

30 Day Cub Challenge

Help your Cubs keep their skills sharp by taking on our 30-day challenge with these little once a day activities.

I hope your all keeping safe and well and I would love to see what the Cubs get up to please forward any photos to me at accubs@northantsscouts.org.uk Thanks Tom Althorpe (ACC Cubs Northamptonshire)

Day 1 – Show good sportsmanship! Play a board game with your family.	Day 2 – Make a nutritious snack to share. What makes it healthy?	Day 3 – Watch a new sport online you've never seen. Which sport did you pick?	Day 4 – Make up a new game. What are the rules? Play it with your family.	Day 5 – Go bird watching out your window. Draw 2 different birds you see.	Day 6 – Make a thank you card for local doctors, nurses, police, or firefighters.
Day 7 – Make a birdhouse out of household items. What birds can fit in your house?	Day 8 – Family discussion – learn about good food choices and how to pick healthy meals.	Day 9 – With your family, pick a job to help with at mealtimes. Do it for the next 4 meals.	Day 10 – Make a poster explaining the difference between fruits and vegetables.	Day 11 – Call a grandparent or other relative. Learn what life was like when they were kids.	Day 12 – Family discussion – what are some of your family's traditions, history, and culture?
Day 13 – Create a family crest. Include what you think makes your family special!	Day 14 – With your parents' help, create a family tree.	Day 15 – Learn about and draw 5 different types of boats. Where can each type be found?	Day 16 – Build your own boat with recycled materials and float it on water.	Day 17 – Memorise your address and recite it to your family.	Day 18 – Make a fire escape plan for your home.
Day 19 – Find the smoke detectors in your home and check the batteries.	Day 20 – Memorise two emergency phone numbers and recite them to your family.	Day 21 – Go outside and observe the night sky.	Day 22 – Research two astronauts who were Scouts.	Day 23 – Visit a museum or observatory online.	Day 24 – Looking at the night sky, create and name your own constellation.
Day 25 – Learn how 2 constellations got their name and find them in the sky.	Day 26 – Learn the recovery position and put a member of your family in the position.	Day 27 – Draw a picture, then try to draw it blindfolded.	Day 28 – Complete 30 Star Jumps.	Day 29 – Read the first and last pages of a book and make up your own middle.	Day 30 – Listen to a piece of music and draw what it makes you think of.