

# 30 Day Tiger Challenge



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

Weeks 1 and 2 – Games Tigers Play, My Tiger Jungle, and Tiger Bites

Week 3 – Family Stories, Floats and Boats

Weeks 4 and 5 – Sky's the Limit, Safe and Smart

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|  |  | 1<br>Show good sportsmanship! Play a board game with your family.                         | 2<br>Make up a new game. What are the rules? Play it with your family.            | 3<br>Make a nutritious snack to share. What makes it healthy?                          | 4<br>Watch a new sport online you've never seen. Which sport did you pick?   | 5<br>Go for a walk outside. Take in nature using your 5 senses. What did you notice?            |
| 6<br>Go in your backyard. Make a list of everything you see.                               | 7<br>Go bird watching out your window. Draw 2 different birds you see.         | 8<br>Make a thank you card for local doctors, nurses, police, or firefighters.            | 9<br>Make a birdhouse out of household items. What birds can fit in your house? * | 10<br>Family discussion – learn about good food choices and how to pick healthy meals. | 11<br>Make a poster explaining the difference between fruits and vegetables. | 12<br>With your family, pick a job to help your family at mealtime. Do it for the next 4 meals. |
| 13<br>Family discussion – what are some of your family's traditions, history, and culture? | 14<br>Create a family crest. Include what you think makes your family special! | 15<br>Call a grandparent or other relative. Learn what life was like when they were kids. | 16<br>With your parents' help, create a family tree.                              | 17<br>Learn about and draw 5 different types of boats. Where can each type be found?   | 18<br>Build your own boat with recycled materials and float it on water. *   | 19<br>Practice the SCOUT water safety chant.  |
| 20<br>Memorize your address and recite it to your family.                                  | 21<br>Memorize two emergency phone numbers and recite them to your family.     | 22<br>Show you can stop, drop, and roll.  | 23<br>Make a fire escape plan and practice with your family.                      | 24<br>Go outside and observe the night sky.  | 25<br>Research two astronauts who were Scouts.                               | 26<br>Visit a science museum or observatory online.   |
| 27<br>Find the smoke detectors in your home and check the batteries.                       | 28<br>Looking at the night sky, create and name your own constellation.        | 29<br>Show how to safely roll someone else in a blanket to put out a fire.                | 30<br>Learn how 2 constellations got their name and find them in the sky.         |  |  |   |

\*Objects can include toilet paper tubes, storage containers, LEGOs, pencils, paper – just about anything!