

30 Day Webelos 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 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, 5lb weight lift, pushups, curls, jump rope. | 4 Demonstrate proper warm up before and cool down after an activity. | 5 Make a fitness course with jumping, obstacles, weights, and running in your yard. |
| 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. | 12 Using a camera or phone, take 10 pictures and edit to crop, lighten/darken |
| 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. | 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. | 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! | | | |