# 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**
- Pick a day to start and work through till complete.
- Keep it fun!
- Play catch with a family member, getting further apart as you play.

**Week 2 – Running with the Pack**
- Work with your Den Leader and parents if there are any questions.
- Balance as you walk forwards, backwards, and sideways.

**Week 3 – Cubs who Care and Motor Away**
- Plan a one-mile hike/walk. Make a list of the Cub Scout 6 Essentials and pack.
- Show your agility by demonstrating a front roll, back roll, and frog stand.

**Week 4 – Code of the Wolf**
- Family discussion – what is the buddy system, and what should you do if separated outside.
- Play a board game with your family and show good sportsmanship.

**Week 5 – Hometown Heroes**
- Watch the weather forecast for the weekend. Plan clothing for Saturday.
- Kangaroo hop, frog leap, inchworm walk, and crab walk outside.
- Help plan a healthy meal with your family, then help cook it!

### Activities

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### Additional Activities

- **Week 1**
  - Go on your one-mile walk/hike! Look for any of the animals you listed.
  - Watch a new sport online with your family.

- **Week 2**
  - Learn about a sport that has been adapted for wheelchairs. Watch a game online.
  - Draw a picture, then try it blindfolded. How did it turn out?

- **Week 3**
  - Family discussion – what is an “Invisible disability”?
  - Try tying your shoes or using a fork while wearing mittens. Discuss with your family.

- **Week 4**
  - Fold and test 3 different paper airplane designs. Which went furthest? Why?
  - Build and test a paper airplane catapult using household items. *

- **Week 5**
  - Create two different model boats with different shapes and test them. *
  - Play a game that requires math to keep score. (Yahtzee, Scrabble, etc)

### Other Activities

- **Week 1**
  - Go on a walk and identify 3 shapes you see in nature.
  - Create a secret code using numbers. Can anyone figure it out?

- **Week 2**
  - Make a rain gauge and set it up outside. Measure the water when it rains next.
  - Play Go Fish with your family.

- **Week 3**
  - Create a thank you card for the nurses and doctors of your local hospital.
  - Create a thank you card for your local police and fire departments.

- **Week 4**
  - Find an online tour of a police or fire station with a parent/guardian.

- **Week 5**
  - Measure the height of your family members. See who takes the most steps to get to 100 feet.
  - Use these days for catch up if needed.

### Bonus Activities

- **Week 1**
  - Make a thank you card for the nurses and doctors of your local hospital.

- **Week 2**
  - Create a thank you card for your local police and fire departments.

- **Week 3**
  - Find an online tour of a police or fire station with a parent/guardian.

- **Week 4**
  - Use these days for catch up if needed.

- **Week 5**
  - Go on your one-mile walk/hike! Look for any of the animals you listed.

### Notes

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