



gscb

Outdoor Skill Building Activities

Volunteer's Guidebook

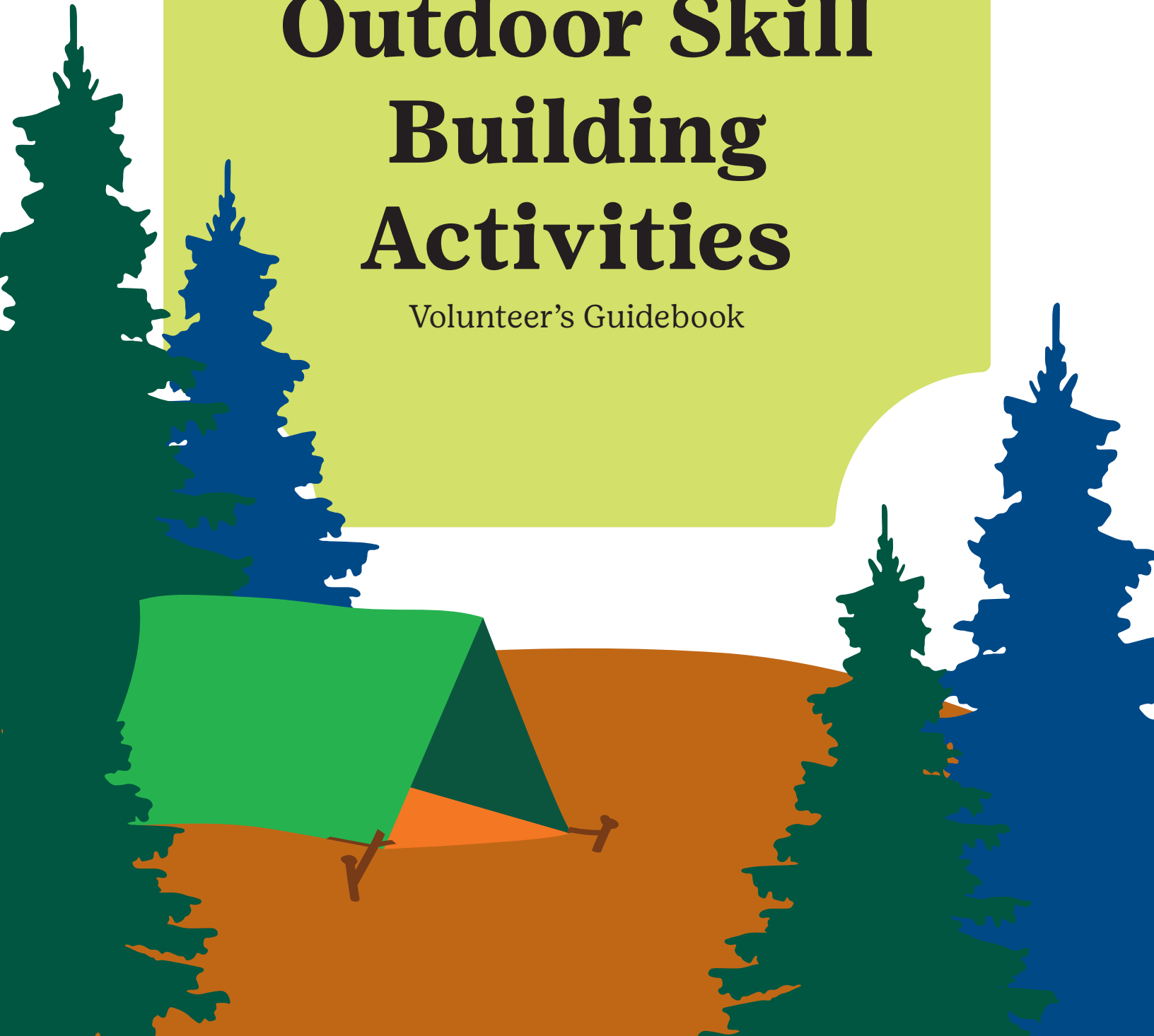


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Welcome to Your GSCB Outdoor Skills Activities Guide

In the Outdoor Skills Basics Guide, you learned about the 8 Outdoor Skills and how to execute them safely during an outdoor adventure with your troop. Now, it's time to actually facilitate activities that will get your girls prepared for the outdoors and engaging with the 8 Skills. Enter the Outdoor Skills Activities Guide - host to a number of activities you can use with your troop or be inspired by to create your own experiences.

Supplemental Materials

1. [Outdoor Basic Skills Guide](#) - The Outdoor Programming Guide is this guide, but with less programming ideas.
2. [Troop Camp Training Booklet](#) - The Troop Camp Training Booklet is a handout for girls to utilize during your outdoor adventure that emphasizes "The 8 Outdoor Skills".

8 Outdoor Skills

As a reminder, the 8 Outdoor Skills you learned in the Outdoor Basic Skills Guide are:

1. Dressing for the Weather
2. Using Good Outdoor Manners
3. Tying Knots
4. Handling and Caring for Knives
5. Making, Using, and Putting Out a Fire
6. Cooking for Self, Patrol, or Troop
7. Simple First Aid
8. Protecting Nature with Leave No Trace

Dressing for the Weather

Activity: Relay Race

Before the Meeting:

- Gather at least 2 sets of clothing for multiple weather scenarios: Winter Coats, Hats, Gloves, Sunglasses, Baseball Caps, Boots, Sandals, Loose Swimsuit, Light Jackets, Raincoats, Umbrellas, etc.
- Bring a large whiteboard or notepad that is big enough to be seen across the room.

What are we learning?
Being prepared for changing weather!

Set Up:

- Use a piece of tape or some other marker to indicate a start line. Walk 10 feet away (or more if space allows) and place another piece of tape. Repeat this so you have two equal distances for two teams.
- Separate the clothing so that each team has at least 2-3 items for all weather scenarios and place them by the start line.
- Split girls into two equal teams. Then, split each team in half. The first half of each team should line up behind the start line, the other half lines up behind the finish line.

Game Play:

1. Explain the rules to the girls and ensure everyone understands. Reiterate that clothing items should be put on OVER their current clothing, and girls should not be removing any clothing that is not part of the game with the exception of shoes and jackets.
2. The volunteer running the game should choose 3 weather scenarios and write them as large as possible on the white board or notepad. You can repeat weather scenarios to add to the challenge.
3. The volunteer should count down to the start, then reveal the scenarios. The first girl behind the starting line should dress for the first scenario as fast as possible, travel to the finish line and take off the items.
4. The girl behind the finish line should put on the items as the first girl takes them off. The first girl should move to the back of the line on her new side and the second girl should travel back to the start line.
5. When the second girl reaches the start line again, the third girl should dress for the next weather scenario. She should not start dressing for the scenario until the second girl has reached her and she cannot start traveling until the second girl has completely removed all of her items.
6. Continue this until one team works through all three weather scenarios. They are the winners. If you have a larger group, you may want to add in more scenarios so all girls get a turn.

Activity: Weather Fortune Teller

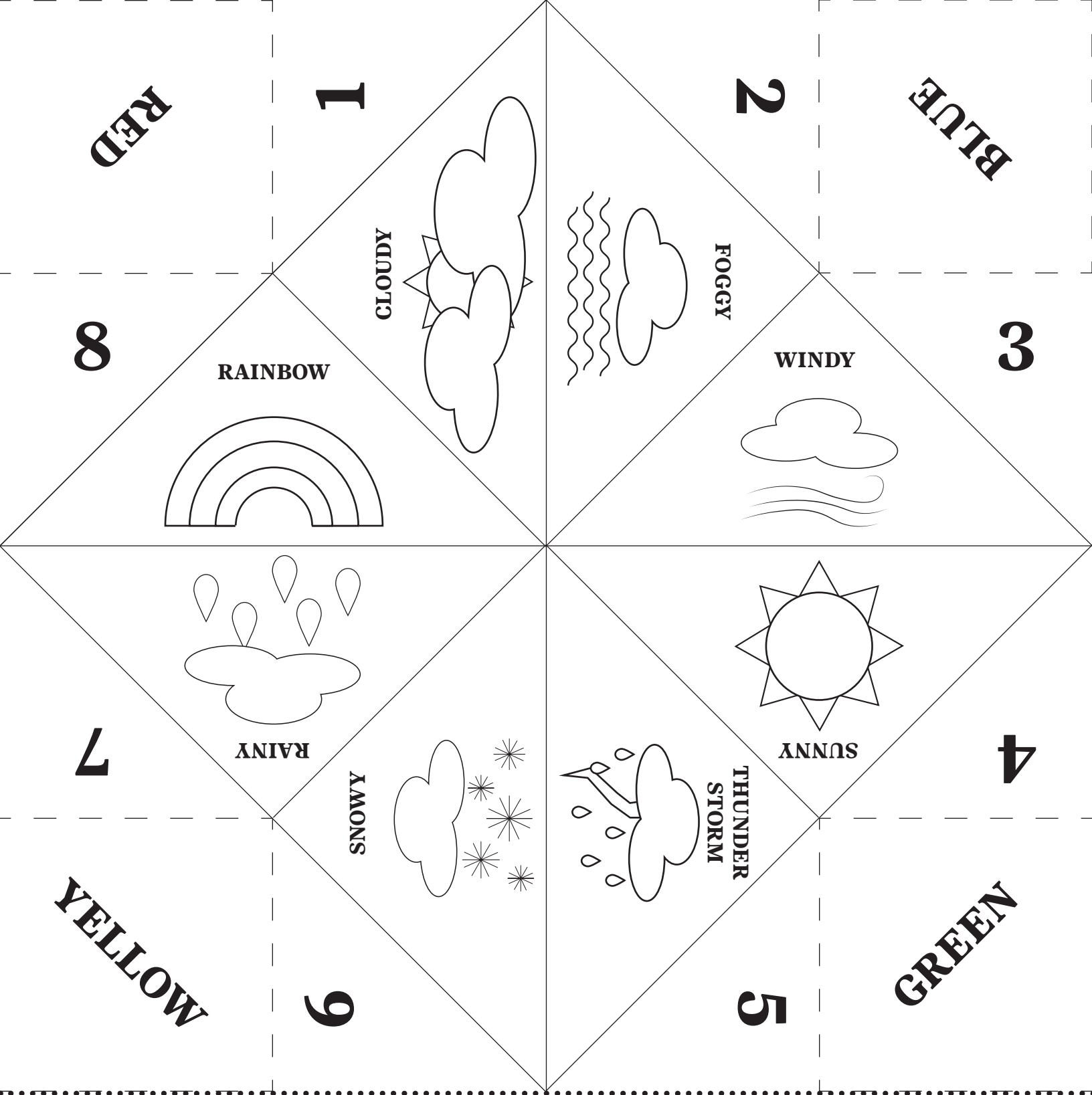
Before the Meeting:

- Print enough copies of the next page for your group.
- Gather scissors.

What are we learning?
Following instructions and about different weather we might encounter outdoors.

Set Up:

- Give each girl a handout and prompt her to follow the instructions. When complete, play with others to make weather predictions.



HOW TO FOLD:

1. Print page and cut along the dotted line at the bottom so you have a square.
2. Color it in
3. With the colored side facing down, fold the paper diagonally, making a triangle.
4. Fold it in half to make a smaller triangle.
5. Unfold. You should have creases in the shape of an X.
6. Fold each corner towards the center of the X, making a smaller square.
7. Flip it over and fold the corners to the center of the X again.

8. Fold the square in half horizontally, making a rectangle. Unfold and repeat in the opposite direction. Unfold.
9. Fold in half horizontally again. Place your fingers under each corner slit and gently bring the points together in the middle.

HOW TO PLAY:

1. Hold the fortune teller with your fingers.
2. Pick a color. Spell out the letters of that color (i.e. R-E-D) while alternating a pinching and pulling motion with the teller.
3. The teller will reveal 4 numbers. Pick one and move the teller the corresponding number of times.
4. Choose a number again, then open the flap and reveal your weather forecast!



Activity: Wacky Weather Riddles

Set Up:

- Use the jokes/riddles below however you wish - whether you just need some filler between activities, or build out a whole game with them. Maybe challenge your group to come up with their own weather-related riddles.

What are we learning?

We're having fun and thinking differently about the weather.

1. Can bees fly in the rain? *Only if they wear their yellow jackets.*
2. What does a cloud wear under his raincoat? *Thunderwear.*
3. What did the tornado say to the sports car? *Want to go for a spin?*
4. Why does heat move faster than cold? *Everyone can catch a cold.*
5. What blooms when it rains and shrivels when it stops? *An umbrella.*
6. I'm not a spy but I watch over the night. Changing my shape, with silver light. Full or crescent, I'm a celestial sight. What am I? *The moon.*
7. I am something you see when outside there is a storm. I come down from the clouds and appear in droplet form. What am I? *Rain.*
8. Why is the sun so smart? *It has over 5,000 degrees.*
9. I come in three in forms, but this is my solid state. When I'm hard enough, on me you can skate. What am I? *Ice.*
10. I grumble and roar without a mouth. My temper is heard from North to South. After lightning's flash, I come forth. What am I? *Thunder.*
11. I float in the sky, a castle of vapor. Shifting shapes from dragon to caper. I may pour, drift, or simply taper. What am I? *A cloud.*
12. I slither unseen, through field and town. Hugging the Earth as I move around. Where I pass, the trees bow down. What am I? *The wind.*
13. I'm not a flower, yet in the sky I bloom. After the rain, I'm the colors bloom. Look up, and you'll see my arc resume. What am I? *A rainbow.*
14. I hang in the air, a delicate lace. A myriad of jewels in a cold embrace. I'm the artist's breath in winter's face. Crafting beauty with icy grace. What am I? *Frost.*
15. I follow you quietly in the morning light, shrink beneath you when the sun is bright. I'm your silent companion, lacking might. In the evening, I stretch to an impressive height. What am I? *Shadow.*
16. I have an eye but cannot see. I'm stronger and faster than any man, but I have no limbs. What am I? *A hurricane.*

Activity: Thunder!

Set Up:

- Arrange girls in a circle with one in the middle (the Stormcloud).

What are we learning?

Weather patterns and to that Thunder always follows lightning.

Game Play:

1. The Stormcloud turns in place, then randomly points to someone and shouts "Lightning!".
2. The recipient of the Lightning! ducks. The two girls on either side of her then have to shout point at the other and shout "Thunder!". The first girl to shout it is safe, the other leaves the circle and is done playing until the next round. If anyone shouts "Lightning!" by accident, they are automatically out.
3. The circle reforms and the Stormcloud chooses another player, continuing until there are only two girls left who are not the Stormcloud.
4. When there are two girls left, they stand back to back. Each time the Stormcloud shouts "Lightning!", the girls take a step forward (away from each other). The Stormcloud can shout Lightning! as many times as she wishes before shouting "Thunder!". Upon hearing Thunder!, the two girls should spin, point to the other and shout "Thunder!". The fastest girl wins.

Using Good Outdoor Manners

Activity: Buddy Tag

Before the Meeting:

- Gather a whistle.
- Ensure there is a large open space, preferably outdoors if weather allows.

What are we learning?
Remember your buddy!

Set Up:

- Explain the directions.
- Assign each girl a buddy.

Game Play:

1. Set girls free to play traditional tag. Whoever is “it” cannot tag their buddy.
2. When you blow your whistle, all girls must find their buddy and hold their clasped hands up between them.
3. When everyone has found their buddy, blow your whistle again to resume the game of tag.
4. Continue as many times as you wish. Change buddies halfway through.

Activity: Silent Buddies (All must be able to read)

Before the Meeting:

- Gather index cards and tape OR sticky notes
- For older girls: Write a number on each card until you have enough for all of your girls.
- For younger girls: Write an animal on each card for half the number of girls in your group. Repeat the same animals on the other half, so you have 2 of each animal. Try to pick animals that are easily acted out.

What are we learning?

Communicate with your buddy and “have their back”, if needed!

Set Up:

- Explain the directions.
- Line girls up with their backs to you.
- Tape or stick a card on their back.

Game Play - Older Girls:

1. Without talking or looking at their own card, girls must find an EVEN - ODD match buddy. (Example: If I have a 3 on my back, I first need to find out what number I have. I can silently ask a friend to help me figure it out. Once I know my number, I need to find an EVEN number. It does not have to be a consecutive number.)
2. The game ends when everyone has found a buddy.

Game Play - Younger Girls:

1. Without talking or looking at their own card, girls must find an their animal match buddy. They should act out what other girls animals do in attempt to figure out who has the same animal as they do.
2. The game ends when everyone has found their buddy.

Activity: Mother, May I?

Before the Meeting:

- Ensure there is a large open space, preferably outdoors if weather allows.

What are we learning?
Ask permission!

Set Up:

- Explain the directions.
- Choose one girl to be “mother”, and have her stand 10-20 feet away from everyone else, facing them. You can substitute “mother” for any figure - (i.e. Captain, Your Majesty, etc.)

Game Play:

1. Each girl who is not “mother” will take turns asking a question. It must always begin with “Mother, may I...?” (For example, “Mother, may I take 3 steps forward?” Or “Mother, may I do a cartwheel/somersault?” Or “Mother, may I take 1 baby step?”) Other steps include bunny hops, walking like a crab, frog hops.
2. If any girl forgets to say “Mother, may I” before their question, they must go back to the starting line.
3. The mother will respond “Yes, you may” or “No, you may not, but you can _____ instead”. The girl must do as the mother says. The mother can change the girls suggestions such as “No, you may not take 5 giant steps forward, but you may take 2 giant steps forward.” or “No, you may not run for two seconds forward, but you can run for two seconds backward.”

Activity: Turtle Tag

Set Up:

- Explain the directions.
- Select one player to be “it”.
- Ensure there is a large open space, preferably outdoors if weather allows.

What are we learning?
Respect plants and wildlife! Do not touch.

Game Play:

1. The game is played similar to “freeze tag” in which someone who is tagged is frozen until they are tagged by another non-“it” player.
2. To avoid being tagged, players can get on their back and hold their hands and feet in the air (like a tortoise that has rolled over on its back). They can stay in this pose for 10 seconds only, but in this pose they are safe!

Activity: Huggy Bear

Set Up:

- Explain the directions. Ask anyone who is not comfortable being hugged by others to sit out and watch. If it’s just one person, they can be the caller.
- Ensure there is a large open space, preferably outdoors if weather allows.

What are we learning?
Personal space!

Game Play:

1. Prompt girls to run around freely.
2. The caller, you or another girl, will call out a number (no more than the total number of girls in the group). Girls will need to gather in groups of that number in a group hug. Or, if “1” is called, girls will give themselves a hug.
3. Any groups who don’t have the called number are out.
4. Continue calling numbers until only one girl remains. She is the winner.

Activity: Please Don't Litter Song

Teach your Girl Scouts the “Please Don't Litter Song”, and then sing it on your next nature walk while picking up litter. Set to the tune of Frere Jacques.

Please don't litter,

Please don't litter.

Glass and tin, aluminum,

Paper, cardboard, plastic,

Once again is fantastic!

Use again, Use again!

Please don't litter,

Please don't litter.

What are we learning?

Use trash bins, and
Reduce, Reuse and
Recycle!

Activity: Make Eco-Friendly Bird Feeders

Before the Meeting:

- Gather enough pinecones for each girl, string, birdseed, and peanut butter.

During:

- Tie 6-8 inches of string to the tip of each pinecone.
- Warm the peanut butter until it is runny but not too hot to touch.
- Dip the pinecone in the peanut butter and then roll in the birdseed.
- Hang in nearby trees or bushes.

What are we learning?

Respect the
environment and care
for animals.

Activity: Megaphone

Before the Meeting:

- Gather 6 styrofoam cups and cut off the bottoms so that it looks like a megaphone.
- Print out 2 copies of the icons sheet. Cut them into squares so you have one icon on each square. Paste an icon on each cup and keep the other copies aside.
- Print out 1 copy of the questions sheet. Cut them into squares so you have one question on each square.
- Gather 2 hats, buckets, or other non-clear containers.

Set Up:

- Set out the “megaphones” so that the icons can be seen.
- Put the question squares in one container and the remaining icon squares in the other container.

What are we learning?

Use the right voice at
the right time.

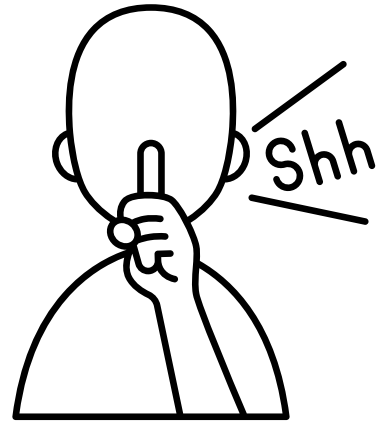
Game Play:

1. Call up the first girl to pull an icon out of the container, and then a question out of the container. She now has her task.
2. She must grab the microphone with the correct icon and answer the question into it. (Example: If she pulled the question “What's your favorite food?” and the bird icon, she should sing her answer into the microphone.)
3. Repeat until all girls have had a chance to play.

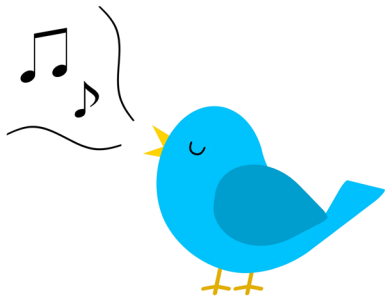
Say it fast!



Say it quietly!



Sing it!



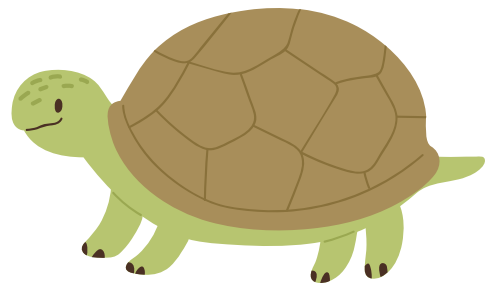
Say it in a silly voice!



Say it loud!



Say it slowly!



What is your favorite
color?

What day of the week is
it?

What is your favorite
food?

What do you want to be
when you grow up?

What is your favorite
movie or TV show?

What is your favorite
animal?

What month is your
birthday in?

What is your favorite
subject in school?

Tying Knots

Activity: Square Knot Relay

Before the Meeting:

- Cut a rope into enough pieces for each girl +2, making sure the pieces are the same length.

Set Up:

- Give each girl a piece of rope.
- Separate girls into two teams, having the teams form two lines next to each other.
- 10-20 feet away from the start of each line, place one of the extra rope pieces.
- Explain the directions and, if you haven't already, teach girls how to tie a Square Knot.

What are we learning?
Square knot practice.

Game Play:

1. At the start, the first girl in line for each team will run to the string across from them. They will tie a square knot between their rope and the extra rope, then run back to their team. You may want to station an adult at each knot-tying area to ensure square knots are being used and to offer help, if needed.
2. When the first girl has returned, the second girl in line will run to the rope and add her piece using a square knot.
3. The first team to connect all of their ropes using square knots is the winner.

Activity: Human Knot

Set Up:

- If your group has more than 12 girls, separate into two groups.
- The group should arrange themselves in a circle.

What are we learning?
Knot-themed teamwork and communication.

Game Play:

1. To get started, each girl should take the right hand of another girl in the circle. It should not be the hand of either of the girls directly beside her.
2. Repeat with the left hand until everyone is holding two hands.
3. Now, the girls are challenged to get themselves untangled without letting go of any hands. You may need to twist, turn, step over, under, or between linked hands.

Activity: Bowline Rescue Relay

Before the Meeting:

- Two cardboard squares big enough for a girl to sit on.
- Two 50 foot ropes.

What are we learning?
Bowline knot practice and practical knot usage scenario.

Set Up:

- Split into two teams and line up.
- One person from each team should sit on the cardboard square.

Game Play:

1. At the start, the first girl in line for each team toss the end of the rope to the girl on the square.
2. The girl on the square should use a Bowline Knot to tie the rope around her waist.

3. The girl in the front of the line should gently pull her in.
4. The girl on the square goes to the back of the line and the girl who was pulling will untie the knot before taking the square back out and sit on it so the process can repeat.
5. The first team to have each girl rescue and be rescued is the winner.

Handling and Caring for Knives

Before trying any knife-skills activities, you must ensure your Girl Scouts are comfortable handling knives safely. Review each activity and try it for yourself before trying with girls. Remember that these skills come with progression and should not be rushed.

Activity: Making Wood Shavings/Kindling/Feather Sticks

Before the Meeting:

- Ensure you have work stations with plenty of space between girls - remember the “safety bubble”.
- Gather enough knives for the amount of adult volunteers you have, so you have 1:1 adult supervision. Sharpen knives, if necessary. Also gather long, flat pieces of wood and safety goggles.

What are we learning?
Knife skills.

Set Up:

- Arrange girls at workstations and ensure they have goggles and an adult supervisor. If you don't have enough workstations/adults for each girl, have the others watch until it's their turn or pair girls up and have them work together (a great way to practice passing knives).
- Review all knife safety protocols before handing out the knives. If needed, repeat the safety protocols when knives are in-hand.

Instructions:

1. To get into position, have girls place their piece of wood in front of them on a firm surface, in a vertical or near-vertical position. Holding the wood with your non-knife hand, take your knife and place it below your fingers and turn it inwards so the edge is towards the wood.
2. Push the knife downwards so that the blade descends - always push away from you! As you push, turn the knife edge in towards the wood a fraction. You should start to see small shavings form. It's OK if these fall off.
3. Once you have the technique down and a somewhat flat wood surface to work on, repeat the steps but attempt to create a long, continuous, even shaving to just above the bottom of the stick. Hopefully, the shaving should create a nice curl at the bottom of the stick.
4. Do not get discouraged if it takes several tries or if you lose curls. These skills are honed with time and practice.
5. Once you have the hang of it, keep going until you've created shavings all around the base of the stick. You may need to push a few early ones down to make room for more.
6. Now, you should have nice, dry kindling for your next campfire!



Activity: Making Wooden Tent Stakes

Before the Meeting:

- Ensure you have work stations with plenty of space between girls - remember the “safety bubble”.
- Gather enough knives for the amount of adult volunteers you have, so you have 1:1 adult supervision. Sharpen knives, if necessary. Also gather thick sticks (about the thickness of your thumb) that are approximately 12 inches long.

What are we learning?
Knife skills and using resources wisely.

Set Up:

- Arrange girls at workstations and ensure they have goggles and an adult supervisor. If you don't have enough workstations/adults for each girl, have the others watch until it's their turn or pair girls up and have them work together (a great way to practice passing knives).
- Review all knife safety protocols before handing out the knives. If needed, repeat the safety protocols when knives are in-hand.

Instructions:

1. To start, you'll need to create a notch. The notch is where the guyline from the tent will rest. Score the wood about 2 inches down from the top of the stick. Hold the stick from the bottom, so that you can start shaving towards the cutline until the notch is a little less than halfway through the stick.
2. Flip the stick so that the end with the notch is closest to your body. Position your non-knife hand slightly past halfway down the stick so you have a good grip on the end. You may find it helpful to rest that hand on a hard surface.
3. Hold the knife steady, perpendicular to your body with the blade facing away from you. Pull the stick against the blade of the knife as you shave the end into a point, rotating as you go. Be careful not to make your point too thin or it may break off.
4. If you are planning to use these tent stakes to hold a tent, you should bevel the other end so that it does not split or break off when you hammer them into the ground.



Activity: Cooking

Before the Meeting:

- Find a recipe that involves cutting or handling knives.
- Ensure you have a clean cooking environment and work stations with an appropriate “safety bubble” for each girl who will be working with a knife.
- Gather knives and clean/sharpen, as needed.

What are we learning?
Knife skills.

Set Up:

- All girls wash hands and tie hair back.
- Assign kitchen duties to girls such as prep, cutting/chopping, cooking, plating, cleaning, etc.
- Review knife safety.

Instructions:

1. Complete the recipe. Demonstrate knife skills, guide girls on effective handling and proper cleaning and storage.

Fires and Campfire Cooking

Activity: Edible Campfires

Before the Meeting:

- Gather paper plates, cups for water, and forks. These will represent your supplies - your safety circle, your water bucket, and your rake, respectively.
- Get chocolate chips/m&ms/marshmallows, pretzel or potato sticks, cotton candy or coconut flakes, tootsie rolls, and candy corn or red/yellow/orange gummy bears.

Set Up:

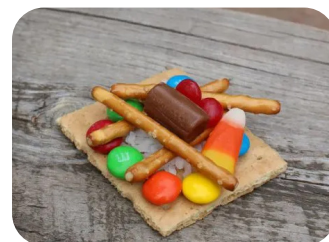
- All girls wash hands.
- Distribute a plate, cup and fork to each girl.
- Distribute a handful of chocolate chips, several pretzel/potato sticks, some cotton candy or coconut flakes, 2-3 tootsie rolls and 3-4 candy corns to each girl.

What are we learning?

Recognizing and understanding fire-building terms.

Instructions:

1. Walk through the steps for building a fire, assembling your fires with your snacks.
 - Plate - safety circle
 - Cup of water - water bucket
 - Fork - rake
 - Chocolate chips/M&Ms/Marshmallows - fire ring
 - Pretzel/Potato sticks - kindling
 - Cotton candy/shredded coconut - tinder
 - Tootsie Rolls - logs
 - Candy Corn or Red/Orange/Yellow Gummy Bears - fire



Activity: Campfire Cooking

Before the Meeting:

- Gather your ingredients and cooking utensils, supplies.
- Ensure you have a clean, safe workspace for girls.

Set Up:

- Assign each girl a job - prep, cooking, cleaning, tending to the fire, etc.

Need a recipe? Check out our [Camp Cookbook!](#)

What are we learning?

Fire skills and campfire cooking.

Activity: Campfire Structure Matching

Before the Meeting:

- Print enough copies of the next page for each girl.
- Gather writing utensils - crayons, markers, pencils, pens, etc.

Set Up:

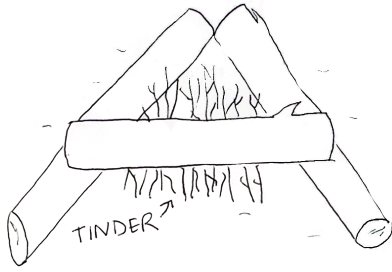
- Distribute a handout to each girl.

What are we learning?

Recognizing fire structures.

Instructions:

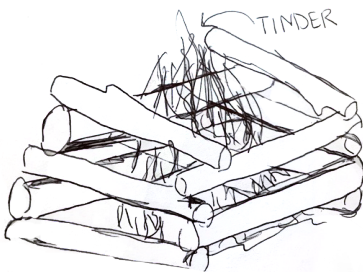
1. Match the campfire structure to its name by drawing a line between them.



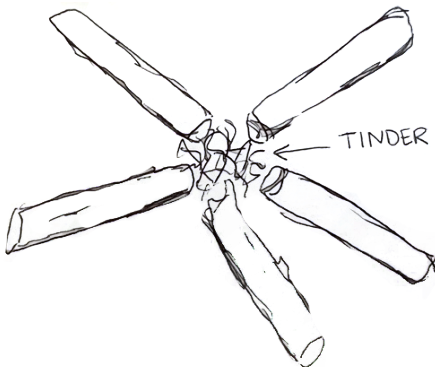
Lean - To



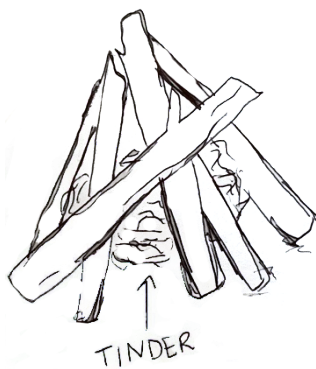
Star



A-Frame



Teepee



Log Cabin

Activity: Fire Kisses

Before the Meeting:

- Gather wax paper, and any recycled wax you can find (old candles, old crayons, birthday candles, wax blocks). (For an even more environmentally-friendly version, use beeswax or soy)

Instructions:

1. Break or cut your wax into 1 inch pieces.
2. Cut or tear squares of wax paper about six inches long.
3. Lay out your wax paper square and place your piece of wax at the bottom in the middle. Start rolling the wax and wax paper together towards the top of the square.
4. Twist the wax paper in one direction on one side and the opposite direction on the other. It should look like a piece of candy or salt water taffy.
5. Add 3-4 of the “kisses” into the framework for your fire. Light with a match and watch them burn away while your fire catches!

What are we learning?

Fire skills and using resources wisely.

Activity: Egg Carton Fire Starters

Before the Meeting:

- Collect empty (paper!) egg cartons, dryer lint, and old candles/wax/crayons.
- Empty and clean a tin can. Preferably one you are willing to throw out so you don't have to try to clean the wax out of it later.
- Ensure you have a workstation with a burner, old pot, and cardboard/foil/wax paper.

Instructions:

1. Stuff dryer lint into the egg divets. Do not stuff it too tight as you want the wax to be able to penetrate all of the lint.
2. Set up a makeshift double-boiler by putting water in your pot and placing your tin can with wax inside in the center of the water. If you are using leftover candles, you can place the candle directly in the water if it is in a glass container.
3. Once the wax is melted, place the egg carton on your cardboard/foil/wax paper and pour the wax over the egg carton. Use a potholder or towel to hold the can because it will be hot.
4. Let the wax cool and harden for at least 45 minutes.
5. You can store as the egg carton and tear off starters as you need them, or you can cut them into individual pieces and store separately.
6. Place within the fire structure and light with a match.

What are we learning?

Fire skills and using resources wisely.

Activity: Bag Skits

Before the Meeting:

- Come up with a number of fire safety mistakes and write each one on a slip of paper. Put the slips into a not-clear bag or container. Examples can be: Forgetting to fill your water bucket, not building a fire ring, throwing an aerosol can into the fire, abandoning the fire while it's burning, drying clothes over the fire, etc.

Set Up:

1. Divide girls into groups of 2-3.

What are we learning?

Fire skills and fire safety.

Instructions:

1. Have each group select a slip a paper, then act out building a fire and making that mistake.
2. The girls in the audience should then guess what the mistake(s) were.

Simple First Aid

Activity: Build a First Aid Kit

Before the Meeting:

- Collect all the supplies your troop will need to build a Troop First Aid Kit or individual first aid kits for girls to keep with them/take home.
- Bring some items that should not go in a First Aid Kit.
- Gather writing utensils for each girl.

What are we learning?
First Aid basics.

Set Up:

- Review what should be in a First Aid kit.

Instructions:

1. Prompt girls to work together to gather the items that should go in the kit, leaving the items that do not belong out. If their working individually, maybe have them select items one at a time.
2. Girls should research and fill in information on a piece of paper: GSCB Emergency Phone Line, Poison Control Center Number, Non-Emergency Police and Fire Department Numbers, Contact Information for owners/operators of your meeting place, etc. If working individually, they should fill out with their emergency contact information and any additional contacts for friends, family members, or neighbors who can help in an emergency.

Activity: First Aid Charades

Before the Meeting:

- Write down a number of scenarios on slips of paper. The scenarios should be things your Girl Scouts can manage using the skills they have learned through their First Aid Badge or training. Examples: I'm too hot, I feel dizzy, I have a cut, I'm too cold, etc.
- Put the slips of paper in a non-clear bag or container.

Set Up:

- Teach Girl Scouts how to play charades.
- Split girls into two teams.

What are we learning?
Communication and First Aid basics.

Game Play:

1. Alternating turns between teams, one girl at a time should select a slip of paper.
2. She should act out the scenario.
3. The girls on her team should guess what the issue is. Once they have it right, they should walk through how to administer First Aid.
4. If the team guesses the ailment and the correct First Aid, they get a point.
5. The team with the most points when there are no more scenarios left wins.

7 Principles of Leave No Trace

Activity: Make a Leaf Rubbing

Before the Meeting:

- Gather white paper and crayons, and cardboard or a durable surface to color on.

Set Up:

- Distribute a piece of cardboard, paper, and crayons to each girl.

What are we learning?
Leave what you find

Instructions:

1. Prompt girls to find 4-5 leaves on the ground. They must be on the ground!
2. Place the leaf on your durable surface (cardboard) with the veins facing up.
3. Put your white paper on top of the leaf.
4. Rub a crayon on its side on the white paper, over the leaf. You should be able to see the veins of the leaf appear.
5. Repeat using different leaves and different colors.
6. Return the leaves to the ground.

Activity: The Floor Is Not a Durable Surface

Before the Meeting:

- Gather construction paper or other colored paper and set them out randomly throughout the room. These are your “durable surfaces”.
- Ensure you have enough space for girls to safely move about.
- Make or find a color spinner that correlates to your colored paper. A Twister spinner works well.

What are we learning?
Travel and camp on durable surfaces

Game Play:

1. Just like “the floor is lava”, the volunteer will shout “the floor is not a durable camping surface!” and spin the color spinner. Whichever color it lands on is the durable camping surface.
2. Girl Scouts have 5 seconds to get from where they are to one of the pieces of paper that is the correct color.
3. Anyone who didn’t make it to a durable surface is out. You may need to remove some durable surfaces as numbers get smaller to get to a winner.

Activity: Water Graffiti

Before the Meeting:

- Identify a stream or slow-moving body of water with rocks or flat surfaces nearby.
- Gather enough paintbrushes for all the girls in your group.

What are we learning?
Respect wildlife and be considerate of others.

Instructions:

1. Using your paintbrush, get it wet in the water and then paint a picture on the rocks or other surfaces. Unlike real graffiti, your image will evaporate - leaving no trace behind.
2. Ensure you do not disrupt any natural habitats while “painting” and that all paintbrushes go home with you.

Activity: Giggle Giggle Game

Before the Meeting:

- Bring a bandana, hanky, or tissues. (This is your trash or litter.)

What are we learning?
Dispose of waste properly.

Set Up:

- Arrange girls in a circle with the volunteer in the middle.

Instructions:

1. The volunteer tosses the bandana/hanky/tissue in the air. Everyone giggles while it is in the air.
2. Once the item touches the ground, everyone must stop laughing immediately and be very serious.
3. Repeat over and over again. Chances are, everyone will be laughing hysterically.

Interested in becoming a Facilitator in Leave No Trace (LNT)?

Take the 200 Leave No Trace training in gsLearn and sign up for an in-person nature walk. Completing this hybrid training qualifies you to be a Leave No Trace Facilitator.

Hiking and Other Outdoor Activities

Types of Hikes:

- **Alphabet Hike** - Look for things beginning with each letter of the alphabet.
- **Breakfast Hike** - See the sunrise and watch the birds get breakfast.
- **Color Walk** - Look for various colors in nature. Choose one or two colors and search for as many things as you can that are that color.
- **Insect Hike** - How many different kinds of insects can you find?
- **Litter Hike** - Divide into teams. The team that gathers the most litter wins.
- **Monogram Hike** - Find three or more nature items beginning with your initials.
- **Neverending Story Hike** - One person begins a story, then passes it along to the next to continue by adding a sentence.
- **Paul Bunyan** - Can be used to collect firewood. Divide into teams. The team to gather the largest pile of wood wins.
- **Penny Hike** - Flip a penny every so often at intersections - heads turn right, tails turn left. Do not go off trails into the woods. Additional options to flip your penny for silly things like "Heads we'll sing Make New Friends and Tails we'll moo like a cow until we get to that rock."
- **Pioneer Hike** - Follow a map and compass trail.
- **Shape Hike** - Give girls a list of shapes (triangle, circle, oval, square, rectangle, etc.). See if they can find each shape during the hike.
- **Stop, Look, Listen Hike** - Hike for five minutes. Stop for one minute and write down all the objects you can see and/or the sounds you can hear. Repeat!
- **Stargazer Hike** - Watch nature as evening approaches - watch stars, animals and fireflies, see the full moon rise. Complete more activities to earn the [Moon Mayhem Patch!](#)

Hiking Prompts for Girls:

- How many homes can you find? (birds nests, gopher holes, caves, etc.)
- How many tracks, signs, or traces of animals can you find?
- How many signs of homemaking can you find? (spider weaving web, bird building a nest, ants excavation, etc.)
- How many plants can you find one inch high or shorter?
- How many signs of man can you find? (trash, fences, telephone poles, etc.)
- What can you find under dead wood?
- What can you find in a stream or lake?
- Find the following: a tree with thorns, one that is dead, one that is dying, one that has dancing leaves.
- Guess the age of the vegetation growing in this area. What might have been here before?
- How many different feels can you find? (smooth, rough, sharp, etc.)
- How many smells can you find? (crushed leaves, wildflowers, sage, mint, etc.)
- How many sounds can you hear in one minute?
- How many colors can you find in a 1-foot square area?
- Can you find signs of accidents or untimely ends? (burned tree, broken branch, dead insects, etc.)
- How many discards can you find? (insect shells, snake skins, etc.)
- What do you see moving? (clouds, birds, branches, etc.)
- How many kinds of trees can you find?

Campfire Conversations:

- This weekend I hope I will...
- I wonder...
- I learned...
- The thing I enjoy most about being outdoors is...
- The skill I value most is...
- A value I have recently acquired is...
- The social issue I care most about is...
- The way I most prefer to spend my money is...
- The characteristic I most value in people is...
- My favorite camp smell is...

Campfire Games:

- Charades
- Twenty Questions - One player is "it". "It" thinks of an animal, object, person, place, etc. and shares the category. The other players may ask up to twenty yes-or-no questions to determine the answer.
- "I Went to the Market" - The first player begins by saying "I went to the market and bought (noun)." The next player then says "I went to the market and bought (whatever the first player said) and (noun)." Go around the campfire correctly repeating items and adding new ones each time.
- Winking Assassin - Everyone closes their eyes. A volunteer or someone not playing taps one person on the shoulder - they are the assassin. Whenever they wink at another player, that player must "die" dramatically and can no longer speak or gesture. As a group, you should attempt to guess who the assassin is.
- Would You Rather
- Skits

5 Senses Scavenger Hunt

Print and take this list outside - in your backyard, to a local park, etc. See how many you can find, describe them on the line below. For an extra challenge - time yourself! Can you find everything within an hour? A half hour? Invite a friend and have a race to see who can complete it first.

Sight

Find something orange

Find something tiny

Find something heart-shaped

Find 5 of the same thing

Find something colorful

Sound

Listen for something crunchy

Listen for something that sounds soft

Listen for an animal noise

Listen for something loud

Find something you can make music with

Smell

Find a flower with a scent

Find a smell you like

Find a smell you dislike

Touch (only if it's safe!) - Remember to Leave No Trace

Touch something soft

Touch something bumpy

Touch something smooth

Touch something wet

Touch something prickly

Taste (only if it's safe!)

Find something safe for a human to eat

Find something an animal would eat



Pollinator BINGO

Ready for a nature walk, Girl Scout? Here's an added challenge: Try finding three in a row of these pollinators on your journey.

Level up: Find them all!



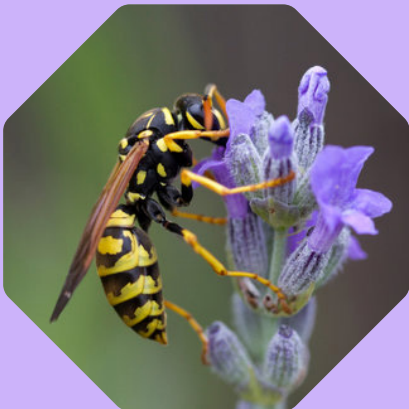
Bee



Lizard



Bird



Wasp



Moth



Fly



Butterfly



Ant



Toad



Spring Seek-and-Find

Signs of Spring are blooming, chirping and growing all around us.
Head out on a nature walk and see how many you can find...



Spring Peeper



Earthworm



Bloodroot



Eastern Bluebird



Spring Beauty



Skunk Cabbage



Christmas Fern



American Robin



Spicebush



Outdoor Ceremonies and Kapers

Ceremonies can be a part of camping like fresh air and sunshine. A ceremony helps capture the memories of camp life and highlight the ideals that underlie daily camp activities. To set the stage for creativity and ceremony creation, share inspiration! By providing resources such as poetry, songs, stories, pictures, and thought-provoking questions- all of which can be good triggers for the imagination.

Once the stage is set with a positive atmosphere and imaginative resources, you can create a ceremony by following the steps below:

1. Choose a theme
 - The theme might relate to things they are doing at camp. This could be a service project, badge work, conservation and environmental protection, or other activity.
2. Explore the symbolic possibilities of the theme
 - Does the theme have a symbol? It could be a tree for conservation, a knot that symbolizes strength and unity, or birds if your trip is all about soaring across the zipline and observing from the treetops on high ropes.
3. Decide on a central thought
 - A ceremony should have a clear message based on the theme and the symbol – both of which can be broad- the central thought is where you hone in on your inspiration and determine the most important thing you want the ceremony to convey.
4. Plan the method of delivery
 - This is where creativity really comes in! Expression can be done through speaking, writing, reading, demonstrating, music, silence, touch, or art. Your troop should decide collectively how they will express their central thought.
5. Communicate
 - The most important part, hosting the ceremony and sharing the message!

Examples of Ceremonies that can be held Outdoors:

- Opening/Closing Event Ceremonies
- Flag Ceremonies
- Investiture
- Rededication
- Court of Awards
- Bridging or Flying-Up Ceremony
- Thinking Day Ceremony
- Scout's Own Ceremony

Graces:

We Are Thankful:

Tune: Are you Sleeping?

*We are thankful, we are thankful,
For this day, work and play,
Learn and share together
Girl Scouts together
As we live, thanks we give.*

For Health and Strength:

For health and strength
And daily bread
We're thankful for this day.

Morning is Here:

Morning is here the board is spread
We give our thanks for this good bread.

Back of the Bread:

Back of the bread is the flour,
Back of the flour the mill,
Back of the mill is the wind and rain,
And the Father's will.

Thank You:

Tune: Twinkle Twinkle Little Star

*Thank you for the food we eat,
Thank you for new friends we meet.
Thank you for Girl Scouting days
As we learn in fun-filled ways.
May we always try to do
As we promised, duty true.*

We Thank You Father:

Tune: Lord of the Dance, Simple Gifts

*We thank you Father for our evening meal,
For fun and friends and the happiness we feel,
For blessing and guidance and love we pray,
Be with us tomorrow and each new day.*

Girl Scout Grace:

Tune: Auld Lang Syne

*For all the bounty we receive,
Let us offer thanks and praise.
And be courageous, strong and fair,
As we live the Girl Scout way.*

Eagle Grace:

The eagle is thankful for the mountain.
The fish is thankful for the sea.
We are thankful for the wind and the rain,
And for what we're about to receive.

World Hunger Grace:

For food in a world where many walk-in
hunger,
For faith in a world where many walk-in fear,
For friends in a world where many walk alone,
We give you humble thanks, oh Lord.

Addams Family Grace:

Tune: Addams Family Theme

Chorus 1:

*Da da da dum (snap snap)
Da da da dum (snap snap)
Da da da dum
Da da da dum
Da da da dum (snap snap)
We've filled our plates and dishes,
with food that is nutritious,
And all that we can wish is,
to thank you very much. (repeat first verse)
We thank you for giving,
The things we need for living,
The food, the fun, the friendship,
The Scouting Fam-i-ly.*

Chorus 2:

Ah-ah-amen (snap-snap)
Ah-ah-amen (snap-snap)*
Ah-ah-amen, Ah-ah-amen,
Ah-ah-amen (snap-snap)**

*Note: Cross arms when snapping fingers

Time to Eat:

Tune: Ain't She Sweet

*Time to eat, thankful Girl Scouts in each seat!
We thank you for your generosity- time to eat!*

The Good Grace:

Good bread
Good meat
Good Gracious
Let's eat!

Kapers:

What's a Kaper? Simply a chore or task, in Girl Scout lingo. Kapers distribute the work of the camp so that each girl has her responsibilities, either by herself, as part of a pair or patrol. It is encouraged to assign your troop arrival responsibilities to help establish the expectation to care for your rental unit. This also ensures that girls are moving about and learning the space, so they get comfortable and learn where things go.

Here are some kaper ideas to support your planning:

- **Arrival Kapers**
 1. Sweep out unit house
 2. Sweep out sleeping quarters (don't forget the ceilings)
 3. Store food and equipment in proper locations
 4. Wipe down mattresses with disinfectant wipes
 5. Clean latrine
 - Sweep floor to ceiling
 - Sanitize seat
 - Place toilet paper in latrines and keep it sealed
 - Set up a trash can or bag for any disposable bathroom trash
 6. Set up a clothesline
- **Departure Kapers** (Camp should look better than you found it!)
 1. Remove soap, clothesline, paper goods
 2. Dispose of all trash
 3. Sweep all used areas
 4. General cleaning of used areas
 5. Return items to where you found them
 6. Car packers
 7. Unit checkers (tents clean, tied or broken down as appropriate)
 8. Wood pile replenishers (cover the pile with tarp when finished)
 9. Ash bucket emptier - see "After Any Fire" section in the [Outdoor Basic Skills Guide](#)
- **Meal Kapers**
 1. Fire Builders:
 - Clean out fireplace or ring
 - Prepare equipment: filled water pail, broom, rake or shovel
 - Collect wood
 - Start and tend the fire with Troop Leader supervision
 2. Preppers:
 - Locate equipment needed - coat pots with soap if they will be in contact with fire
 - Wash any supplies and produce
 - Cut up vegetables
 3. Hostess(es):
 - Prepare the table
 - Support other groups
 - Coordinate handwashing prior to meal
 - Lead grace
 4. Cleaners
 - Scrape plates
 - Prepare dishwasher or 3 basins (wash, rinse, sanitize)
 - Wash dishes
 - Wipe table
 - Put away leftovers
 - Strain dishwasher
 - Collect all garbage (if rustic, tie bag tightly or take directly to dumpster to avoid attracting animals)

Rainy Days at Camp

Rain might hinder your original plans for getting outdoors during your visit to camp, but we encourage you to pivot and make the most of it! Rainy days can provide a new opportunity for bonding and connecting while stuck indoors.

Use these program suggestions for inspiration and go-to badge opportunities:

Theme	Badge Recommendations	Non-Badge Recommendations
Financial Literacy - Come prepared with a money game or make your own!	<u>Daisy Money Explorer</u> <u>Brownie Budget Builder</u> <u>Junior My Money Plan</u> <u>Cadette Budget Manager</u> <u>Senior My Financial Power</u> <u>Ambassador Financial Independence</u>	<ul style="list-style-type: none"> • Play Monopoly • Plan troop activities and create a budget
Outdoor - Learn about the outside from inside, or brave the rain and let your outdoor learning get a little wet.	<u>Daisy Outdoor Art Maker</u> <u>Brownie Bugs</u> <u>Junior Outdoor Art Explorer</u> <u>Cadette Outdoor Art Apprentice</u> <u>Senior Sky</u> <u>Ambassador Outdoor Art Master</u>	<ul style="list-style-type: none"> • Practice knots • Practice knife skills - try carving pumpkins, fruits or wood • Observe nature from inside • Make fire starters for when the rain clears
STEM - Gets hands-on, invite Program on the Move to do some robotics or get tech-y!	<u>Daisy Automotive Design</u> <u>Brownie Home Scientist</u> <u>Junior Detective</u> <u>Cadette Digital Movie Maker</u> <u>Senior Game Visionary</u> <u>Ambassador Photographer</u>	<ul style="list-style-type: none"> • Study the weather outside - types of clouds, wind speeds and direction, barometric pressure • Cook up an experiment like slime or homemade playdoh
Life Skills - Have a dance, costume or dinner party, create comics or collages	<u>Brownie Dancer</u> <u>Junior Playing the Past</u> <u>Cadette Comic Artist</u> <u>Senior Collage Artist</u> <u>Ambassador Dinner Party</u>	<ul style="list-style-type: none"> • Learn traditional songs and dances • Write a dramatic production and plan to produce it • Learn and practice First Aid

Check out [Badge Explorer](#) for additional badge ideas and don't underestimate the memories generated by downtime at camp! You can also have a movie night, do arts and crafts or assemble tie blankets, put together puzzles, play regular board games, put on a talent show, and simply enjoy each other's company.

Slithery, Slimy, Snake Solve

Find your way from start to finish by navigating a forest floor full of snakes you might encounter in our footprint. Print out the following page, then use the species guide below to tell you what to do as you encounter each species. There are multiple ways to win! Play with a friend to see who can solve it first.

Rough Greensnake (*opheodrys aestivus*) aka “Grass Snake” - The rough greensnake are usually bright green with a yellow-white underside. These snakes are generally docile and nonvenomous. If you encounter a Rough Greensnake, [move forward 1 space in any direction, including diagonal](#).

Common Garter Snake (*thamnophis sirtalis*) - The common garter snake can be mixtures of green, brown or black with a distinct yellow or whitish stripe down the center of their back. These snakes like to bask in the sun in grassy areas. If you encounter a Common Garter Snake, [move 1 space left or right](#).

Common Watersnake (*nerodia sipedon*) - The common watersnake is a brownish snake with dark bands across its back. These snakes are found near water like ponds, streams, rivers, ditches and wetlands. If you encounter a Common Watersnake, [move 2 spaces in any direction, including diagonal](#).

Eastern Rat Snake (*pantherophis alleghaniensis*) - The eastern rat snake is usually black with white around the mouth and chin, but juveniles can look grayish-white with dark blotches. These snakes excellent climbers. If you encounter an Eastern Rat Snake, [move up 2 spaces](#).

Black Racer (*coluber constrictor constrictor*) - The Northern Black Racer is jet black with white on its chin. These snakes move fast, hence the name “racer”. If you encounter a Black Racer, [move 3 spaces up, down, left, or right](#).

Eastern Milksnake (*lampropeltis traingulum*) - The Eastern milksnake are cream colored with large reddish blotches outlined in black. These snakes are secretive burrowers and spend most of their time underground, or underneath rocks, logs, etc.. If you encounter an Eastern Milksnake, [move 1 space up or down](#).

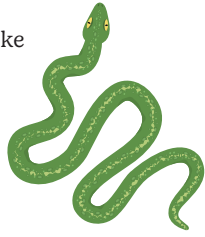
Scarletsnake (*cemophora coccinea*) - The scarletsnake is usually red with gray, yellow or white bands and a light gray or white underside. Find these snakes burrowing in loose, sandy soil - which we have plenty of in the Chesapeake Bay area. If you encounter a scarletsnake, [move down 1 space](#).

Plain-bellied Watersnake (*nerodia erythrogaster*) - The plain-bellied watersnake is solid-colored either gray, brown, olive or black with a plain, unmarked underside ranging from red to yellow. These snakes spend more time on land than other water snakes in the area. If you encounter a Plain-bellied Watersnake, [go directly to the other Plain-bellied Watersnake on the board, then move 1 space to the left](#).

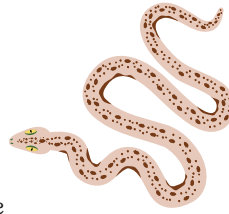
Eastern Copperhead (*agkistrodon contortix*) - The eastern copperhead can appear pale tan to pinkish-tan with dark, splotchy hourglass-shaped bands. Watch out! These snakes are venomous, but bites are rarely fatal in our area with proper medical treatment. If you encounter an eastern copperhead, [go back to start](#).

Start Here!

Rough Greensnake

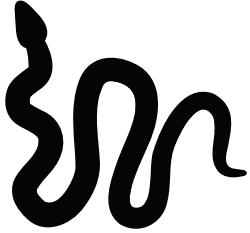


Eastern Milksnake

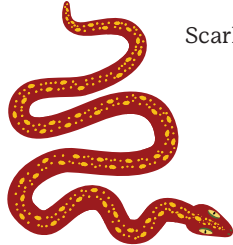


Common Garter Snake

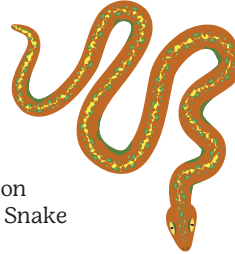
Black Racer



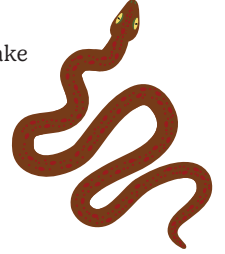
Scarletsnake



Common Garter Snake

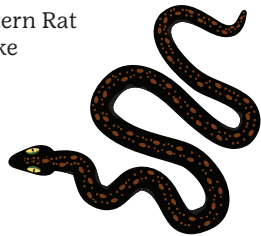


Common Watersnake

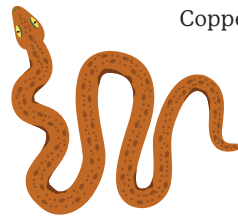


Eastern Milksnake

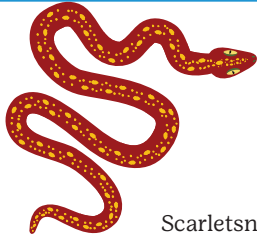
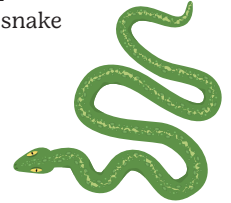
Eastern Rat Snake



Eastern Copperhead

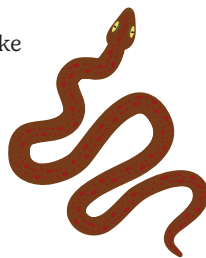


Rough Greensnake

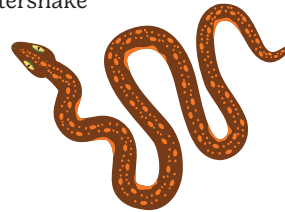


Scarletsnake

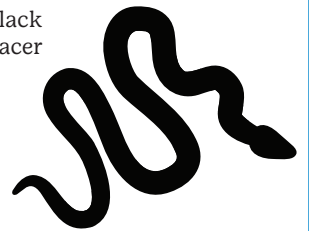
Common Watersnake



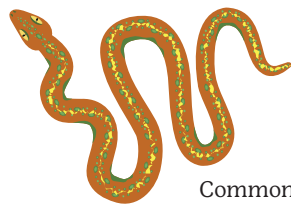
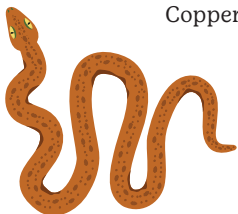
Plain-bellied Watersnake



Black Racer



Eastern Copperhead



Common Garter Snake

Scarletsnake



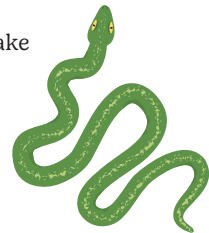
Eastern Rat Snake



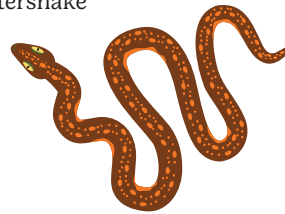
Eastern Milksnake



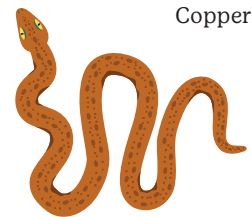
Rough Greensnake



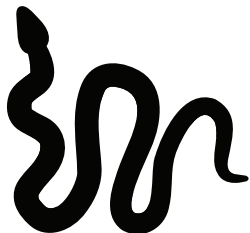
Plain-bellied Watersnake



Eastern Copperhead



Black Racer

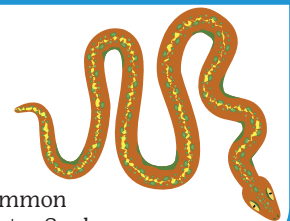


Eastern Rat Snake

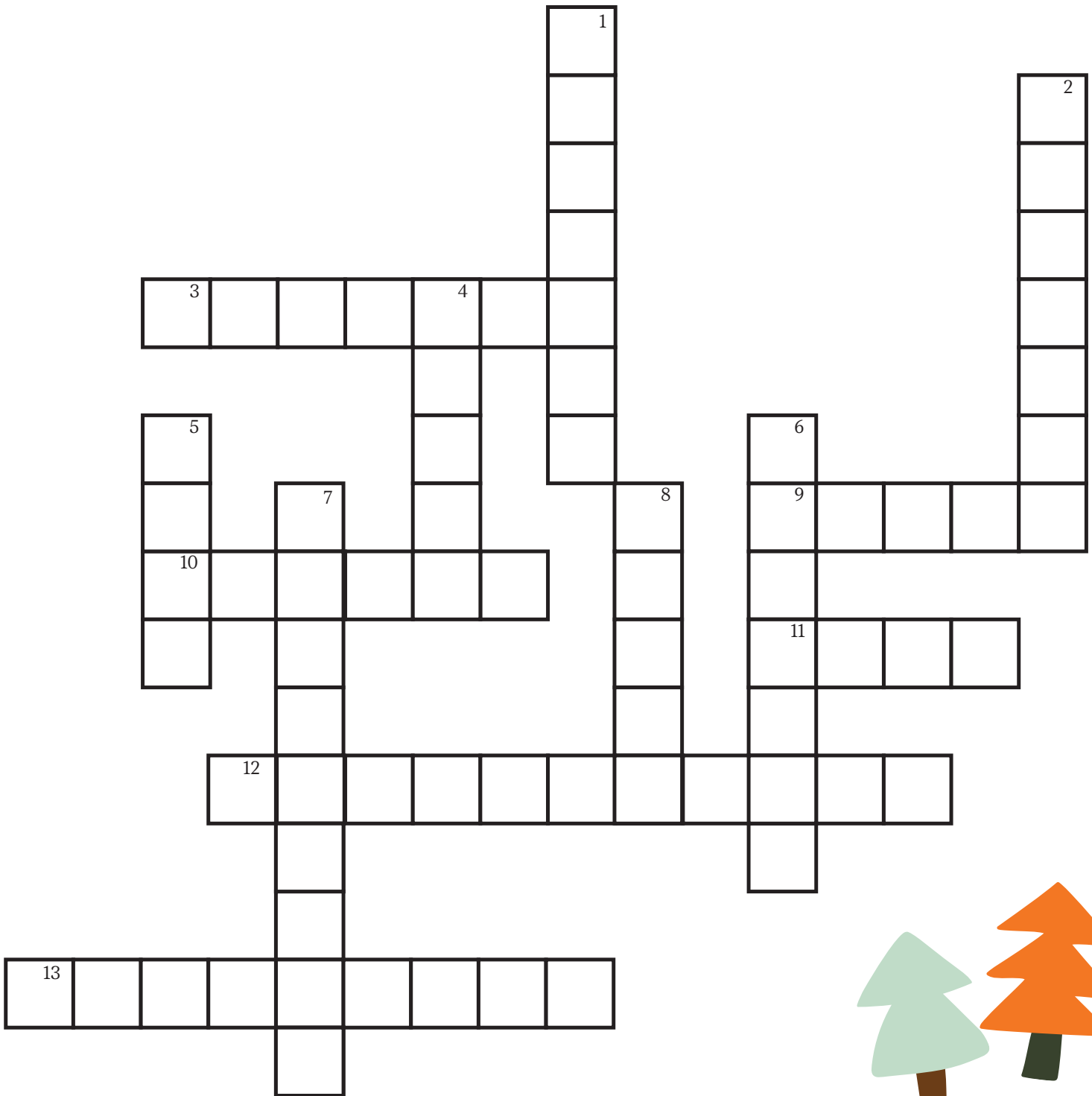


You made it!

Common Garter Snake



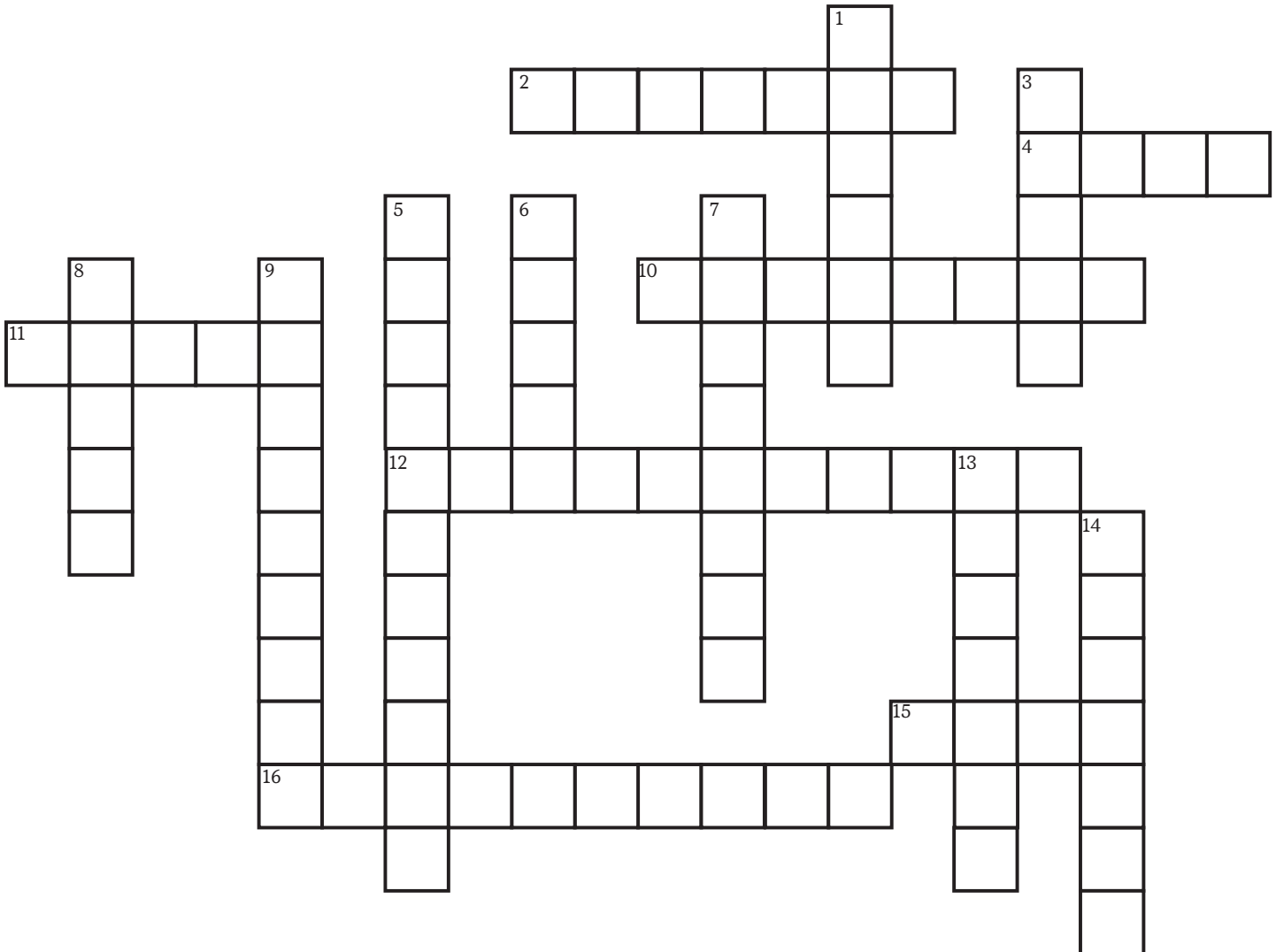
Autumn Outdoor Crossword



- Down:**
1. To reap or gather
 2. Good for pies and carving
 4. One a day keeps the doctor away
 5. Another name for autumn
 6. Fun activity on a farm
 7. Spooky holiday
 8. Beverage made from apples that can be served hot or cold
- Across:**
3. The leaves of a plant or tree
 9. Falls from an oak tree
 10. Change colors in the fall
 11. Tool to clear the grass of leaves
 12. Girl Scout holiday celebrated on October 31
 13. The month in which autumn begins

Geology Crossword

Study up on your geology terms by filling in this fun crossword.



ACROSS

- 2. The gradual destruction of rock by wind, water or other natural agents
- 4. When magma erupts to the Earth's surface, it's called this
- 10. Solid material that is moved and deposited in a new location through the process of erosion
- 11. Molten rock under the Earth's surface
- 12. Type of rock formed through great heat and pressure
- 15. Loose upper layer of the Earth's surface where plants grow
- 16. Caused when pieces of the Earth's crust suddenly shift

DOWN

- 1. Preserved remains of a living organism
- 3. Metamorphic rock that splits readily into thin slabs with great tensile strength and durability
- 5. Type of rock formed through the compression of pre-existing rocks that have been broken down into tiny particles
- 6. Boundary between two bodies of rock along which there has been relative motion
- 7. The Earth's crust is made up of 15-20 moving _____ plates
- 8. The planet on which we live
- 9. Sedimentary rock consisting of grains cemented together, typically red, yellow or brown in color
- 13. Type of rock that forms when magma cools and crystallizes
- 14. The study of the Earth, what it's made of and how it changes over time

WORD BANK

- Fault
- Sediment
- Geology
- Magma
- Sandstone
- Lava
- Tectonic
- Fossil
- Igneous
- Erosion
- Earthquake
- Sedimentary
- Earth
- Soil
- Metamorphic
- Slate

Earth Day Word Search



A B L E C I K I N B M W D I P G M
E N V I R O N M E N T R A I P N V
R C L G J A U T F F I K G W F A R
M E D Q K P B U Y J U N L E H T D
L S E R P L A N E T E R W I T U L
E D S A W S N I A T C T E T B R W
O C E A N O C R B U S S E U O E A
D U R H C D D P K E N G F R L H T
E F T S B N S S R I O U N S C F E
R C F S U L Y O C E A I A D L K R
Q O A T A J F E L E C F H F I S L
V N G O J T V O S U J Y F J M H G
I S G H S C U H O R S E C W A F E
Y E O C L H Y I D R H H R L T V S
J R G I R E D U C E T C A L E B I
D V W I L D L I F E R N C T S V S
G A U P M A K W S C A L A P S B D
M T N E H M W N A E R E B M T D O
N I R D S J A E C F R E U S E K L
P O L L U T I O N C E D Q F H E O
S N H B D H R L S D K C L E A N E



Planet
Air
Environment
Clean
Climate
Ocean

Tundra
Forest
Desert
Water
Wildlife
Pollution

Reduce
Reuse
Recycle
Nature
Conservation

Pollinator Puzzle

Words related to pollination are hidden below.

Can you find them all?

Native Plants
Pollen
Nectar
Food
Bees

Wildflowers
Humming-
bird
Butterfly
Moth

Beetles
Germination
Seeds
Growth
Wasps

Flies
Bats
Spring
Garden
Blossom

B K O W I L D F L O W E R S N Y P O A A M X X S A D E V Y N B G U P
 C H V X W A F F C H G Q N L I I P X S P R I N G E Y C T K Y B E O O
 Q M M W A D F X N B N C A S W P U G R E N N C W A Q X D S U E R B L
 I U R R E W Q Z A J E E M B C C K G L H S F R M V R X V E L I M C L
 Y G G N K W A A T E T H J N C Q E E R Z A D D U P Y D V B N M I T E
 H U M M I N G B I R D K K H D W E A T O P J J H T B C E X Q L N R N
 O X B C M W Y T V O P A A L W C L B M C W Q W E T U K T N A S A S I
 N G D W Q D E L E L M K L P O L R E X C B T L A A E E F Q Z D T A B
 E C B E R R W Q P Z T I P Q I N K A G S S X H M V N W T I Z B I D C
 Y S Q N U W C V L Z W A S P S J R B B N M L O O T J A W A C E O I S
 V F G E R A C I A L N X R E Y Y N M Q F C S O P Q X Z A B K E N A E
 S X C A U E D D N B T E T Y N H D S K O S J Y I B E E T L E S X I B
 O E W D R R P Z T Q T N N B I K L E Y O A A D C W R I P D W B E P V
 A A E X W N O N S A U I Y J E V V P L D U B C D Q K K J U O V E S R
 B U U D Q X C E C C N L P O K I T B D W W M A D H H F G K L T L I W
 E C Q D S D Q C S A P L Y B U T T E R F L Y B M R R T F D S G N E C
 H X V B W G G T Q R K W Q X X N M J O A H Q X I P R M H L C R M B S
 A W W Y I P C A W V B B H M E T H G T Q Y U S S C X O G V I U U V I
 E R B C X L A R V A A Q B P U U V E T X M P N N U W T C G S E L P A
 B A T S W Q S S X P L D R E V N P J K L Q V M J D J H W H G O S F D

Chesapeake Decomposer Search

Did you know trees and plants help clean our freshwater water sources? Their roots naturally filter water by absorbing pollutants such as nitrogen and phosphorus. Plus, they release oxygen for us to breathe and provide shade and habitat for animals. They're kind of totally awesome!

But what happens when trees and plants die? You guessed it - they're still putting in work for the environment by decomposing and returning nutrients to the soil in a process called DECOMPOSITION. Decomposition is aided by organisms called "Decomposers" - but you might know them better as "bugs" or "insects". They help break down dead organic matter, playing an important role in our ecosystem. Look around your backyard or local park and think about the different decomposers you see. And maybe think twice before squishing them!

The list below includes decomposers you can find in the Chesapeake Bay area that help maintain the bay ecosystem. Can you find them all?

SNAILS	F I I Y I W W V E C A T E R P I L L A R S E I D T I C K S F S
EARTHWORMS	E B U E W U E O U F T I A K N R I W E H C O W U H I I F J J D
SPIDERS	I I A O K N R I W E H S R Q F M E H I B S J K N S U M J S A K F
TICKS	O L S J C F U U H I F H W I M B E F O B H A Q F K B O A H S F
PILLBUGS	W I H P Z M S E F O B I I K T A K E R H F H N M U E T S D D J
MILLIPEDES	A T F H I S S Y H W R K G S L Y A V A C K D Z S W V T D Q S H S
CENTIPEDES	U Y K D I D S A A A C S S A A S H I U D S K S L E E V L K D S D
GRASSHOPPERS	R J S K O A E H I U D A A L O S I W R J A I A A K N A K F F D K
CRICKETS	I K A A U O S R W R J J J S W D U U I K J J N C U U T J L S K J
COCKROACHES	E A J J M O T H S I K H S P R K E H S L H S I T S E I F S D J F
EARWIGS	P U H W P C B R H W A A T I V I T E O U F R P U S Y O T A F J
STINKBUGS	W F F H L E J Y C R E A D I H H I K W F C D L E C A O S S S F B
CICADAS	I E A D I H H W K W F C Q E O L I L B I K Q I H S G H A O D B S
BEETLES	H W K N E O F I L Y I S W B F K U W H W S W E O G I F K F F S D
MOTHS	F E S W T R K U W C O C K R O A C H E S J U B A D E I D W D D
BUTTERFLIES	S U J U A S H E K F E D E B W E A W S U D Y M P E E D J J S R B
CATERPILLARS	K H D I B W E A W S U T E D I I F O K H F E I W J G S F L K B E
MOSQUITOES	J F F N D I I F O K T H H J W U R W J F H H N I H W R W B O E E
FLIES	Y U G N J W U H W U F A F W U E K J Y X A F G W F I H I L S E S
GNATS	D R R O W U E K B Y U I P X K J A W D N I K E U K C Q K T P S B
ANTS	F C A V E W J A W D N V F A H S J H C C Q F N W E E F L I Y B
BEEES	U D S A W H X J H E C H M H G Y S S I D H I U H A A D H F S L E
MAGGOTS	T U S T H D Y X S U D N U U I S D B C U B U I D R F K D J L E D
	B I H O A I O D B C U J B B O W I D A I J B E E T L E S K K D F
	A A O R B O W H D B O L Y D U O F O D A K Y Y O H K A K A F F
	K Z P Y D U O F J I L K T K Y I D J A E A T K U W A J D S J A S
	F K P T K Y I D S I E O Y J B U S F S K H Y J Y O J H A D A S D
	Y Y E Y J B U I P F K H U H V E A H Y Y S U H B R S F J F S D
	H F R U H V C A H Y Y S G S N O K D H F U G S V M D I S H S D
	Y H S G S E O K D H F U W D C R J N Y H D W D N S H X H J D J
	F U F W D C R J N Y H D E Q M P F S F U F E J Q C R F W F A F
	Q I C E Q M P F S F U F J W X D H S A I H J W M P D U A O S D
	G W A E W X D H S A I L V J J M W K G M A V J X D S E I I S A
	H C B V N J M W K G W I O B L E M S O L O E R J M A H U E H S
	D A C B H T C A D H P E S G Z M E J D A C S E R J M A H U E H S
	I K A S G Z I E J D A S N A I L S D I K A K Q Z M J O W E D K F
	G N A T S A M P D I K K D W T X K N V I S I O U M F I E S K F
	E H L D W T X K E U J L J H Y S F Y E N L J H T I H U Y I J A
	Y F S J H Y S F Y D H S H W X P J E B F S T E Y S T R R L H A
	F C F L E A D E R Y E F F Q G W L I F C F F Q E P A O I I S S
	H A F S T I N K B U G S E U D A S U H A O E U G W E Q E E K L
	I L L E U D O E U H A U H W C A K B I U U N W D O I I W S J L
	A I E H W U A K R X U I F I S P O E A I A F F Z A K W A T H D
	E U X F I S P U E M I L L I P E D E S C E I Y I P F L Y D S



Camp Todd Photo Scavenger Hunt

Bird's nest

Spider web

Puddle

Pinecone

Flower

Caterpillar

Something green

A small animal

Clouds

Smooth rock

A selfie of you outside



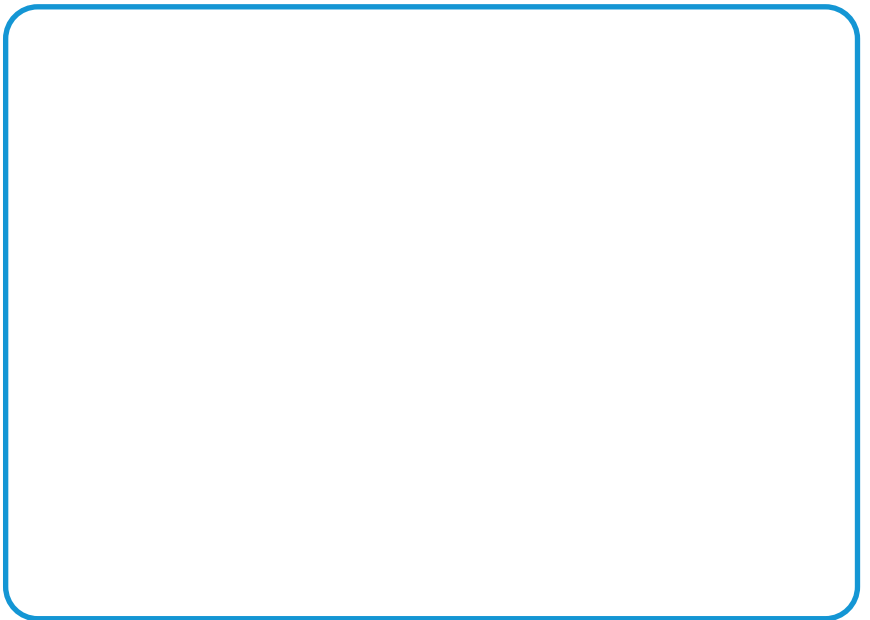
Rock Scavenger Hunt

Rocks, they're all the same, right? No way! There are different kinds of rocks to be found all over the place. Even rocks that are the same "type" can look vastly different from one another. Use this scavenger hunt around camp, in your backyard, or your local park to see how many different kinds of rocks you can find.

Don't forget to Leave No Trace - Admire rocks and the creatures or flora on or around them, check them off below, then leave them where you found them.

- Shiny rock
- Dull rock
- Bumpy rock
- Smooth rock
- Rock smaller than a penny
- Rock bigger than your fist
- Rock with two colors
- Rock with three colors
- Rock that's been broken or eroded
- Rock with visible layers or stripes
- A painted rock
- Rock with moss on it
- A blue, red, or pink rock

Draw a picture of the most interesting rock you found on your scavenger hunt.



- Rock that is dull but has shiny pieces in it
- Something living under a rock
- Something living on a rock



I SPY - Girl Scout Camp Edition



Can you find the animals below?



Friendship Bracelets

Summer Camp is coming...get ready by practicing one of our most beloved Girl Scout camp traditions at home - making friendship bracelets! It's a relaxing and fun way to pass time, and results in a sweet gift you can share with a fellow camper or save for a friend at home.

Braid

Difficulty: Easy

Program Level: Daisy - Brownie

[Watch the video tutorial!](#)



Fish Tail

Difficulty: Easy - Medium

Program Level: Brownie - Junior



Diagonal Stripe

Difficulty: Intermediate

Program Level: Junior - Ambassador



Chevron

Difficulty: Difficult

Program Level: Cadette - Ambassador



Friendship Bracelet Braid

Difficulty: Easy

What you'll need:

- Embroidery Floss - 3, 1 ft. strands, 3 colors (1 strand of each color)

1. Tie a knot at the top of your strands, leaving 1-2 inches out at the top. Secure with tape. Separate strands by color.



2. Take the strand on the right and cross it over the middle strand, so that it becomes the middle strand.

Example: Green crosses over pink. Green is now the middle strand.



3. Take the strand on the left and cross it over the middle strand, so that it becomes the middle strand.

Example: Blue crosses over green. Blue is now the middle strand.



4. Keep repeating steps 2 & 3, always crossing over the middle. Gently pull your strands up towards the knot to keep it neat.

Tip: Once you get the hang of the movements, try lifting all three strands and pulling them taut, then continue crossing. You'll get a tighter braid and you'll get faster.



[Watch the Video Tutorial](#)

Difficulty: Easy - Medium

What you'll need:

- Embroidery Floss - 8, 1 ft. strands, 4 colors (2 strands of each color)

Friendship Bracelet Fishtail

1. Tie a knot at the top of your strands, leaving 1-2 inches out at the top. Secure with tape. Separate strands into two sides by color so that you have one of each color on each side. Arrange strands in the same pattern on each side.

Example (from left to right): Red, Yellow, Orange, Pink - Pink, Orange, Yellow, Red



2. On the left, take the outermost strand and cross it over to the right side. Then, take the same color strand from the right side and cross it over to the left side.

Photo: Red from the left crosses to the right and red from the right crosses to the left.



3. Repeat step 2 for the next color, and each color after that. Then start over from the first color, keeping the pattern.

Example: Red, Yellow, Orange, Pink

Tip: Once you get the hang of the movements, try lifting all of the strands, holding one side in each hand, and using your fingers to cross the strands. You'll get a tighter weave and you'll get faster.



[Watch the Video Tutorial](#)

Difficulty: Intermediate

What you'll need:

- Embroidery Floss - 12, 3 ft. strands, 6 colors (2 strands of each color)

Friendship Bracelet

Diagonal Stripe

1. Tie a knot at the top of your strands, leaving 1-2 inches out at the top. Secure with tape.



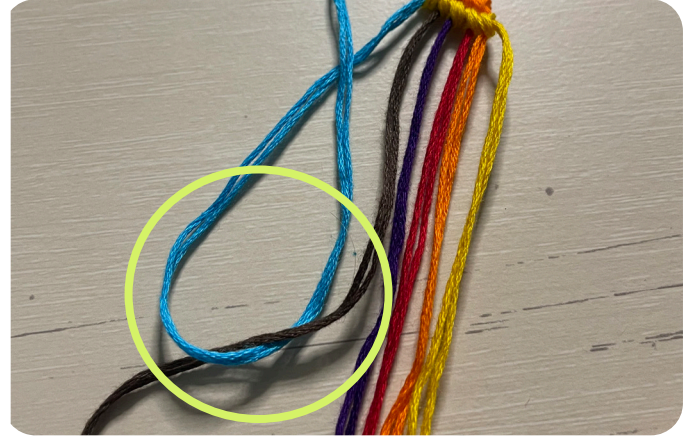
2. Separate the strands, arranging them so you have 2 of each color together and the colors are in the order you would like your diagonal to appear. Example (from L to R): Daisy blue, Brownie brown, Junior purple, Cadette red, Senior orange, Ambassador yellow.



3. Starting at the left side, cross both strands of the first color over the next color in a "4". The first color is your "working color". If you start on the right, your "4" will be backwards.



4. Tuck the working color strands underneath the bottom strands, pulling it through the loop of the "4".



5. Pull the working color strands up so that a knot is formed. The knot should be in your working color. Repeat steps 3-5 so you create 2 knots. Tip: the more knots you make, the thicker your stripe will be.



6. Move inward to the next strand, repeating steps 3-5 until you get to your last color. In this case, you will make a "4" with the blue strand over the purple strand, creating 2 knots. Then, make a "4" with the blue and the red strands and so on and so forth until you have 2 blue knots on every strand.

7. Your next working color should be the leftmost strand now. Repeat steps 3-6.

9. When your bracelet is long enough to wrap around your wrist, finish your last color, then knot it again.

Watch the Video Tutorial

Difficulty: Intermediate-Advanced

What you'll need:

- Embroidery Floss - 8, 3 ft. strands, 4 colors (2 strands of each color)

Friendship Bracelet Chevron

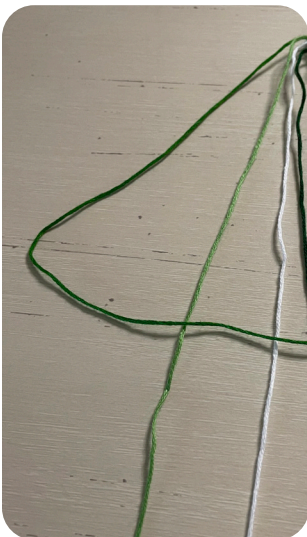
1. Tie a knot at the top of your strands, leaving 1-2 inches out at the top. Secure with tape.



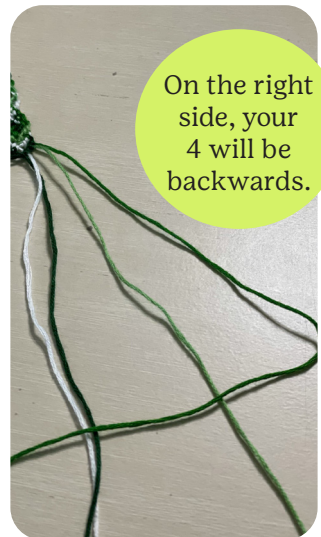
2. Separate the strands in half, arranging them so you have 1 of each color on each side and the colors are in the same order. Example (from L to R): Girl Scout green, dark green, light green, white - white, light green, dark green, Girl Scout green.



3. Choose a side to start with, and move the other side out of the way. Take the strand on the outside, and create a "4" with the strand beside it. The top strand is your working color.

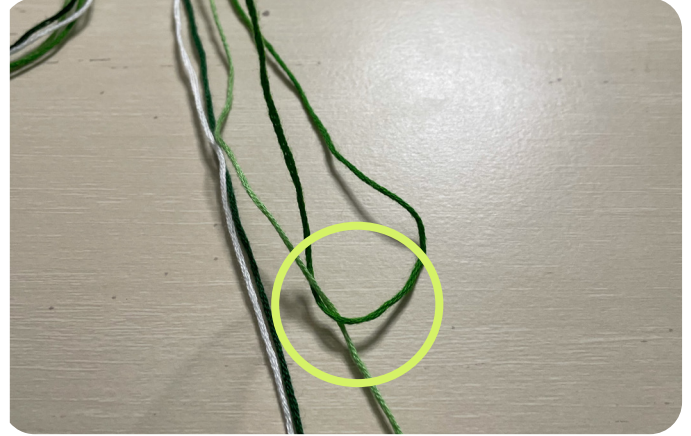


OR



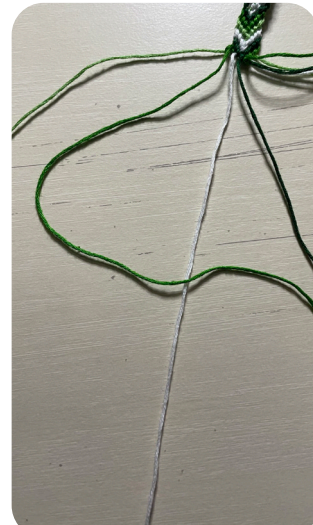
On the right side, your 4 will be backwards.

4. Where your 4 overlaps, bring your top strand underneath the bottom strand and through the "loop" of the 4.



5. Pull the top strand up so that a knot is formed. The knot should be in your working color. Repeat steps 3-5 so you create 2 knots.

6. Move inward to the next strand and repeating steps 3-5 until you get to your last color. Then stop and repeat steps 3-6 on the opposite side.



7. You should now have both of your working color strands in the center (see white in photo from step 2). Cross one of the strands over the other and pull through the loop to knot it in the center. Repeat so you have two knots.

8. Your next working color should now be on the outside. Repeat steps 3-7.

9. When your bracelet is long enough to wrap around your wrist, finish your last color, then knot it again.

Watch the Video Tutorial