

GIRL SCOUTS LOVE THE OUTDOORS CHALLENGE



Take the national outdoor challenge! Check out the activities below to choose which you'd like to do to earn yourself a brand-new patch. Summer is the perfect time to celebrate our love of the great outdoors. You have so many options for how to explore—from your window, a campsite, the sidewalk, or an open trail. Use #gsoutdoors to share your adventures and see how other girls are completing this challenge.

The challenge begins in May and ends with Girl Scouts Love State Parks Weekend, September 10 and 11, 2022. Based on your grade level, complete the required number of activities to earn an awesome new Girl Scouts Love the Outdoors Challenge patch. **Circle each activity you've completed. To receive your patch, submit your completed list to GSMW at www.gsmw.org/outdoorchallenge by September 9, 2022*.**

1. Attend Girl Scouts Love State Parks on Sept 10 and/or 11

2. Sing "Happy Birthday" to Girl Scouts, we are 110



3. Take a selfie in a national park

4. Paint an underwater scene

5. Meditate for five minutes in nature

6. Visit a state park virtually on www.girlscouts.org/stateparks

7. Write a poem about a tree

8. Make a nature-inspired gift for a family member

9. Earn a Math in Nature badge

10. Draw a map of your neighborhood & mark a star on your favorite place

11. Visit a zoo or botanical garden

12. Practice yoga outside at sunset

13. Pledge to clean up public lands on pickupamerica.com/girlscouts

14. Imagine you are a wild animal and go on an adventure—where will you end up?

15. Dance in a puddle

16. List ten mental wellness benefits to the outdoors

17. Plant a tree and track it for the Girl Scout Tree Promise

18. Complete the Girl Scouts 110th Anniversary Challenge

19. Catch and release a fish



20. Tie a clove hitch

21. Make a watershed model

22. Identify three examples of finding nature in an unusual place

23. Sit silently for two minutes in nature. What did you hear?

24. Become a citizen scientist

25. Create or replenish your own first aid kit



26. Practice tai chi outdoors

27. Sing a song about the sunshine

28. Float on your back in water

29. Write a "thank you" note to nature

30. Create a dance about the seasons

31. Learn about the history of the original Indigenous stewards of the land where you live

32. Draw your favorite constellation

33. Learn how recycling works in your community

34. Cook over a campfire

35. Read a book outside

36. Watch the sun rise and set in the same day



37. Hike at least one mile

38. Use a compass on a neighborhood walk

39. Identify five different bird species

40. Sketch the phases of the moon for ten nights

41. Create a sign or social media post about how to identify poison ivy/oak/sumac

42. Invite a friend to join Girl Scouts

43. Observe the Delta Aquariids (July 12 to Aug 23, 2022) or Perseids (Aug 12-13, 2022) meteor showers



44. Teach a principle of Leave No Trace to a friend

45. Identify a tree by its bark

46. Count the number of trees in your yard, street, or block

47. Squish sand between your toes

48. Observe a butterfly in flight

49. Interview an adult in your life about their outdoor memories

50. Plan and take a night hike with your troop or family



Number of Activities Required to Earn the Girl Scouts Love the Outdoors Challenge Patch



Daisy	20
Brownie	25
Junior	30
Cadette	35
Senior & Ambassador	40

To submit your form*, go to:
gsmw.org/outdoorchallenge

*Patches will begin being mailed in August. There is an out of council charge of \$3/patch.