## Girl Scouts Love the Outdoors



## Begin Your Challenge:

You don't need access to a national park or the woods to enjoy the outdoors! So put yourself out there with us and participate in our Girl Scouts Love the Outdoors Challenge. Spending at least 120 minutes a week in nature is associated with good health and wellbeing, even if you spend that time becoming a rockstar at rock climbing or making a splash in the puddles around your neighborhood. Don't forget to share photos of your Girl Scouts participating to <a href="mailto:communications@gsbadgerland.org">communications@gsbadgerland.org</a>.



## Earn the patch by completing additional minimum number of activities for your age level.

Doiou	Attend Girl Scouts Love the State Parks	Host or attend a clean-up at your local beach or park.
Daisy 7	Practice tying two different types of knots outdoors.	Read a book or take a nap outdoors.
Brownie	Visit a local <u>farmers market</u> .	Track the weather for five days and compare it to previous years.
8	Paint, draw or sculpt a landscape.	Try citizen science with a project for <u>Girl Scouts on</u>
Junior 9	Plan a screen-free outdoor day or camping trip with friends or family.	SciStarter  Design an indoor or outdoor garden.
Cadette	Learn to identify three different types of birds and their calls.	Show a friend or family member how to read a compass.
10 Senior	Learn about the connections between nature and the Indigenous people in your area.	Learn about Wisconsin waterways and how we can help protect them.
11	On a clear night, identify three different constellations.	Find an artist whose work is inspired by nature and pick five favorites.
Ambass.	Build a sand sculpture.	Teach the principles of <u>Leave No Trace</u> to a younger Girl Scout
12	Help a neighbor care for their lawn, garden, or other outdoor space.	Get moving with outdoor yoga, soccer or any sport outdoors.
	Make s'mores while singing your favorite Girl Scout songs.	Write a story or poem starring the clouds, Sun and Moon.
	Meet with or join a local environmental group to help the planet.	Learn about and remove or prevent an invasive species in your area.
	Attend or host an outdoor movie night.	Hike on a new-to-you trail.
	Find out how you could help save an endangered plant or animal in your area.	Search for bugs in a backyard or on a playground and draw the ones you see.

Learn about activities in your area this summer!