

# 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

Week 2 – Art Explosion

Week 3 – Build My Own Hero, Aware and Care

Week 4 – Project Family, Maestro!

Week 5 – Cast Iron Chef

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|  |   | 1<br>Make an exercise plan that includes at least 3 physical activities. Do every day this month. | 2<br>Watch a new sport online and give it a try at home.   | 3<br>Do the following and record results: 20 yd. dash, vertical jump, 5lb weight lift, pushups, curls, jump rope. | 4<br>Demonstrate proper warm up before and cool down after an activity.                      | 5<br>Make a fitness course with jumping, obstacles, weights, and running in your yard.   |
| 6<br>Visit an art museum or gallery online.  | 7<br>Create 2 self portraits using 2 different techniques                             | 8<br>Draw or paint an original picture outdoors   | 9<br>Use clay to sculpt a simple form  | 10<br>Create a comic strip! Make it at least 4 panels   | 11<br>Host a gallery opening for your art at home and invite your family.                    | 12<br>Using a camera or phone, take 10 pictures and edit to crop, lighten/darken         |
| 13<br>Family discussion – what is a hero? How can citizens be heroes in their community? | 14<br>Create and draw your own superhero! What makes them “super”?                    | 15<br>Make “My Hero Awards” for police, firemen, and doctors/nurses.                              | 16<br>Learn about a Scout hero and make a poster about them.                                     | 17<br>Make cards for nursing home residents.  | 18<br>Watch Special Olympics events online with your family. Discuss your thoughts/feelings. | 19<br>Learn the Scout Oath in sign language.   |
| 20<br>Call a grandparent or other elder and learn about life when they were growing up.  | 21<br>Family discussion – learn about family names, history, traditions, and culture. | 22<br>Make a poster or webpage about places your family came from.                                | 23<br>Help a family member with a household job, such as taking out the trash or yard work.      | 24<br>Watch a live musical performance online. Try a new type of music!   | 25<br>Plan and host a family night with activities your family likes to do together.         | 26<br>Host a concert for your family. Perform on an instrument or sing at least 2 songs. |
| 27<br>Find instructions online and build your own solar oven. Give it a try!             | 28<br>Plan a menu for a balanced meal for your family. Help cook it!                  | 29<br>Learn about food safety practices. Make a poster for your kitchen.                          | 30<br>Demonstrate how to build a fire in your backyard using sticks and leaves. DO NOT LIGHT IT! |   |  |  |