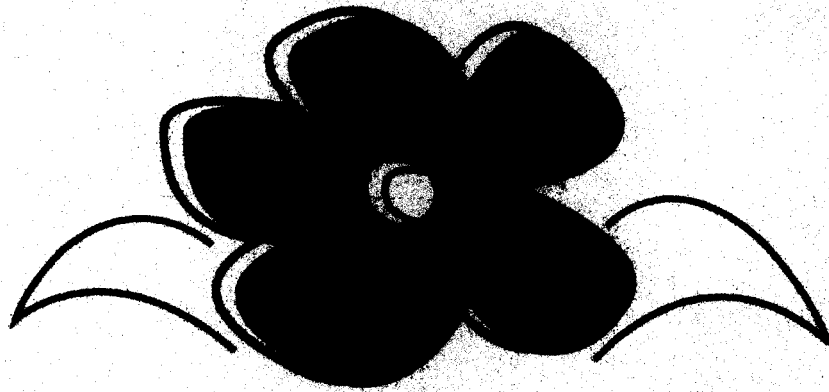


# Girl Scouts of the Chesapeake Bay



## Let's Start Exploring

A Guide for Daisy Girl Scouts Outdoor Exploration

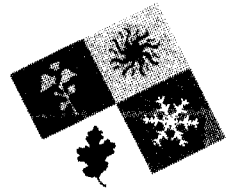


This program was developed to allow Daisy Girl Scouts to participate in Outdoor Explorations. Daisies should choose one activity in each category. For participating in that activity a bead may be received. Daisies may, however, participate in all of the activities and receive a bead for each one. For example, three blue beads may be earned if all three activities are completed in #1.

1. Know and practice good manners in the city or country. (Earn a blue bead representing the sky)
  - a) Discuss how you can have good manners in the out-of-doors.  
Discuss what are some bad manners that people have in the out-of-doors.
  - b) Go on a hike around your meeting place and practice good manners.
  - c) Discover a way to let others know how to practice good manners in the out-of-doors.
2. Know how to dress for the weather when going out-of-doors. (Earn a purple bead representing the bright colors of fabric)

- a) Brainstorm in your troop meeting how you should dress appropriately  
For the following:

A hike in the woods  
A walk in the rain  
A walk in the snow  
A walk in hot sunshine

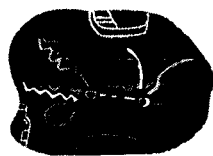


- b) Participate in a clothes relay. Divide group into two or more groups. Have clothes for different kinds of weather (same for each group) in a large bag. Have each group dress one of the participants in clothes for the determined weather. Let each girl have the opportunity to get "dressed".
  - c) Do the activity on page 5 of the Daisy Girl Scout Activity Book. Dress the paper portrait for a specific type of weather (hot, cold, rainy, etc.).
3. Know how to tie, use and release a square knot. (Earn a tan bead representing rope)
    - a) Daisies: Practice tying a square knot and learn what a square knot may be used for.
    - b) Have a knot tying relay.
    - c) Go on a hike and use a square knot to tie a bandanna to carry your snack.



4. Know how to handle and care for a knife. (Earn a yellow bead representing caution. Use a paper knife)

- a) Make a paper knife using the pattern included in the packet.  
Demonstrate the following:



Opening and closing  
Passing and carrying  
Cleaning and oiling  
Uses of a knife

- b) Have an older girl come to your troop meeting to demonstrate how to handle and care for a pocket knife.
- b) Prepare something to eat using a knife. Do the activity on page 54 of the Daisy Girl Scout Leaders guide using a **plastic knife** to cut the fruit.

5. Know how to make, use, and put out a fire (use an edible fire) for outdoor cooking. (Earn an orange bead representing fire)

- a) At your next troop meeting make an "edible fire."



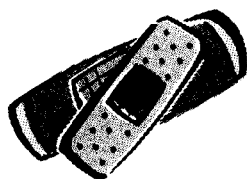
- b) Make a poster to show fire safety.
- c) Go on an overnight and, with adult supervision, practice fire safety. Have a fire drill.

6. Know how to cook something. (Earn a red bead representing apples)

- a) Make the Nutri-Bag Snack (page 54 of the Daisy Leaders Guide)
- c) Help to plan a balanced menu for an upcoming outing.
- d) With adult supervision cook a s'more.

7. Know simple first aid for cuts, insect bites, and skinned knees. (Earn a white bead representing bandages)

- a) Have someone who is first aid trained come to a troop meeting to explain simple first aid for:



blisters  
sunburn  
splinters  
burns  
cuts  
insect bites

- b) Practice first aid skills in a troop meeting.

- c) Using Safety-Wise see what type of materials should be in a first aid kit. Put together a personal first aid kit for yourself that you can take on hikes or camping trips.
8. Know how to protect the natural world. (Earn a green bead representing the natural world)
- a) Do the "Nature in Action" activity on page 24 of the Daisy Girl Scout Activity Book.
  - b) Take a hike in your neighborhood. Look for three different trees, plants, or flowers.
  - c) Using a magnifying glass, observe nature in a small space. Talk about what you saw with your troop.

For participating in this program leaders may purchase any color beads to represent the 8 outdoor skills taught or use the colors suggested. Have the girls string them on a shoelace to wear as a bracelet or buy small beads and put them on a large safety pin. Allow the girls to wear them when they venture into the out-of-doors.



# PAPER KNIFE PATTERN

Just have the girls trace this pattern and cut out. Fold the knife handle on the dotted lines. Attach the blade to the handle by using a brad.

