home.
3. Do the following and record results: 20 yd. dash, vertical jump, 5 lb weight lift, pushups, curls, jump rope.
4. Demonstrate proper warm up before and cool down after an activity.

### Week 2 – Art Explosion
5. Make an exercise plan that includes at least 3 physical activities. Do every day this month.
6. Visit an art museum or gallery online.
7. Create 2 self portraits using 2 different techniques.
8. Draw or paint an original picture outdoors.
9. Use clay to sculpt a simple form.
10. Create a comic strip! Make it at least 4 panels.
11. Host a gallery opening for your art at home and invite your family.

### Week 3 – Build My Own Hero, Aware and Care
12. Demonstrate proper warm up before and cool down after an activity.
13. Family discussion – what is a hero? How can citizens be heroes in their community?
14. Create and draw your own superhero! What makes them “super”? 
15. Make “My Hero Awards” for police, firemen, and doctors/nurses.
16. Learn about a Scout hero and make a poster about them.
17. Make cards for nursing home residents.
18. Watch Special Olympics events online with your family. Discuss your thoughts/feelings.

### Week 4 – Project Family, Maestro!
19. Learn the Scout Oath in sign language.
20. Call a grandparent or other elder and learn about life when they were growing up.
21. Family discussion – learn about family names, history, traditions, and culture.
22. Make a poster or webpage about places your family came from.
23. Help a family member with a household job, such as taking out the trash or yard work.
24. Watch a live musical performance online. Try a new type of music!
25. Plan and host a family night with activities your family likes to do together.

### Week 5 – Cast Iron Chef
26. Host a concert for your family. Perform on an instrument or sing at least 2 songs.
27. Find instructions online and build your own solar oven. Give it a try!
28. Plan a menu for a balanced meal for your family. Help cook it!
29. Learn about food safety practices. Make a poster for your kitchen.
30. Demonstrate how to build a fire in your backyard using sticks and leaves. DO NOT LIGHT IT!