

GIRL SCOUTS **UNPLUGGED**

Get Outdoors Challenge

It's time to hit the great outdoors! Plan and prepare for your own outdoor adventure. Enjoy the outdoors with your fellow Girl Scouts or your family. Earn a cool patch and become the go-to person for outdoor adventures!

Instructions

Complete three activities from the required number of categories for your grade level and earn your very own Get Outdoors patch! Be sure to take pictures of yourself in action and send them to online@girlscoutdiamonds.org. For each category you complete, keep a reflection journal and answer the included reflection questions.

Resources for More Information

- Public libraries
- Nature centers
- Outdoor retailers
- Girl Scouts troop leaders/volunteers
- State Parks



Grade Level Activity Requirements

- Daisy – 5 activities total, chosen from 3 categories
- Brownie – 8 activities total, chosen from 4 categories
- Junior – 11 activities total, chosen from 5 categories
- Cadette – 14 activities total, chosen from 5 categories
- Senior - 17 activities total, chosen from 6 categories
- Ambassador - 20 activities total, chosen from 6 categories

Outdoor Categories & Activities

Wildlife

- Identify the state bird
- Build a bird house for your neighbor
- Make homemade bird food
- Write a song about your favorite animal
- Create a plan to save an endangered species
- Identify 3 animals and their habitats

Outdoor Artist

- Go cloud watching and draw the shapes
- Collect leaves and create a leaf rubbing
- Watch a sunset and draw a picture of it
- Sketch a landscape
- Make a nature mandala
- Draw a butterfly

Skill Building

- Learn how to tie a knot
- Learn how to filter and purify drinking water
- Identify 4 types of insects in your area and learn what to do if bitten or stung
- Learn how to start and extinguish a fire
- Cook over a fire
- Learn a Girl Scout campfire song

Community

- Teach someone to ride a bike
- Organize a neighborhood cleanup
- Plan an outdoor scavenger hunt for your friends
- Volunteer at a community garden
- Teach someone how to use a compass
- Teach someone about recycling

Plants and Trees

- Plant an herb garden
- Visit a farmer's market and learn about seasonal produce
- Plant a raised garden in your backyard
- Plant a native plant in your yard
- Design a treehouse and draw a sketch of your idea
- Hang out in a hammock
- Identify the state tree

Adventure Time

- Hit the trails at a State Park
- Plan a neighborhood bike ride
- Go fishing
- Visit a national park
- Go on a geocaching adventure
- Go camping with your family
- Earn the Trail Adventure badge

Reflection Journal Questions



Wildlife

- What did you learn about birds?
- What role do animals play in our world?
- How can you help to keep birds safe and preserve their habitats?
- If you were an animal, what kind would you be and why?

Outdoor Artist

- How did it feel getting outside while creating art?
- In what ways can we help others appreciate nature?
- What did you learn about the outdoors and art?
- If you were teaching an art class, what activity would you teach?

Skill Building

- What skill did you have the most fun learning?
- How can you use the skills learned to help others?
- Describe one skill you learned in 4 words.
- Go a step further and create a mini manual about one skill.

Community

- What did you learn about yourself during this challenge?
- How did it feel completing activities with others?
- What is one thing you would do differently to improve your outdoor experience?
- How can you help someone to have a greater appreciation for outdoors?

Plants and Trees

- Why is it important to protect trees?
- What did you learn about plants?
- How can we use plants and trees to protect the environment?
- What is the importance of gardening?

Adventure Time

- What is your favorite adventure that you did and why?
- Name someone that you shared an adventure with.
- Did you visit a place that you've never visited before?
- What is one thing you would do differently next time?