



## Longhorn Council Keep Scouting Moving Challenge

A 4-part challenge that can all be completed from our homes.

Part 1: Cyber Challenge

Part 2: Scouting Bingo Challenge

Part 3: 30-Day Scouting Challenge by Rank

Part 4: Strong and Healthy Challenge

Rewards will be patches and ribbons based on % participation from each unit.

70-79% of a unit participates Bronze award.

80-89% of a unit participates Silver award.

90-100% of a unit participates Gold award.

Special style and creativity awards.

Bonus point for those who do the above and beyond on how creative their submissions are. This can help a unit move from Bronze to Silver or Silver to Gold award.

*(Slight fee to units for rewards, more to come on that.)*

**A special email address for each part has been set up to submit entries.**

Submission instructions will be included in the challenges.

Those will be released after 1 week has passed.

**Questions can be submitted on the IHUB.**

This link below will take you to the "LHC Scouting From Home Challenge" IHUB channel. (FYI- A channel is a topic or subject on the IHUB.)

<https://longhorn.ihubapp.org/c/keepsoutingmovingchallenge>

## Part 1: The Cyber Challenge

Deadline: May 1, 2020

### Submission Instructions:

Unit leaders please submit the roster of scouts who earned the items including date earned. It will also count if they earned it before September 1, 2019 forward. Make sure you have unit type, number, district and city included on your submission.

You can start submitting Part 1 on April 6, 2020 to email:

[LHC.KSG.Part1@gmail.com](mailto:LHC.KSG.Part1@gmail.com)

*Bonus Opportunities: Pictures or Videos of items being completed. Picture collage of their certificates of completion..., get creative!*

(Thank you to Buckeye Council Home Scouting and Ken Richards)

## For Cub Scouts

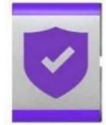


### Required Activities:

- Complete the [Cyber Chip](#) requirement for your grade in school
- Complete the [Protect Yourself Rules Adventure](#) for your rank

### Optional Activities:

- Read the [Be Safe - and Nice - Online](#)
- Explore more on [NetzSmartz!](#) There are kid-friendly activities, games, along with parent resources
- Read and Sign the [The Scout Law and Cybersafety /Cyberbullying](#). Then show what you know by creating a jeopardy style game with the 12 points of the Scout Law



## For Scouts BSA



### Require Activities:

- Complete the [Cyber Chip](#) requirement for your grade in school

### Optional Activities:

- Begin working on [Digital Technology Merit Badge!](#) By completing the Cyber Chip, you've already done step one of the merit badge!
- Read the [Boy's Life article Be Cyber Safe \(and Smart\)](#)
- Explore more on [NetzSmartz!](#) There are Kid-friendly activities, games, along with parent resources
- Read and sign the [The Scout Law and Cybersafety / Cyberbullying](#).



## For Crews and Ships



### Require Activities:

- Complete the [Cyber Chip](#) requirement for your grade in school
- Complete your [Youth Protection Training](#).

### Optional Activities:

- Explore and Read [Scouting Barriers to Abuse](#) Including the Q&A links.
- Explore and Read the [Guide to Safe Scouting](#). Make note of any questions you may have for your advisors.
- Explore and Read [Communicable Disease Prevention](#), including the Resources links. Be prepared to use the Pre-Event Medical Screening Checklist on your next outing.

## For Parents & Leaders



### Required Activities:

- Complete the [Youth Protection Training](#). Need help? Check out the How to Take YPT Guide. You don't have to be a registered leader to take Youth Protection either.

### Optional Activities:

- Explore and Read [Scouting Barriers to Abuse](#) Including the Q&A links.
- Explore and Read the [Guide to Safe Scouting](#).



## Part 2: Scouting Bingo

Deadline: May 1, 2020

### Submission Instructions:

Use one Score card below per Scout. Color in each square they complete. We also would like to get pictures and videos of the items being done. Be creative and maybe earn some bonus points. Please include a full roster on the email so we can calculate participation.

You can start submitting Part 2 on April 24, 2020 to email:

[LHC.KSG.Part2@gmail.com](mailto:LHC.KSG.Part2@gmail.com)

### Scoring Information:

Units will earn credit for Straight lines, Diagonals, and Blackouts. No more than one item completed per day. They must be things completed after March 30, 2020. Then more completed the more bonus point earned

Note: Crews and Ships use the Scouts BSA Bingo card.

Track bingo squares submissions by using the number letter combination below.

1A	2A	3A	4A	5A
1B	2B	3B	4B	5B
1C	2C	FREE!	4C	5C
1D	2D	3D	4D	5D
1E	2E	3E	4E	5E

(Thank you to Great Niagara Frontier Council.)

# ADVENTURE BINGO

Complete the activities with help from a parent or family member. Be sure to take pictures as you go. When you get a BINGO, email the pictures of the activities and your finished BINGO card to your den leader!

Pitch a tent in your backyard or living room	Make up a new game and play it with a family member	Make three kinds of paper airplanes and see which flies farthest	Make an indoor scavenger hunt for a family member by hiding clues for them to find.	Make a foil packet dinner to cook in an oven or grill
Design a poster to teach people about Leave No Trace	Build the tallest tower you can using spaghetti and marshmallows	Make your own musical instrument using items from around the house and make up a song	Make a cartoon, comic, or storyboard to tell a story about a fun scouting adventure	Write a letter or email to someone in a hospital or nursing home
Make up an exercise routine to practice daily for a week	Make a sundial with a paper plate and a pencil. Look online for instructions		Make a blanket fort and camp out in your living room	Take a hike through your neighborhood or local park. Collect trash along the way
Write a letter or email to a Veteran to say thank you for their service	Learn and practice two new knots you didn't know before	Make up a new skit 2-3 minutes long	Make a time capsule & fill w/ 10 things that represent who you are. Hide it and don't open it for one year	With help from a parent, make a family tree showing at least three generations
With help from a parent, plan and prepare a meal for your family.	Set up an obstacle course and race against a family member	Build a boat out of recycled materials and test it in the bathtub	Think of a helpful chore you can do to help out with daily for one week	Paint, draw, sketch or color a self portrait

## CUB SCOUT EDITION



# ADVENTURE BINGO

Complete the activities with help from a family member as needed. Take pictures as you go. When you get a BINGO share the pictures of the activities and your finished BINGO card to your patrol!

Practice using lashings to tie three sticks or poles together to form a tripod	Learn what a Rube Goldberg machine is and create one of your own using household items. Take a video of it in action	Practice using the EDGE method to teach a family member a fun new game or skill	Gather or update items for your personal first aid kit. Make a list of items in your kit to share with younger scouts	Plan and prepare a foil packet meal to cook outside or in an oven or grill
Design a series of posters (at least 3) to teach people about the importance of Leave No Trace	Create 4 complete packing lists for camping in your region, one for each season. Save them to help with future packing	Plan a Messenger of Peace project. Present it to your patrol and if possible, make arrangements to carry it out	Pick 5 household chores you can do to help out around the house and do them daily (or as often as is appropriate) for at least 2 weeks	Plan for and go on a 1 mile hike through your neighborhood, a park, or forest preserve. Collect any trash you find on the way
Develop a fitness plan which includes multiple exercises and follow it 5 days a week. for at least 2 weeks	Plan for and go on a 3 mile hike through your neighborhood, a park, or forest preserve. Collect any trash or litter you find		Prepare a nutritious breakfast, lunch, and dinner for your family. It can be split over different days	Design a series of anti-bullying posters (at least 3) to share with your troop
Write at least 3 letters or emails to Veterans to say thank you for their service	Pitch a tent in your backyard or living room and camp in your tent for one night	Make up a new skit or camp song that is 2-3 minutes long.	Plan a service project that impacts your community. Share your idea with your patrol & if possible, make plans to carry it out	Plan & record an educational video to help teach younger scouts knot tying, cooking, first aid or other skills
Practice building three types of campfires. Only light them under adult supervision and only if it is safe to do so	Using household items, design and engineer a self propelled car or boat	Use a binder & loose paper to make a field guide for your area. Identify at least 5 native plants & animals. Include pics & facts about them in your guide	Plan a 5 mile hike with a map and the gear needed. Share your plan with your patrol	Learn and practice 3 new knots you didn't know before. At least one should be a lashing

# SCOUTS BSA EDITION

## Part 3: 30 Day Challenge by Rank

Deadline: May 1, 2020

Instructions:

Have scouts track completions, only one per day.

Keep documentation, pictures, or videos of completed activities until the submission process is set up. Use the number on each square to track what was completed Like Wolf #5 for day five of wolf challenge. They will have more than 30 days to complete but can only document one per day.

PDF's of the 30-day challenges are found:

Cub Scout [here](#).

Scout, Tenderfoot, 2<sup>nd</sup> Class, and 1<sup>st</sup> [here](#).

Star, Life, and Eagle do the [30Day Scouts BSA Challenge](#).

Challenges for [Venture](#) Crews.

Never to be left out, a [Sea Scouts Challenge](#).

Notes: Venturing has requested that Crews share adventure be shared on social media with [#VENTURINGATHOME](#).

Submission Instructions: Units submit rosters with scout name, rank and the number of days completed by each scout's name. Send photos or videos for bonus points. Remember the more creative you get the more extra points you receive.

**You can start submitting Part 3 on April 30, 2020 to email:**

[LHC.KSG.Part3@gmail.com](mailto:LHC.KSG.Part3@gmail.com)

This is an example of the Lion Cub version.

# 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

		1 Show good sportsmanship! Play a board game with your family.	2 Practice your Cub Scout salute.	3 Make a nutritious snack to share. What makes it healthy?	4 Repeat the Cub Scout motto. What does it mean?	5 Get moving! Show three different exercises, then try a new one!
6 Family discussion – What can you do in an emergency?	7 Make a thank you card for your local hospital, fire, or police department	8 Turn off lights when not in use. Can you do this the rest of the month?	9 Go for a family walk. How can you respect nature while outside?	10 Family discussion – what should you do if you get lost while outdoors?	11 Make a list of items needed for a camping trip. Pack what you can.	12 Build a blanket fort and practice camping. Did your list help?
13 Draw a picture of what a leader looks like. Share with your family.	14 Set the table for every meal	15 Practice tying your shoes	16 Family discussion – what is a good citizen?	17 Help make a checklist of your morning routine. Can you do any by yourself?	18 Watch a flag ceremony online. Why are people so careful with the flag?	19 Pick out your outfits for the next 3 days.
20 Explore motion. Build a ramp for a toy car and see how far it can go!	21 Build a tower out of blocks. How high can you make it?	22 Build a tower of blocks. Push it over gently. Then hard. Which one sent the blocks further?	23 Build a tower out of something <b>not</b> blocks. Was it easy? Hard? Why?	24 Using everyday objects, build something that can help people. *	25 Family discussion – can people be built up? Knocked down? How so?	26 Build a ramp. Launch toy cars of different weights. Which ones go further?
27 Create a new game. What are the rules? Try it out with your family!	28 Draw a picture of your favorite jungle animal. Why is it your favorite?	29 Make a (safe) obstacle course outside. How fast can you go?	30 Pretend to be your favorite jungle animals. How do they move? Roar?			

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

(Thank you to the Hawkeye Council and Ken Richards)



## Part 4: Strong and Healthy Challenge

Deadline: May 1, 2020

Notes: This one will be a little harder and take pre-planning by the units.

**Virtual meetings are required.**

Complete the Scout Strong Challenge:

- 9 virtual meetings with 15 minutes of exercise. (An exercise video can be sent to unit members and scouts honor to complete in lieu of everyone doing it online together. Pictures and videos count for extra points!)
- 6 of those meetings everyone drinks water.
- 3 of those meeting everyone has a healthy snack.

For extra Points earn the Scout Strong Med Wise. I attached handbook which can easily be shared on a video conference.

Information for both awards can be found [here](#).

Submission Instructions: Send in a unit roster with names of the scouts that earned the awards. For Cub Scout the percentage will be counted as those scouts who earned it before **May 1, 2020** but after **September 1, 2019**. For Troops, Crews, and Ships it counts

You can start Submitting Part 4 on May 2, 2020 to email:

[LHC.KSG.Part4@gmail.com](mailto:LHC.KSG.Part4@gmail.com)



# SCOUTStrong Healthy Unit Award Tracker

## ALL UNITS



### Track your progress toward becoming a SCOUTStrong Healthy Unit

#### Healthy Unit Activities

#### Record the Meeting / Event / Outing Dates:

3  Serve fruit or vegetables at 3 meetings.

1	2	3
---	---	---

6  Serve water as the primary beverage at 6 meetings.

1	2	3	4	5	6	Extra activity: Sugar Detectives Find this activity on page 2.	
---	---	---	---	---	---	---	--

9  Do 15 minutes of physical activity at 9 meetings.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

A healthy snack is part of these Cub Scout adventures:

- LION *Fun on the Run*
- TIGERS *Games Tigers Play & Tiger Bites*
- BEAR *Bear Necessities*
- WEBELO *Cast Iron Chef*

Physical activity is part of these Cub Scout adventures:

- LION *Fun on the Run*
- TIGER *Games Tigers Play*
- WOLF *Paws on the Path & Running with the Pack*
- BEAR *Grin and Bear It*
- WEBELO *Stronger, Faster, Higher*

**Has your unit completed the 3-6-9 requirements? Congratulations, you are a SCOUTStrong Healthy Unit!**

Help Scouts learn healthy habits by continuing these practices at meetings throughout the year. Print the certificate on page 8 and order your Healthy Unit patch (SKU 620583) at [www.scoutshop.org](http://www.scoutshop.org).

