# 30 Day Lion Challenge

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

Week 1 – Lion’s Honor and Fun on the Run  
Week 2 – Animal Kingdom and Mountain Lion  
Week 3 – King of the Jungle and I’ll Do It Myself  
Week 4 – Gizmos and Gadgets and Build it Up, Knock it Down  
Week 5 – On Your Mark and Rumble in the Jungle

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| **Show good sportsmanship!**  
Play a board game with your family. | **Practice your Cub Scout salute.** | **Make a nutritious snack to share.**  
What makes it healthy? | **Repeat the Cub Scout motto.**  
What does it mean? | **Get moving!**  
Show three different exercises, then try a new one! | **Family discussion – What can you do in an emergency?**  
Make a thank you card for your local hospital, fire, or police department | **Turn off lights when not in use.**  
Can you do this the rest of the month? | **Go for a family walk.**  
How can you respect nature while outside? | **Family discussion – what should you do if you get lost while outdoors?**  
Make a list of items needed for a camping trip. Pack what you can. | **Build a blanket fort and practice camping.**  
Did your list help? | **Draw a picture of what a leader looks like.**  
Share with your family. | **Set the table for every meal**  
Practice tying your shoes | **Family discussion – what is a good citizen?**  
Help make a checklist of your morning routine. Can you do any by yourself? | **Watch a flag ceremony online.**  
Why are people so careful with the flag? | **Pick out your outfits for the next 3 days.** | **Create a new game.**  
What are the rules? Try it out with your family! | **Draw a picture of your favorite jungle animal.**  
Why is it your favorite? | **Make a (safe) obstacle course outside.**  
How fast can you go? | **Pretend to be your favorite jungle animals.**  
How do they move? Roar? | **Using everyday objects, build something that can help people.**  
Can people be built up? Knocked down? How so? | **Build a ramp.**  
Launch toy cars of different weights. Which ones go further? |

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