

# 30 Day Bear Challenge

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



Week 1 – Fur, Feathers, and Ferns

Week 2 – Paws for Action, Robotics

Week 3 – Super Science, Roaring Laughter

Week 4 – Bear Picnic Basket, Beat of the Drum

Week 5 – Critter Care

		1 Go on a one-mile walk or hike. Identify 6 signs of any animals, insects, or birds.	2 Take an online zoo or nature center tour. Describe what you learned to your family.	3 Observe wildlife out your window and describe what you saw with your family.	4 Draw a picture of a plant in your yard, then look with a magnifying glass and draw again.	5 Name an animal that has become extinct in the past 100 years and research why.
6 Hang up or draw and hang an American flag at your house.	7 Learn about two famous Americans. Draw a poster for each showing what you learned.	8 Make a list of emergency phone numbers. Show your family you can call for emergency help.	9 With your family, create and practice fire and tornado emergency plans.	10 Build a robot hand with string, straws, and sticks. How does it compare to a human hand?	11 Build your own robot using household items. *	12 Explore places that use robots online. What type of robots do you see?
13 Make static electricity by rubbing a balloon against different materials.	14 Create your own sink or float investigation. Explain what you learned.	15 Make marble milk. Put drops of food coloring in a plate of milk, then drop dish soap in the middle.	16 Family discussion – what makes you laugh? Make a list!	17 Make a Mad Lib! Take nouns, verbs, adjectives, and adverbs out of a story; add your own.	18 Play a game that makes you laugh with your family.	19 Ask your family members for their favorite joke and share yours with them.
20 With a family member, select and help cook a meal. Clean up after.	21 Create your own Bear cookbook with at least 5 recipes you can make on your own.	22 Prepare and serve a nutritious snack for your family. Explain what makes it healthy.	23 Learn about Iowan Native Americans online. Share with your family.	24 Create your own Native American legend in a story or diorama.	25 Make your own dreamcatcher. Hang it in your room.	26 Watch Native American dancing online. Can you dance like that?
27 Research a pet you would like to have. Present a report to your family.	28 Learn 3 ways animals help people. Make a poster and share.	29 Have a pet? Make a care checklist and use for 2 weeks.	30 Learn what careers involve animal care. What education is needed?			

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