## 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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<tbody>
<tr>
<td>1</td>
<td>Make up a new game. What are the rules? Play it with your family.</td>
<td>2</td>
<td>Make a nutritious snack to share. What makes it healthy?</td>
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<td>4</td>
<td>Go for a walk outside. Take in nature using your 5 senses. What did you notice?</td>
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<td>6</td>
<td>Go in your backyard. Make a list of everything you see.</td>
<td>7</td>
<td>Go bird watching out your window. Draw 2 different birds you see.</td>
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<td>10</td>
<td>Family discussion – learn about good food choices and how to pick healthy meals.</td>
<td>11</td>
<td>Make a poster explaining the difference between fruits and vegetables.</td>
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<td>13</td>
<td>Family discussion – what are some of your family's traditions, history, and culture?</td>
<td>14</td>
<td>Create a family crest. Include what you think makes your family special!</td>
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<td>17</td>
<td>Learn about and draw 5 different types of boats. Where can each type be found?</td>
<td>18</td>
<td>Build your own boat with recycled materials and float it on water. *</td>
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<td>20</td>
<td>Memorize your address and recite it to your family.</td>
<td>21</td>
<td>Memorize two emergency phone numbers and recite them to your family.</td>
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<td>24</td>
<td>Go outside and observe the night sky.</td>
<td>25</td>
<td>Research two astronauts who were Scouts.</td>
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<td>27</td>
<td>Find the smoke detectors in your home and check the batteries.</td>
<td>28</td>
<td>Looking at the night sky, create and name your own constellation.</td>
<td>29</td>
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*Objects can include toilet paper tubes, storage containers, LEGO®s, pencils, paper – just about anything!*